



Prince William 4-H

Our Clubs, Our Community



June 5, 2024

Upcoming Events

- Jun 8** - PW 4-H Young Entrepreneurs Market Day
- Jun 12** - PW 4-H Young Entrepreneurs Market Day
- Jun 15-17** - National 4-H Citizenship Washington Focus
- Jun 18-21** - VA 4-H State Congress
- Jun 22-28** - National 4-H Shooting Sports Championship
- Jun 26** - Workday Wednesday
- Jun 26** - Virginia 4-H/FFA Livestock Judging Contests
- Jun 27** - First-time Junior Camper Parents' Meeting
- Jul 3** - Workday Wednesday

PW 4-H Young Entrepreneurs Workshop #4



Last Wednesday, the Prince William 4-H Young Entrepreneurs met for their final pre-season workshop. We began the workshop with a team-building and creative marshmallow spaghetti challenge! Four teams of 4-H'ers were challenged with building a tower using spaghetti noodles and tape. The marshmallow could only be used at the end and placed on the top of the spaghetti noodle structure. The young entrepreneurs worked as a team, using critical thinking and decision making skills. They sure did rise to the challenge!

We're excited to see them put their new skills to the test at...

PRINCE WILLIAM 4-H FARMER'S MARKET DAYS



SATURDAY, JUNE 8: 9300 Manassas Drive, Manassas Park (VRE Lot)

Hours: 9am -2pm

Vendors: Lyra, Cora, Lauren, Micheal, Zaynab, Nisanur, Isatu, Charley



NEW! WEDNESDAY, JUNE 12: 100 Park Central Plaza, Manassas Park (City Hall)

Hours: 3pm -7pm

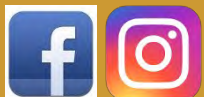
Vendors: Koa, Aisling, Xanthie, Tonchi, Adam, Lexi, Ayden, Sophie, Lee, Stella, Thomas



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Click to Visit



ADULT MALE CHAPERONES NEEDED FOR PRINCE WILLIAM-STAFFORD 4-H JUNIOR CAMP! CONTACT MARYBETH LERCH AT MBLERCH@VT.EDU TO LEARN MORE ON HOW YOU CAN HELP ENSURE THAT 4-H CAMP IS AN #OPPORTUNITY4ALL.

WE CAN DO THIS!!! FOOD WITH INTEGRITY.
COMMUNITY STARTS HERE. 25% TASTES GOOD. MADE WITH FRESH INGREDIENTS EVERY DAY.
FOIL-WRAP GOODNESS. GENEROUSLY HELPING LEADERS CAN CHANGE THE WORLD. BETTER THAN ANYTHING ELSE. SUSTAINABLE. LOCAL. FRESH. GOOD. BETTER. TOGETHER.

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
**NOKESVILLE 4-H
EQUESTRIAN CLUB**

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, JUNE 5TH | 5-9PM
5025 WELLINGTON RD, GAINESVILLE, VA, 20155

ORDER ONLINE FOR PICKUP USING CODE **GH2N6KL**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count toward the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

PRINCE WILLIAM 4-H

YOUNG ENTREPRENEURS

AT THE

MANASSAS PARK FARMER'S MARKETS

SATURDAY, JUNE 8TH

VRE COMMUTER LOT

9300 MANASSAS DRIVE

9 AM - 2 PM

VENDORS: LYRA, CORA, LAUREN,
MICHAEL, ZAYNAB, NISANUR, ISATU,
CHARLEY

WEDNESDAY, JUNE 12TH

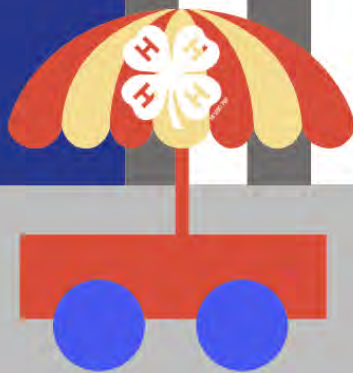
CITY HALL

100 PARK CENTRAL PLAZA

3PM - 7PM

VENDORS: KOA, AISLING, XANTHIE,
TONCHI, ADAM, LEXI, AYDEN, SOPHIE,
LEE, STELLA, THOMAS

Treat your family and friends to a
day of shopping at our Prince
William 4-H Young Entrepreneurs'
first market days!



PRINCE WILLIAM 4-H | WWW.PWCVA.GOV/4-H | 4HPWC@PWCVA.GOV



Virginia Cooperative Extension

Virginia Tech. • Virginia State University



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Updated PW 4-H Fair Camp Counselor Training Dates



[Click here to sign up for training days.](#)

CAMP CORE TRAINING (choose 1) - at PW 4-H Headquarters

- Tuesday, June 25th 6-8:30 PM
- Monday, July 29th 10 AM-12:30 PM

CAMP DETAILS TRAINING (choose 1) - at PW 4-H Headquarters

- Thursday, June 27th 10 AM - 12:30 PM
- Wednesday, July 31st 6-8:30 PM

CAMP COUNSELOR WORKDAY AT THE FAIR

- Wednesday, August 7th 9 AM -12 PM

Workday Wednesdays Begin June 26th - Sign Up TODAY!



Dates: Wednesdays - June 26, July 3, July 10, July 24, July 31, August 7

Time: 10 AM - 2 PM

[Click here to register to volunteer!](#) Registration helps us communicate changes directly to volunteers as well as prepare the space for the number of volunteers.

It's time to earn your volunteer service hours! Workday Wednesdays begin June 26th and occur most Wednesdays leading up to the Prince William County Fair in August. Come by Prince William 4-H Headquarters for the duration, or for a few hours, to help prepare PW 4-H Fair Camp and 4-H Children's Barn activities.

DON'T FORGET TO BRING LUNCH, WATER BOTTLE OR SNACK!

Virginia 4-H Shooting Sports Updates



CENTRAL DISTRICT 4-H SHOOT

Date: Saturday, July 13th

Location: Holiday Lake 4-H Center, 1267 Camp Rd., Appomattox, VA

Registration: E-mail registration to soggybottomcows@yahoo.com no later than Tuesday, July 2nd

Who Should Attend: Open to all VA 4-H Shooting education members. If range space is limited, 4-H shooting clubs in the Central District will have priority over clubs outside the district.

Entry Fees: \$35 per shooter; \$40 if competing in shotgun (does not include lunch or lodging)

Events: Air Pistol (Progressive Position), Air Rifle (3-Position), Archery (Compound, Traditional, Instinctive, and National), BB Gun (4- Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (only for senior 4-H members) and Smallbore Rifle (3-Position & Silhouette)
Competitors will only be allowed to register for four events, including two separate archery events.

Awards: 1st, 2nd & 3rd place individuals in each age division 1st place team in each age division except where noted in program.

SAVE THE DATE! 2024 RL HARRIS JR MEMORIAL 4-H SHOTGUN CHAMPIONSHIP

Date: Saturday, September 21st

Location: Arrowhead Gun Club, Chase City, VA

More info coming soon!

Arrowhead Gun Club has a brand new 14 station, 100 target sporting clays course!

Hey everyone! My name is Aiden McDonald, and I'm running for Northeast District Ambassador!



MY EXPERIENCE:

- ✿ Virginia 4-H State Cabinet
- ✿ Northern Teen Leadership Council Secretary
- ✿ Junior Camp Counselor
- ✿ Prince William County 4-H STEM Teen Leader

MY PROMISE TO YOU:

- ✿ Faithfully represent you and be your voice in State matters!
- ✿ MORE Outreach (I want people to know about 4-H sooner than I did!)
- ✿ PLAN and RUN a service activity for the Northeast District!

"Teamwork is everything!! I have learned to communicate often, be a good listener, always keep an open-mind, and never let anyone think that no one hears them."

Virginia 4-H All Stars

VIRGINIA 4-H ALL STAR TAPPING CEREMONY

Date: June 20th

Location: Squires Student Center, Commonwealth Ballroom, Virginia Tech

Schedule:

9:30 - 11:30 am	4-H All Star Tapping Ceremony Practice
12:45 pm	Shuttle from the Coliseum Parking lot to Squires begins
2 - 2:45 pm	4-H All Star Tapping Ceremony
2:45 - 3:30 pm	2024 4-H All Stars Orientation

VIRGINIA 4-H ALL STAR SUMMER CONFERENCE

Dates: July 20th - 21st

Location: Woodstock, Virginia

Prince William 4-H All Stars are encouraged to participate in Summer Conference. The planning committee has worked hard to plan and organize the weekend for 4-H All Stars! 4-H'ers should check their email for the Virginia 4-H All Star recent newsletter for more information.



Virginia 4-H State Congress

Dates: June 18-21

Location: Virginia Tech, Blacksburg, VA

Registration is closed.

[Click here for the 2024 Final Schedule.](#)

SCHEDULE NOTES:

- Check-in will begin at 1 PM on June 18th.
- Clovers and Company are back as the opening entertainment!
- Thursday's schedule includes an open block of time for units to explore the campus with chaperones.
- Dinner on Thursday will be casual, and youth will have the opportunity to change and prepare for CloverFest and the dance following dinner.

SUPPORT MY 4-H



Mission



Sharing My Love of 4-H

Hello! My name is Alesha Moore and I'm really passionate about helping others and seeing others thrive. When I found out there was an opportunity to conduct a 4-H camp in the Dominican Republic and learn new leadership skills, I was thrilled and excited to help out elementary students and bring smiles to their faces.

The 4-H mission trip is July 16-23, 2024. We'll be conducting a 4-H camp and learning Spanish!

My Goals

My 4-H Mission needs your support! Each participant must raise \$2,500 to attend the trip, which covers their insurance, transportation, accommodations, and meals for the trip. To date, I have raised about \$1,000. Donations can be mailed to or dropped off at 4-H Headquarters. Please consider supporting my 4-H Mission!

Checks can be made out to the Prince William 4-H Association and dropped off or mailed to:

Prince William 4-H
8033 Ashton Ave., #105
Manassas, VA 20109



**PLEASE CONSIDER
SUPPORTING MY 4-H MISSION**

Prince William 4-H

Reaching New Heights with 4-H

At the PWC Fair, August 9-17, 2024

www.pwcva.gov/4-H

4-H CHILDREN'S BARN

DAILY ACTIVITIES, 2-8 PM

REACH NEW HEIGHTS with 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

DAILY EXHIBITS, 2-8 PM

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks, and discover how you can REACH NEW HEIGHTS with 4-H!

4-H FAMILY FUN NIGHT AT THE SHOW BARN

TBD, 5 PM

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

GROW IN CONFIDENCE & COMPETENCE

MAKE CONNECTIONS

DEVELOP CHARACTER

CONTRIBUTE TO ACTIVITIES

PRINCE WILLIAM 4-H FAIR CAMP

August 12th-16th • 9 am-12:30 pm • \$50 fee includes activities, snacks and a camp t-shirt

Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Fair grounds. Youth learn and grow in a safe and exciting environment with activities, games, and art projects and more, in the 4-H Pillars of STEM, Healthy Living, Agriculture and Civic Engagement. Visit www.pwcva.gov/4-H for more information and registration links.

Reach New Heights with Prince William 4-H!

www.pwcva.gov/4-H

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



Hosted by the North East District

4-H Equine Skills Testing Level 1 & 2 Evaluator Certification Course

Saturday, June 15, 2024
Meadow Event Park Barn
Doswell, Va

This event is
available to all
4-H Members
from ANY District

Concurrent with the Silver Star Farm Open Show (An approved NE District Qualifying show) we will offer enrolled 4-H adults the opportunity to become 4-H Skills testers. This course will be taught by Hannah McDonald on behalf of the Virginia 4-H Horse Program

Pre-Registration is not required HOWEVER all attendees must complete the 4-H Online Volunteer Enrollment and complete level 2 of enrollment prior to this course. Please contact your local 4-H Agent for assistance.

Lisa Powers

TripleCrownEquineClub@Gmail.com



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Virginia Tech • Virginia State University
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Virginia 4-H Horse Program



2024 STATE 4-H HORSE SHOW

Dates: September 5-8

Location: Lexington, VA

Youth planning to compete at the 2024 State Horse Show must have been enrolled in 4H Online by Feb. 1, 2024. These, and other entry forms and horse show information, are also available on the 4-H Horse Program website. [Click here for link to documents and additional information.](#)

- * **4h Online Horse Declarations must be completed and approved by July 1st**
- * **Horsemanship Skills Levels 1 & 2 must be completed by all youth riding at the State Show by July 31st**
- * **Youth must be qualified at an approved qualifying show or clinic prior to July 31st**

Upcoming opportunities to qualify at a show/clinic for the State 4-H Horse Show include the following. [Click here for the Virginia 4-H State Horse Show website](#) with information about entry, skills testing, and more. All district horse shows are open to ANY youth from across the state to attend and qualify, regardless of their unit of enrollment.

Click here for [Qualifying Shows](#).

Click here for the [Horsemanship Skills Calendar](#)

Click here for the [VA 4-H Northeast District Horse Council Website](#).

2024 Virginia Lamb and Goat Symposium

Date: Saturday, June 15th

Location: New River Valley Fairgrounds, Dublin

Entry Fee: \$25/head if entries are completed by Wednesday, June 12th. Late entries will be accepted at \$40/head from Thursday, June 13th – check-in on Saturday, June 15th.

[Click here to enter.](#)



This comprehensive sheep/goat educational program includes a small ruminant focused Skillathon, Showmanship, as well as shows for Market Lambs, Commercial Ewes, Market Goats, and Commercial Does. The event is open to enrolled Virginia 4-H and FFA youth members between the ages of 9 years and 19 years (age determined as of September 30, 2024) and is a sanctioned Virginia Showmasters Circuit event. *Note: This VSC show is only open to Virginia youth and does NOT offer a Pee Wee Showmanship Division*

Cash Premiums will be paid to the Grand and Reserve Champion Market and Commercial Female winners in both Sheep and Goats. Premiums and or awards will be provided to showmanship champions and those recognized in the Skillathon and Overall Shepherd events.

2024 State 4-H Livestock Judging Contest

Date: Wednesday, June 26th,

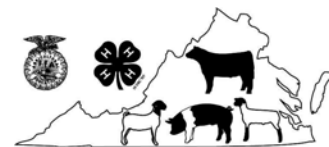
Location: Alphin-Stuart Arena at Virginia Tech

Time: check-in is 7-8 pm; contest starts 8:15 am

Entry Fee: \$15/contestant entered

[Click here for more information and reference materials.](#)

[Click here for the 4-H entry system.](#) **Entries due June 12th by 5 pm.**



This event will serve as the Official State Contest for both 4-H and FFA youth contestants. There is a Junior and Senior Division – Age Division breaks are based on participant age as of January 1, 2024. All contestants – Juniors and Seniors will give Oral Reasons – 2 sets for Juniors and 4 sets for Seniors. The Top High Team Overall will receive the opportunity to represent Virginia at a regional or national level contest with the entry fee paid by the State Youth Animal Science Program.



Join us for 4-H Night with the FredNats!



When: August 6th, 2024

Where: Fredericksburg Nationals Stadium
Fredericksburg, VA

Who: 4-Her's and their families

What: A fun and exciting night out at a FredNats game! Sit with other 4-Her's, join in on a pre-game parade on the field, and so much more!

Price: Tickets are around \$18 (processing fees may be applied)



Want to join us? Please scan the QR code or follow the link to buy your ticket now!

<https://fevo-enterprise.com/event/4h5>

For more information, please contact your local Extension Office.

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Virginia Beef Cattle University

Dates: July 14-16

Location: Virginia Tech, Blacksburg

Cost: \$75 - includes meals, tours, and hands-on educational sessions

Who Should Attend: Youth ages 8-18; adult registration is also available

[Click here for more information and to register.](#)

This is an educational event focused on providing beef producers and industry leaders up-to-date information on current research in beef cattle nutrition, reproduction, and management, as well as the opportunity to connect and network with other industry members. In addition to learning about the science behind the beef cattle industry, youth will have the opportunity to learn more about careers in the agriculture industry and post-secondary opportunities in the School of Animal Science at Virginia Tech.



Virginia 4-H Camps

CAMP LOUD AND CLEAR

Dates: July 19th - 21st

Location: Holiday Lake 4-H Education Center, Appomattox, VA

Who Should Attend: Campers aged 9-13, counselors-in-training aged 14-18 (as of Sept. 30, 2024)

[Click here for more information and to register.](#)

An overnight camp experience specifically tailored to the deaf and hard-of-hearing community.

Activities include: swimming, fishing, canoeing, archery, nature studies, crafts, vespers, team building fun, and adventure. For more details, contact [Tyler Cheely](#).



SUMMER CLOVERBUD: PIRATES OF SMITH MOUNTAIN LAKE

Dates: June 28th - 30th

Location: W.E. Skelton 4-H Education Center, Wirtz, VA

[Click here for more info and to register.](#) **Registration due by June 16th.**

Open to Cloverbud Campers with or without their parents



4-H SHOOTING EDUCATION CAMP

Dates: July 28th -August 1st

Location: Holiday Lake 4-H Education Center, Appomattox, VA

[Click here for more information and to register.](#) **Register by July 10th.**

4-H Shooting Education Camp is an overnight camp for ages 12-16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen disciplines, focusing on safety, marksmanship, fundamentals and theory. All instructors are certified/trained by 4-H, DWR, NRA, NAA, and other national certifying organizations.



NATURE ADVENTURE CAMP

Dates: July 28th -August 1st

Location: Holiday Lake 4-H Education Center, Appomattox, VA

[Click here for more information and to register.](#) **Register by July 10th.**

Overnight camp for campers age 12-16 with an interest in exploring the outdoors. This camp provides an opportunity to learn and have fun with peers in a natural setting. Hands-on classes such as wildlife ecology, survival skills, archery or edible insects are taught by quality instructors that will provide a memorable experience.



HOKIE BUGCAMP 2024

Dates (choose 1): July 12 (10 am-noon); July 13 (10 am-noon); July 13 (1-3 pm)

Location: Heritage Park, Blacksburg, VA

Who Should Attend: youth ages 6-13

Cost: Free; optional take-home activity boxes are available for purchase

[Click here for more info and to register.](#) **Register by June 21st.**

Hokie BugCamp is an exciting opportunity to dive into the science of entomology and participate in the collection and pinning of insects. Registrants will be given insect collecting and pinning supplies to use during their session. Members of the Virginia Tech Department of Entomology will be available to assist with insect identification and collecting techniques.





Virginia 2024 Air Force 4-H Military Partnership Outreach & Support Project

4-H Event Scholarships for Youth Ages 5-18 of Air Force Military-Connected Families Living in Virginia



To be eligible for the 4-H Military Event scholarship, youth must have a parent/legal guardian currently serving in Active Duty Air Force, Air Force Reserve or Air National Guard

A youth is also eligible if the military parent currently serving in another branch is stationed at an Air Force base or the youth is currently enrolled at the school age or youth center program of Joint Base Langley-Eustis.

Join Us!

Fun Activities

Make New Friends

Develop Life Skills

For more information contact your County or City 4-H Program of Virginia Cooperative Extension. Visit:

www.ext.vt.edu/offices

Scholarships are limited. First Come, First Served!
Scholarships to be awarded based on available funds or through June 15, 2024.

Use scholarships to assist with cost to participate in one of the following Virginia 4-H Events:

2024 State 4-H Congress
 Jr 4-H Summer Camp or Other VA 4-H Center Camping Event

If you are a person with a disability and desire assistance or accommodations, please notify your local Virginia Cooperative Extension Office when you call during business hours of 8:00 a.m. and 4:30 p.m.
 TDD number is (800) 828-1120



National 4-H



ON SALE NOW: THE 2024 STEM CHALLENGE KIT

[Click here for more information and to purchase a kit.](#)

Explore the exciting world of renewable energy with the **2024 4-H STEM Challenge Kit, Food for Thought!** This year's Challenge Kit teaches kids about the dynamics of food security, the food supply chain, and its production. Perfect for youth aged 8 to 14, the kit consists of three activities

that provide them with the knowledge to address real-world issues and explore careers in energy.

- **Food Fighters** — A collaborative board game where players earn tokens to build up their town's food security while learning about the food supply chain.
- **Know to Grow** — An engineering challenge, with youth designing a greenhouse to overcome difficult growing environments contributing to the food supply.
- **Chew on This** — An entrepreneurial challenge that tasks teens with creating uses for food production waste to enhance food security.



The 2024 4-H STEM Challenge was developed with support from Corteva, HughesNet, Invenergy, and Nestle USA.



UNLOCK FLAVOR: BUTTER UP YOUR DAY

[Click here to access FREE curriculum.](#)

June is National Dairy Month. Indulge in the creamy

richness of butter, where every spread brings a touch of culinary delight to your senses. Elevate the simplest of dishes to gourmet status with the golden goodness of butter. In this activity, designed by the University of Alaska Fairbanks Cooperative Extension and brought to you by the USDA, 4-H educators will educate youth about where butter comes from and how to make their own!



BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
June 2024 Newsletter

Buzz

SOCIAL WELLNESS

Social wellness is a key component of the 8 dimensions of wellness. Social wellness is defined as: "Connecting and engaging with others and our communities in meaningful ways" (Global Wellness Institute). It is important that you take part in social activities that you enjoy, some examples of social wellness may include:

- > Taking an art class
- > Joining a reading club
- > Having coffee with a friend
- > Attending church with family
- > Becoming a volunteer in your community
- > Taking a group exercise class
- > Attending a musical concert



Social Wellness for a Healthy Lifestyle

As one ages, it is easy to spend more time alone and become isolated from those around us. It is important, however, that we purposefully practice social wellness as we age. If we learned one thing from COVID-19, it was that isolation was hard on mental well-being. Isolating from others creates higher rates of depression and anxiety, so engaging in social activities that we enjoy is even more important now than ever. Social engagements should not be stressful, but a time to do something you love with others who share similar interests. We can also socially engage, while meeting other dimensions of wellness. For example, taking a group exercise class benefits our social needs, while also helping us practice physical wellness.

It can be a challenge in retirement to find ways to fulfill our lives socially, especially, if one worked in a service industry. In this situation volunteering may be a good way to be engaged. Volunteering is a way to interact with people, and feel purposeful while giving back to others and the community. There are many benefits to living a socially active lifestyle. Research has shown that rates of depression go down, risk of certain diseases declines, cognitive abilities improve, and people are better prepared to cope in difficult situations. Keeping connections to the community to feel like an active member of society is important. Keeping in touch with friends and family is an easy way to stay socially well. Of course, it is important that the activity is something that you enjoy in order to feel the benefits.

A good way to begin incorporating social wellness routines in your life is to write down your interests. Start small, incorporating one activity that interests you weekly. Then build up from there with social activities that best suit your lifestyle. Try to be socially active often to nurture a sense of fulfillment.

Carter and Mary Ellen Lyons, two retirees residing in Harrisonburg, VA, are great models of what it looks like to live a healthy aging lifestyle. They reflected on what social wellness means to them, with hopes of inspiring others. Social wellness is important to them because it broadens their perspectives on life, stimulates their life, and feeds the need to go beyond their daily routine. It also helps them develop compassion and empathy for others as opposed to self-absorption. Some ways that they have continued to practice social wellness are staying connected to family by celebrating family traditions, meeting regularly with long-term friends for various social engagements, and taking advantage of local publicized community events.

Contributed by: Abigail Allen, Program Specialist
Virginia Mennonite Retirement Community



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Bites

Couscous Chicken

Couscous is a traditional African starch, but is not a grain or seed. It is actually a pasta, made from semolina, a flour made from durum wheat. Easy to cook and delicious, try it for a nice change.

Source: <https://dinnertontight.tamu.edu/recipe/couscous-chicken/>.

Ingredients

- 1 tbsp olive oil
- 3 cloves garlic chopped
- 2 (8 ounce) boneless, skinless chicken breast cut into bite size cubes
- 8 ounces baby spinach
- 1/3 cup reduced-fat Italian salad dressing
- 1 cup canned diced tomatoes undrained
- 2 cups couscous, cooked

Instructions:

1. Wash hands, produce, and equipment thoroughly.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add the garlic and cook for 1 minute.
4. Add the chicken and cook until cooked through and juices run clear. Remove from pan.
5. Add spinach to the pan and cook just until wilted, 1 to 2 minutes. Remove from pan.
6. Add the Italian dressing to the pan, stir scraping to mix in any browned bits. Add the tomatoes, bring to a simmer, and cook for 3 to 5 minutes.
7. Cook couscous according to package directions.
8. Place cooked couscous in a serving bowl. Top with the spinach, chicken, and tomato sauce mixture.

Body

Wall Angels



Shoulders and Stability

1. Begin with your back up against a wall.
2. The back of your head, elbows, and back of your hands remain in contact with the wall throughout the exercise.
3. Begin with your shoulder, elbow, and hand at a 90-degree angle.
4. Slowly slide your arms up the wall just a few inches and then slide your arms back to the starting position.
5. Repeat slowly for 10-15 repetitions

Mind

Spot the Difference

Find 10 Differences between the two pictures



Answers: Liquid in cup - Back pencil - Back wrapper - Teapot top - Leaf - Leaf - Cloud - Butterfly - Sun

RESOURCES

Global Wellness Institute.
globalwellnessinstitute.org

What is Couscous?
www.foodnetwork.com/how-to/packages/food-network-essentials/what-is-couscous

Dinner Tonight:
<https://dinnertontight.tamu.edu/>

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8033 Ashton Ave, #105,
Manassas, VA 20109

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National 4-H

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[4-H All Stars](#)
[STEM in Virginia 4-H](#)

Prince William 4-H

[PW 4-H Homepage](#)
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Portfolio Records

[Member Record](#)
[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
[Project Record Ages 11-12](#)
[Project Record Ages 13-15](#)
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)

[Prince William 4-H Member Record - President](#)
[Prince William 4-H Member Record - Vice President](#)
[Prince William 4-H Member Record - Officer](#)



**2023-2024 PWC 4-H
Association Officers**

Youth Officers

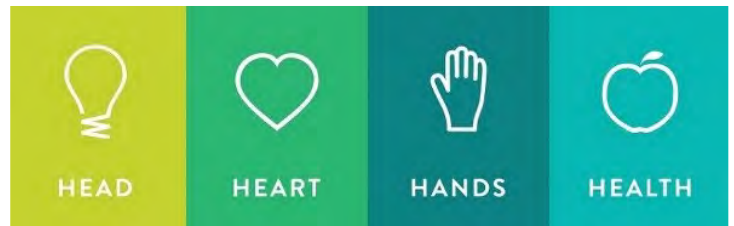
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

Susan Wolf, President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Mary McDonald, Secretary

Committee Chairs

Fundraising Committee - Lauren Byrd
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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