

Prince William 4-H

Our Clubs, Our Community

Experience the 4-H Pillar of Citizenship Firsthand

December 11, 2024

Upcoming Events

Dec 14 - Wreaths Across America Ceremony

Dec 19 - PW 4-H Whisper Booth CANCELLED

Dec 30 - PW 4-H Embryology Registration Opens

Jan 7 - PW 4-H Club & Project Leader Training

Jan II - Cloverbud Club

Jan 14 - PW 4-H Association Meeting

Jan 17 - PW 4-H Share the Fun Dress Rehearsal

Jan 22 - VA 4-H Day at the Capitol

Jan 24 - PW 4-H Share the Fun

Inside this issue:

<u>Prince William 4-H</u> <u>Updates</u>	2
<u>Virginia 4-H</u> <u>Updates</u>	9
Our Partners	I
<u>Contacts &</u> <u>Recourses</u>	ŀ



Date: Wednesday, January 22nd (it's an excused day off from school!) Who Should Attend: All PW 4-H'ers ages 9-19 and adult

chaperones Click here to reserve your seat on the bus to represent the Prince William 4-H Delegation to Virginia 4-H Day at the Capitol.

Virginia 4-H Day at the Capitol is an annual, state-wide 4-H event for youth to experience the government in action, interact with legislators and aides, and tour the Capitol and other historic sites in Richmond. It's a premiere 4-H event that is not to be missed!





Kettle Run 4-H Club's December Community Service Project

John and Jason Sharpe led the December service project for Prince William's Kettle Run 4-H Club. The club collected new books and toys for Toys for Tots and created "Emergency Treat Bags" for a local fire





station. <u>Click here to watch the informative Kettle</u> <u>Run 4-H Club Report video</u> by the creative club reporter Jason, and his assistant John. How many elements of the 4-H Pledge did they bring to their day

HPAD of service?

HE♥RT _T H∛NDS e HE●LTH ti

Thank you for sharing your experiences with us for demonstrating the 4-H Pillar of Citizenship!



Prince William 4-H HOMEMADE HOLDAY CRAFT NIGHT

It is the most wonderful time of the year to gather with our Prince William 4-H families, enjoy festive treats and holiday activities! A special 4-H THANK YOU to BettyAnn for donating and leading a holiday sewing activity *(we think she's related to Mrs. Claus)*, and to our 4-H teen volunteers Michale Deroche, Adam Grant, Aaron Grant, Lexi Strand, and Ayden Strand. We hope all of our 4-H families have a happy and safe holiday season!





Page 4

😹 Trigger Time 4-H Club

Trigger Time 4-H Club Takes Second in Close Red Fox Invitational By Rebecca Ahrens, Trigger Time 4-H Club Reporter

December 11, 2024. On Saturday, December 7th, Trigger Time 4-H Club competed in the Red Fox Invitational hosted by King George High School's NJROTC rifle team. Competitors in this annual match represent a variety of teams from American Legions, Junior Rifle Clubs, high school JROTC teams, and 4-H clubs. In total, 22 teams participated. With a score of 2074-45, Trigger Time placed 2nd and was awarded a team plaque. The contributing team members were Lexi Strand (541-16), Rebecca Ahrens (534-14), Tanner Ridings (501-8), and Ayden Strand (498-7). Lexi Strand placed 2nd overall in the competition.

Next week, members of Trigger Time 4-H Club will be participating in the CMP Postal Match.





PW - Stafford 4-H Jr Camp Counselor Apps - DUE DEC 15

Click here to apply. Closes December 15th

4-H Junior Camp: July 13-17, 2025 at the Northern Virginia 4-H Education Center, Front Royal Teens selected as counselors are required to attend leadership sessions, TALT weekend (Mar 7-8), counselor training in July, and the full week of camp (Jul13-17).

- Teen Counselor: age 14 by Jan 1, 2025, and previously attended camp as CIT
- Counselor-in-Training: age 14 by Jul 31, 2025



PRINCE WILLIAM 4-H DELEGATION TO WREATHS ACROSS AMERICA

PW 4-H families that signed up for WAA at the National Memorial Cemetery at Quantico this Saturday will receive detailed info via email from MaryBeth Lerch.

- ★ Our Group Time Slot: 11:30 AM (please arrive 15 min prior to schedule time slot)
- ★ Group Check-In Location: Mt. Zion Baptist Church, 18410 Chapel Dr., Triangle

PRINCE WILLIAM 4-H OVERBUD CLUB

HEALTH

e m

HANDS

HEART

Meets the 2nd Saturday of the Month from October to May from 10am-Noon

JANUARY 11TH DALE CITY PUBLIC LIBRARY, 4249 DALE BLVD., DALE CITY



**SPECIAL TIME: 10:30 AM

All Greater Prince William Area youth ages 5-8 that are interested in 4-H and would like to explore the ins and outs of 4-H camping are invited to a morning of hands-on activities, songs, and a special camp snack ... all from the warmth of our local library!

Who Should Attend: Greater Prince William youth ages 5-8 that are interested in learning more about 4-H.*

Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in the 4-H Pillars of civic engagement, STEM, healthy living and agriculture. All 4-H projects are research and curriculum based. We lay the foundation of knowledge to help develop our future community leaders.



Learn more about 4-H at www.pwcva.gov/4-H.

CLICK HERE TO REGISTER. Registration is free, but required. Come grow with us! * A parent or guardian must be present.



HEALTH

HANDS

JU

HANDS

HEALTH

HEART





Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



Prince William 4-H See Embryology Project See

"The Beginning of Life" 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. Educational material address Virginia SOLs for math, science, English, life science, and computer technology. Prince William 4-H provides fertilized eggs, guides participants through training, supports participants during the hatch, and then collects the chicks to be sent to a local farm.

Prince William 4-H Clubs, Prince William County Schools, Manassas City Schools, Manassas Park Schools, and Homeschool Groups are invited to participate in this exciting 4-H project!

IMPORTANT DATES **Embryology Registration REGISTRATION OPENS** Dec 30th - Jan 31st In-Person Leader Training DECEMBER 30TH! Feb 5 TBD TBD Feb 20 New date. Link coming soon. Incubator Pickup (if rented from 4-H) PW 4-H, 8033 Ashton Ave, #105 Feb 13 1 - 4 PM **RESOURCES:** Feb 17 10 AM - 2 PM Prince William 4-H Embryology Project Egg Pickup Facebook Page PW 4-H. 8033 Ashton Ave. #105 Virginia 4-H Resources for School Curriculum Feb 24 4 - 6 PM Website 9 AM - 12 PM Feb 25 VA 4-H The Beginning of Life Project 2025 HATCH DAYS: MARCH 17TH - 21ST Curriculum **Chick Drop Off** CONTACT INFORMATION PW 4-H, 8033 Ashton Ave, #105 2 - 6 PM **DeeAnn Strand** Mar 27 4-H Youth Educator Apr 1 12 -3 PM dstrand@pwcva.gov 703-792-4762 www.pwcva.gov/4-H



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



PW 4-H Club & Project Leader Professional Development

Date: Tuesday, January 7th, 7-8:30 pm

Location: PW 4-H Headquarters, Manassas Who Should Attend: All PW 4-H Adult Club Leaders, Instructors, and Project Leaders <u>Click here to register for the January 7th training</u>. **MUST BE REGISTERED TO ATTEND**. Come network with others working with 4-H youth! In a world that constantly evolves, understanding and supporting the growth of our youth has never been more crucial. This session will provide valuable insights and strategies to empower young people to thrive and reach their full potential.

All Prince William 4-H adult volunteer leaders and instructors are expected to attend this important annual training.

Prince William 4-H Food Challenge Orientation

Date: Thursday, January 9th Time: 7 PM

Location: Virtual Zoom Meeting

Who Should Attend: PW 4-H'ers interested in participating in Prince William 4-H Food Challenge Contest. Can be a team or individual interested in joining a team.

Click here to register and receive Zoom link.

4-H Food Challenge is an excellent opportunity for youth to learn a practical application of the 4-H Pillar of Healthy Living! Youth compete against a rubric intended to judge their nutrition knowledge, kitchen safety, and culinary skills, as well as their presentation and public speaking skills. 4-H teams have the opportunity to progress from the county to district to state and even to national level competitions. Attending the virtual orientation is key to success in the competition!

TEAM AGE CATEGORIES

- ★ Junior Team members must be 9-13 years old. Teams consist of 3-5 team members.
- ★ Senior Team members must be 14-18 years old. Teams consist of 3-4 team members.

Here's an opportunity through Virginia 4-H to work on your culinary skills: VIRGINIA 4-H FOOD FRENZY WINTER CAMP

Dates: January 17-19, 2025

Location: Holiday Lake 4-H Educational Center, Appomattox

Who Should Attend: PW 4-H'ers Ages 9-18 are eligible to register as a participant. Teens/Adults may apply to volunteer at this event.

Cost: Participants (ages 9-18): \$125; Teen and Adult Volunteers: \$25

How to Register: Interested participants, teen volunteers, and adult volunteers should contact MaryBeth Lerch at PW 4-H by Thursday, January 2nd.

Click here for more information.

Youth have the opportunity to learn and practice food safety and cooking skills. Campers will explore different cooking techniques and work with professionals in the food service industry. Whether you're new to the kitchen or looking into careers in the industry, this is the camp for you!

Prince William 4-H Staff Demonstrate the 4-H Pillar of Citizenship



PW 4-H Staff responded for a call to action in our community by volunteering for a couple of hours at Boxes of Basics in Manassas. As exclaimed on their Facebook page, "A Day of Gratitude at Boxes of Basics! We are thrilled to share a heartwarming story of generosity and teamwork! One of our incredible supporters recently donated a library's worth of books to Boxes of Basics. When we reached out to our friend Tony Wilson at MG Moving Services for a few boxes, they went above and beyond - sending not only 70 boxes but also a truck and a crew to help us with the heavy lifting. With the help of 12 amazing Boxes of Basics volunteers, we quickly packed up the books, transported them to our warehouse, and got everything organized in record time. It was a true team effort, and we are so grateful for the kindness, energy, and support of everyone involved. Together, we're building a brighter future, one box (or book!) at a time."



Virginia 4-H Animal Science Updates



2025 COREY CHILD'S MEMORIAL STOCKMEN'S CONTEST

Date: February 1st (snow date Feb. 15th) Location: Virginia Livestock, LLC, 2796 Rivermont

Drive, Front Royal **Registration Fee:** \$5/person; includes lunch <u>Click here to register.</u> Register by January 24th.



HOKIE DAIRY DAY - RESCHEDULED

Date: Saturday, February Ist Time: 10 AM - 4 PM

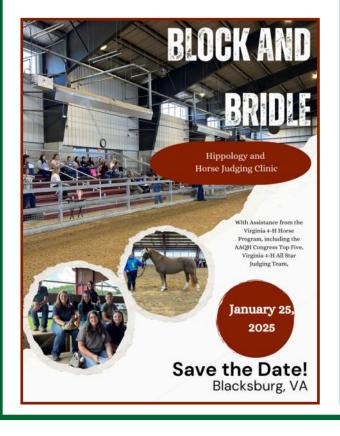
Location: Virginia Tech Dairy Center, William M. Etgen Large Animal Learning Center, 473 Plantation Rd., Blacksburg, VA

Click here to register.

Hokie Dairy Day is a free educational event for 4-H and FFA youth who have an interest in learning more about dairy cattle and the industry. The event takes what our Dairy Science students learn in the classroom and applies it to fun educational activities. Lunch will be provided.

Health History and Code of Conduct Forms Reminder:

It is the responsibility of the lead chaperone to ensure each participant is duly enrolled and to always have the health history form and code of conduct forms for their group members with them. The chaperone must remain in proximity of the event. (Use the forms for your organization – 4-H or FFA.) **Questions:** If you have any questions, contact <u>Katie Powell</u> or <u>Dave Winston</u>.





w.ext.vt.edu

Is shiping fight innerets, the U.S. Sacarteest of Agriculture and costs standards parties parties clarify, parties suprement, mitted.

2025 "Corey Childs Memorial"



Virginia 4-H All Star Awards & Scholarship Applications

Click here for application/nomination links and instructions.

Award Applications and Nominations Due by December 31st at midnight.

Each year the Virginia 4-H All Stars recognize selected 4-H All Stars and award college scholarships during the 4-H All Star Midwinter Conference. The 2025 4-H All Star Midwinter Conference will be held in Virginia Beach, February 15-16, 2025. Please direct questions and send completed applications to Glenda Snyder at <u>gsnyder@vt.edu</u>. Nominations may be made by 4-H volunteers, unit (county/ city), District or State Extension Faculty members.

Nominate a Virginia 4-H All Star!

- WAYNE M. KEFFER MEMORIAL SCHOLARSHIP provides two \$1,000 college scholarships annually to college freshmen, sophomores, juniors, seniors, or graduate students of any age.
- C. Dean Allen Award for Excellence Nominee must be supportive of the 4-H All Star Mission of Service, involve 4-H All Stars in the local 4-H program, have or encouraged a formalized Unit 4-H All Star Chapter, and/or provided 4-H International opportunities for youth and families in the unit or area.
- Dottie Nelson Award for Excellence in 4-H International Programs The purpose of this award is to recognize initiative, growth, leadership and accomplishments in 4-H International programs by volunteer adult leaders. To encourage volunteers to take leadership in programs with emphasis on opportunities which broaden the horizon of participants.
- Virginia 4-H All Star Hall of Fame The purpose of this award is to provide recognition for individual 4-H All stars who have been members of the Virginia Chapter of 4-H All Stars more than 15 years and have rendered outstanding service to the Virginia Chapter of 4-H All Stars, the 4-H Program, and other civic and community organizations
- **Bradshaw Service Award** The purpose of this award is to provide recognition for individual active 4-H All Stars who have been members of the Virginia Chapter of 4-H All Stars for fifteen or less years and have rendered outstanding service to the 4-H All Star organization.

Virginia DWR Archer Open 2025



Date Saturday, January 11th, 8 AM - 8 PM Location: Richmond Raceway Exhibit Hall, 600 E Laburnum Ave., Richmond Who Should Attend: 4-H members participating in archery <u>Click here for more info and to register.</u> <u>Click here to register as an exhibitor.</u> The Virginia Department of Wildlife Resources (DWR) invites the archery and conservation community to participate in the 2025 DWR Archery Open. This inaugural competition will take place Saturday, January 11, 2025 in Richmond, Virginia and will feature opportunities for youth and adult level competitors. Event proceeds will contribute to connecting people to conservation.

Kids' Tech University at Virginia Tech



Dates: January 25, February 22, March 22, and April 5 Location: Virginia Tech, Blacksburg, VA Who Should Attend: youth ages 9-12 as of Sep. 30, 2024, with a parent Registration Fee: \$120/child. Needs-based scholarships are available. Click here for more information and to apply.

KTU, brought to you by the Fralin Life Sciences Institute at Virginia Tech and Virginia 4-H, is your passport to a world of scientific wonder and exploration. Get ready to embark on an extraordinary STEM journey that'll spark your imagination and fuel your passion for science, tech, engineering, and math!

PREPARE TO BE DAZZLED! Meet brilliant scientists and engineers who'll unveil the mysteries of STEM. • Dive into interactive sessions that'll ignite your curiosity. • Get hands-on with mindblowing activities led by VT faculty, staff, and talented undergrads. • Discover the magic of STEM as it relates to everyday life.

Page 11

National 4-H Updates



PAPER CLOVERS ARE AVAILABLE NOW THROUGH DECEMBER 15TH AT TRACTOR SUPPLY COMPANY!

Check items off your holiday shopping list and support your local 4-H club. From now through December 15th, you can pick up a Paper Clover at any Tractor Supply store.

DOUBLE YOUR IMPACT FOR 4-H YOUTH TODAY!



I'm Katie, a 2025 4-H Youth in Action Winner, and I have something exciting to share with you! Thanks to the generosity of a 4-H donor, starting today, every gift made to National 4-H Council will be matched dollar for dollar!

I'd love for you to <u>watch my video</u> or <u>read more about my story</u>, where I share how 4-H helped me become Beyond Ready for the future. I hope it shows you just how powerful your support can be.

This is your chance to double your impact! Make your gift before midnight on December 31st — or before the match runs out — and help more young people like me bee-come Beyond Ready.

Thank you for being a part of this amazing opportunity!

With gratitude, Kaitlyn Culbert, New Jersey 4-H, 2025 YIA Winner





CLOVER BY 4-H: CODE YOUR GARDEN Click here to access FREE curriculum. Grades 5-8

Welcome to the garden of code! Users will identify computational thinking skills, including pattern recognition, decomposition, abstraction, and algorithmic thinking. Then, they'll apply concepts from what they've learned to create a garden layout.



CLOVER BY 4-H: EDIT, ENHANCE, ENGAGE

Click here to access FREE curriculum. Grades 5-12

Video editing transforms raw footage into a polished, engaging story by refining visuals, sound, and effects to captivate the audience. In this activity, you will learn how to use video editing software to edit a promotional video, including text, splitting, and overlays.



UNLOCK AI SKILLS WITH MINECRAFT

Click here to learn more.

Looking to level up your AI knowledge? Microsoft and 4-H have the solution: Minecraft Hour of Code: Generation AI! It's the perfect way to keep your mind active and have fun with friends and family. And did we mention, it's FREE!



EVENT: CITIZENSHIP WASHINGTON FOCUS

Click here to learn more and to register.

Rooted in legacy but reimagined for today, CWF is THE event for teens to learn leadership and communication skills through history, democracy, and our amendments. For 6 days, teens from around the nation will gather to have meaningful discussions and learn the skills they need to lead their local communities and become change agents to build a brighter future.

Week I: June 7 - 13 • Week 2: June 14 - 20 • Week 3: June 21 - 27



EVENT: AMERICAN FARM BUREAU CONVENTION OFFERING FREE REGISTRATION TO 4-H'ERS

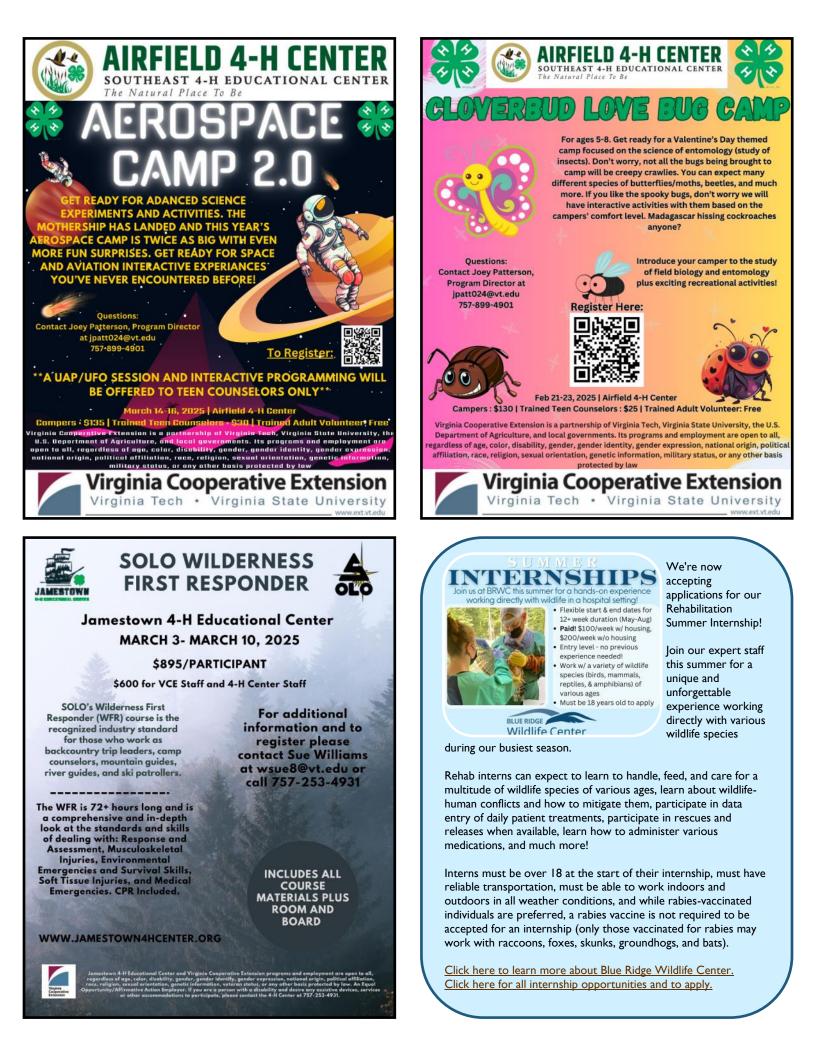
Click here for more information.

The American Farm Bureau Convention is offering FREE registration to 4-H'ers who'd like to attend their Youth Leadership Program on January 26th in Salt Lake City, Utah. Students age 17 and younger will receive free registration and lunch if registered by December 15th.



SHOP THE 4-H CATALOG Click here to shop.

Spark some 4-H cheer this holiday season, and let us help you cross everyone off your list early! Explore fun finds for friends and family with the 4-H Holiday Digital Catalog. The catalog is loaded with creative stocking stuffers, super sweet kitchen essentials, and awesome accessories.



Dates: Select evenings throughout December Location: 15125 Blackburn Rd, Woodbridge, VA Click here for full schedule and parking information. Text lights to (703) 382-6716 to stay connected with event info.

The 3rd annual Holiday Walk of Lights is back this year and brighter than ever! This year holiday enthusiasts will be able to stroll through a sparkling winter wonderland filled with thousands of twinkling lights with returning displays and new additions this year, holiday themed characters, a holiday market and joyful holiday music. Enjoy hot cocoa, seasonal treats and food vendors, and special photo ops along the illuminated paths, perfect for families, friends, and holiday lovers of all ages. Make memories and feel the holiday spirit come alive at this enchanting light-filled event!

HOLIDAY FOOD DRIVE: Please consider making a donation to our canned food drive this year. Drop bins will be available each night to collect canned goods and non-perishables to be donated to the Haymarket Regional Food Pantry.

Virginia Beginning Farmer & Rancher Coalition Program

Click here for the VBFRC December Newsblast. **IOIN THE VIRGINIA NATIVE SEED PILOT** PROJECT

Click here to learn more.

The Virginia Native Seed Pilot Project is building a network of farmers to collectively provide Virginiaecotype native seeds for large-scale revegetation and restoration projects. This initiative offers an exciting opportunity to contribute to ecological restoration efforts while diversifying farm operations. Learn More: Visit their website to find out how you can become a participating farmer and make a difference in restoring Virginia's landscapes.

DEC20, 12 - 2PM: INTRO TO BOKASHI **COMPOSTING** (Petersburg, VA)

Click here for more information and to register.

Discover the benefits of Bokashi Composting, a versatile composting method that allows for the inclusion of items beyond traditional green and brown wastes, such as meat, dairy, feces, and even bones. This workshop will explore how to source, prepare, and use Bokashi composting to add value to your farm operations.

Crayola Creativity Week



Click here for more information. Crayola Creativity Week is a free program for schools, libraries, and homes. Join the free celebration, Jan 27-Feb 02, 2025. Get access to seven days of downloadable resources, celebrity activity videos, and giveaways!

Register Now!

7th Annual Prince William Native Plant Symposium

2025

Saturday, February 8

9 AM - 4 PM

STOP MOWING. START GROWING!

A Native Plant Symposium for Beginners & Beyond

Keynote Speaker: Doug Tallamy Renowned Author & Entomologist Register here: https://tinyurl.com/mrx53hpy

In-Person Early Bird: \$40 ends 12/31/24 In-Person Regular: \$45 ends 02/06/25 In-Person Student: \$30 with a student ID Door: \$55 Online: \$25

Verizon Auditorium George Mason University 10900 University Blvd., Manassas, VA 20110

MASO



COALITION PROGRAM

VIRGINI Beginning Farmer & Rancher

HOLIDAY WALK OF LIGHTS

Page 13

Tech, Virginia State Univ rsity, the U.S. Department of Agriculture, and li ams and employment are open to all, regardless of age, color, disability, sex including pregnancy), gonder, gender identify, gende Ic information, ethnicity or national origin, political affiliation, race, religion, sexual cointration, or military status, or any other basis prote are a person with a disability and desire assistance or accommodation, please notify Ashley Studholme, Pence William Conservatio 490-5200 during business hours of 9 a.m. and 4 p.m. "TDD number is (800) 828-1120.

PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105, Manassas, VA 20109

Click to Visit Online: Prince William 4-H Virginia State 4-H

National 4-H

Your Dedicated PWC 4-H Staff

MaryBeth Lerch Associate Extension Agent, 4-H 4-H Youth Educator mblerch@vt.edu 703-792-4536



Pam Hardin phardin@pwcva.gov

DeeAnn Strand 4-H Youth Educator dstrand@pwcva.gov

Candi Helmlinger 4-H Program Specialist, Newsletter chelmlinger@pwcva.gov

PWC 4-H Resources

National 4-H

National 4-H Homepage

Virginia 4-H

VCE 4-H 4-H Online Information The 4-H Foundation 4-H All Stars STEM in Virginia 4-H

Prince William 4-H

PW 4-H Homepage PW 4-H Programs PW 4-H Camps PW 4-H Events & Calendar PW 4-H Document Center

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





Youth Officers

Lexi Strand, President Tim Hirshey, Vice President Cara Grahn, Secretary Ryan Nguyen, Treasurer

Adult Officers

Susan Wolf, President Alan Lerch, Vice President Shelby Kohn, Secretary Sydney Nguyen, Treasurer

Committee Chairs

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



Virginia Cooperative Extension Virginia Tech. • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.