



# Prince William 4-H

*Our Clubs, Our Community*



December 18, 2024

## Upcoming Events

- Dec 30** - PW 4-H Embryology Registration Opens
- Jan 7** - PW 4-H Club & Project Leader Training
- Jan 11** - 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
- Jan 30** - PW 4-H Portfolio Training
- Feb 8** - PW 4-H Contest Day
- Mar 1** - PW 4-H Jr Camp Registration Opens

## Prince William 4-H at Wreaths Across America

A delegation from Prince William 4-H participated in the Wreaths Across America ceremony this weekend at the National Cemetery at Quantico. We met in the parking lot of Mt. Zion Baptist Church and were assigned section 3A. Our caravan went to work on the beautiful day, remembering and honoring those who have served. We were encouraged to stop and say the name of each service member.



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Click to Visit



## Nokesville 4-H Equestrian Club Serving More than *WHO HASH*



Each year, Nokesville 4-H Equestrian uses their head, hearts, hands, and health to serve at the Santa Cops event in Prince William County. The event offers over 100 at-risk community children a shopping trip from Santa with his law-enforcement helpers followed by a breakfast served by our 4-H'ers. In hopes of making their Christmas special, children ages 5-10 are brought on this journey escorted by an exciting convoy of lights and sirens.

**Well, in 4-Hville they say - that the Grinch's small heart grew **FOUR** sizes on **SATURDAY!****

### The Holidays Won't be a *HUMBUG* for Last Minute Shoppers

Prince William 4-H Young Entrepreneur Adam Grant setup shop at the merry Dickens Holiday Market in Manassas Park on Saturday night. His wares included new pieces as well as customer favorites: crochet times, cards, ornaments, and more. The twinkling lights on his Christmas tree drew in repeat and new customers alike. Although it was quite cold and he may not have been able to feel his toes, Adam stated "it was a good experience, and I would do it again, and I think other people should try it too." What a great idea for next year's 4-H Young Entrepreneurs! And you'll get to see the Grinch and Santa, too!



### Nokesville 4-H Club *Spreads Christmas Cheer by Singing Loud for all to Hear*

Last weekend, Prince William's Nokesville 4-H Club participated in the annual Nokesville Community Christmas Parade. They floated down the street in a festive float, promoting their 4-H spirit and wishing Happy Holidays to all!

Nokesville 4-H Club is a community-based club and one of Prince William's largest and longest running clubs. We're so proud of your 4-H spirit and dedication to growing the next generation of leaders in our community. You're definitely on Santa's **NICE LIST!**



## Jingle Bell Rockin' with Trigger Time 4-H Club



Trigger Time 4-H Shooting Education Club had their annual Holiday Potluck on Monday night. With an impressive gathering of 75 current members, families, and alumni. Several of our Prince William 4-H'ers pranced around in their pajama party pants - quite impressive seam stressing! Guests enjoyed a fun-filled evening celebration with delicious food and the best of company.

The 4-H'ers presented volunteers and instructors with thank you mementos and youth-signed cards. Samantha Erick was recognized as the Fred Feese award recipient. And the members of Trigger Times's 4-H National Team gifted the coaches a signed 4-H National hat. They ended the night with an exciting youth gift exchange.

Trigger Time 4-H Club expresses our gratitude to special guests Mary LeCompte, and Phil Hill and Matthew Gminski from VGCA. Thank you to the members that gave donations for the raffle and gifts, the Richter Family for putting together the gift bags, the youth committee for planning the potluck and making the decorations, and to Jessica Holmes, Sandy Seagle and DeeAnn Strand for organizing and supporting the youth committee. **HAPPY HOLIDAYS!**





HEAD



HEART



HANDS



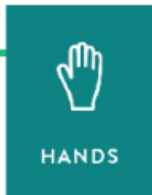
HEALTH



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HANDS



HEALTH

PRINCE WILLIAM 4-H



# CLOVERBUD CLUB

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](http://www.pwcva.gov/4-H).

**CLICK HERE TO REGISTER.** Registration is free, but required.

**Come grow with us!**

4-H GROWS HERE

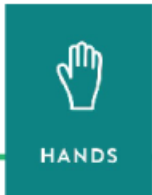
\* A parent or guardian must be present.



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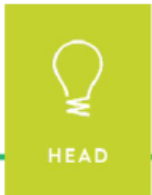
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HANDS



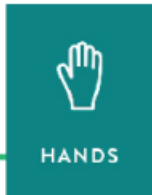
HEALTH



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HEALTH



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PRINCE WILLIAM 4-H

24TH JANUARY 2025

# SHARE THE FUN!



## 4-H TALENT SHOW



GET FEEDBACK



SHOWCASE YOUR TALENT



HAVE FUN

# PRINCE WILLIAM 4-H

SHARE THE FUN SHOW: JANUARY 24, 7 PM

Dress Rehearsal: January 17, 5:30-7 pm

[CLICK HERE TO REGISTER BY JANUARY 3RD.](#)

The Nokesville School, 12375 Aden Rd., Nokesville, VA 20181

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Prince William 4-H

# Embryology Project

“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**  
Dec 30th - Jan 31st

**In-Person Leader Training**  
Feb 5 TBD  
Feb 20 TBD

**Incubator Pickup** (if rented from 4-H)  
PW 4-H, 8033 Ashton Ave, #105  
Feb 13 1 - 4 PM  
Feb 17 10 AM - 2 PM

**Egg Pickup**  
PW 4-H, 8033 Ashton Ave, #105  
Feb 24 4 - 6 PM  
Feb 25 9 AM - 12 PM

**2025 HATCH DAYS: MARCH 17TH - 21ST**

**Chick Drop Off**  
PW 4-H, 8033 Ashton Ave, #105  
Mar 27 2 - 6 PM  
Apr 1 12 - 3 PM

## REGISTRATION OPENS

**DECEMBER 30TH!**

New date. Link coming soon.

## RESOURCES:

- [Prince William 4-H Embryology Project Facebook Page](#)
- [Virginia 4-H Resources for School Curriculum Website](#)
- [VA 4-H The Beginning of Life Project Curriculum](#)

## CONTACT INFORMATION

DeeAnn Strand  
4-H Youth Educator  
dstrand@pwcva.gov  
703-792-4762  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)



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## 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  
[Click here to register for the January 7th training.](#) **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!





**2024**  
*Homemade for the Holidays*

**DECEMBER 23, 2024**  
**9 AM TO NOON VIA ZOOM**

Register at: <https://grayson.agrilife.org/holidaycamp>

Virtual Camp Link and supply list will be emailed by **Monday, December 16th**  
Additional projects will be pre-recorded by 4-H professionals, for your viewing at any time!

*Open to Individual Families and Group Sites*  
*3rd grade and up*

Individuals with disabilities who require an auxiliary aid, service or accommodations to participate in this event are encouraged to contact the Grayson County AgriLife Extension Office for assistance, at least two weeks prior to the marketed education program. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife, The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

## 2024 4-H Homemade for the Holidays

[Click here to register.](https://grayson.agrilife.org/holidaycamp)

Are you looking for something fun to do during the winter break? If so, join in daily to interact with 4-H professionals from across the country, as they provide hands-on instruction on a variety of holiday treats and crafts.

Camp will take place from 9 am to noon Central Time on December 23rd for youth in the 3rd grade and up. Upon completion of the registration, campers will receive access to the ZOOM link. The resource pages will be e-mailed to all campers.

Sessions on Dec 23rd will be conducted LIVE, but participants will have access to additional pre-recorded activities put together by the committee, since we can only offer a one day event this year. If you miss a session the recordings will be available no later than the first week of January.

## 2025 Inbound Exchange - Save the Dates!

**EXCHANGE DATES: JULY 23-AUGUST 16, 2025**

[Click here for general information on States 4-H International.](#) [Click here to apply as a host family.](#)

*100% of the families agree that the 2023 summer inbound exchange was a positive experience for their family.*



- Our delegates will all come from Japan this summer and they will all be members of a group called Labo that is similar to 4-H. It is our goal to host 20 youth delegates and 2 adult chaperones.
- To host a youth delegate, a host family must have a child that will serve as a host sibling. The host siblings need to be within 4 years of age of a delegate. Last year our delegates were all in the 13-16 year old age range.
- Families who do not have children can host adult chaperones. We will have 2 adult chaperones in 2025 and will need at least 2 host families for these chaperones.
- Families must have an adult home most of the time during the exchange period. This opportunity will not work for families where all of the adults work outside of the home at the same 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  
[Click here to register.](#) Register by January 24th.



### HOKIE DAIRY DAY - RESCHEDULED

**Date:** Saturday, February 1st  
**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 [Katie Powell](#) or [Dave Winston](#).

**2025 "Corey Childs Memorial" Stockmen's Contest**  
 @  
 Virginia Livestock, LLC




**Where:** 2796 Rivermont Drive Front Royal, VA 22630  
**When:** February 1, 2025  
**Snow date:** February 15, 2025  
**Tentative Schedule:**  
**Registration 8:00-9:00am**  
**Stockmen's Judging 9:00 am**  
 Lunch will be served at end of the contest (around noon)  
 Stockmen's contest results following the YQCA Program  
 Registration is \$5.00 per person; this includes lunch.  
 Please Register by **January 24, 2025**  
 Be on the lookout for online registration information coming in the near future.  
 Registration will be capped at the first 250 participants that register.

\*\*\* YQCA will only be offered to contest participants. Watch for YQCA registration coming in the near future. \*\*\*

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, and the U.S. Department of Agriculture and local governments. In cooperation with employers and cooperatives, we provide a wide range of educational programs, services, and information. For more information, contact your local extension office. We are an equal opportunity organization. We are also an equal opportunity employer. If you are a person with a disability and need assistance to participate in this activity, please notify the Front Royal County Office of Virginia Cooperative Extension at 2796 Rivermont Drive, Front Royal, VA 22630. We are an equal opportunity employer. Please contact us by Friday, January 24, 2025.

## BLOCK AND BRIDLE

Hippology and Horse Judging Clinic



With Assistance from the Virginia 4-H Horse Program, including the AAQE Congress Top Five, Virginia 4-H All Star Judging Team.

**January 25, 2025**

**Save the Date!**  
Blacksburg, VA



**DORM LIVING**

**NEW FRIENDS**

**STATE CONTESTS**

**PREMIER TEEN EVENT**

**DANCES & SOCIALS**

**COLLEGE WORKSHOPS**

**GREAT GIFT IDEA: CONGRESS REGISTRATION FEE!**

*Dear Santa,*  
 I want to go to 4-H Congress  
**June 24-27, 2025**  
 AT VIRGINIA TECH

INFORMATION AVAILABLE FROM YOUR LOCAL 4-H EXTENSION STAFF

**Virginia Cooperative Extension**  
 Virginia Tech • Virginia State University  
[www.ext.vt.edu](http://www.ext.vt.edu)

## 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 [gsnyder@vt.edu](mailto:gsnyder@vt.edu). 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

[Click here for more info and to register.](#) [Click here to register as an exhibitor.](#)

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 mind-blowing activities led by VT faculty, staff, and talented undergrads.
- Discover the magic of STEM as it relates to everyday life.



# AIRFIELD 4-H CENTER

SOUTHEAST 4-H EDUCATIONAL CENTER  
The Natural Place To Be

## AEROSPACE CAMP 2.0

GET READY FOR ADVANCED SCIENCE EXPERIMENTS AND ACTIVITIES. THE MOTHERSHIP HAS LANDED AND THIS YEAR'S AEROSPACE CAMP IS TWICE AS BIG WITH EVEN MORE FUN SURPRISES. GET READY FOR SPACE AND AVIATION INTERACTIVE EXPERIENCES YOU'VE NEVER ENCOUNTERED BEFORE!

Questions:  
Contact Joey Patterson, Program Director at [jpatt024@vt.edu](mailto:jpatt024@vt.edu) 757-899-4901

**To Register:** 

**\*\* A UAP/UFO SESSION AND INTERACTIVE PROGRAMMING WILL BE OFFERED TO TEEN COUNSELORS ONLY \*\***

March 14-16, 2025 | Airfield 4-H Center  
Campers: \$135 | Trained Teen Counselors: \$25 | Trained Adult Volunteer: Free

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# AIRFIELD 4-H CENTER

SOUTHEAST 4-H EDUCATIONAL CENTER  
The Natural Place To Be

## CLOVERBUD LOVE BUG CAMP

For ages 5-8. Get ready for a Valentine's Day themed camp focused on the science of entomology (study of insects). Don't worry, not all the bugs being brought to camp will be creepy crawlies. You can expect many different species of butterflies/moths, beetles, and much more. If you like the spooky bugs, don't worry we will have interactive activities with them based on the campers' comfort level. Madagascar hissing cockroaches anyone?

Questions:  
Contact Joey Patterson, Program Director at [jpatt024@vt.edu](mailto:jpatt024@vt.edu) 757-899-4901

Introduce your camper to the study of field biology and entomology plus exciting recreational activities!

Register Here: 

Feb 21-23, 2025 | Airfield 4-H Center  
Campers: \$130 | Trained Teen Counselors: \$25 | Trained Adult Volunteer: Free

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# SOLO WILDERNESS FIRST RESPONDER

Jamestown 4-H Educational Center  
MARCH 3- MARCH 10, 2025

**\$895/PARTICIPANT**  
\$600 for VCE Staff and 4-H Center Staff

SOLO's Wilderness First Responder (WFR) course is the recognized industry standard for those who work as backcountry trip leaders, camp counselors, mountain guides, river guides, and ski patrollers.

For additional information and to register please contact Sue Williams at [wsue8@vt.edu](mailto:wsue8@vt.edu) or call 757-253-4931

The WFR is 72+ hours long and is a comprehensive and in-depth look at the standards and skills of dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. CPR Included.

**INCLUDES ALL COURSE MATERIALS PLUS ROOM AND BOARD**

[WWW.JAMESTOWN4HCENTER.ORG](http://WWW.JAMESTOWN4HCENTER.ORG)



Jamestown 4-H Educational Center and Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law. An Equal Opportunity/Affirmative Action Employer. If you are a person with a disability and desire any assistive devices, services or other accommodations to participate, please contact the 4-H Center at 757-253-4931.

## SUMMER INTERNSHIPS

Join us at BRWC this summer for a hands-on experience working directly with wildlife in a hospital setting!



- Flexible start & end dates for 12+ week duration (May-Aug)
- Paid! \$100/week w/ housing, \$200/week w/o housing
- Entry level - no previous experience needed!
- Work w/ a variety of wildlife species (birds, mammals, reptiles, & amphibians) of various ages
- Must be 18 years old to apply

**BLUE RIDGE Wildlife Center**

We're now accepting applications for our Rehabilitation Summer Internship!

Join our expert staff this summer for a unique and unforgettable experience working directly with various wildlife species during our busiest season.

Rehab interns can expect to learn to handle, feed, and care for a multitude of wildlife species of various ages, learn about wildlife-human conflicts and how to mitigate them, participate in data entry of daily patient treatments, participate in rescues and releases when available, learn how to administer various medications, and much more!

Interns must be over 18 at the start of their internship, must have reliable transportation, must be able to work indoors and outdoors in all weather conditions, and while rabies-vaccinated individuals are preferred, a rabies vaccine is not required to be accepted for an internship (only those vaccinated for rabies may work with raccoons, foxes, skunks, groundhogs, and bats).

[Click here to learn more about Blue Ridge Wildlife Center.](#)  
[Click here for all internship opportunities and to apply.](#)

## National 4-H Updates



### 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 1: 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.

## Virginia Tidewater AREC



[Click here for more information about the Virginia Tidewater AREC.](#)

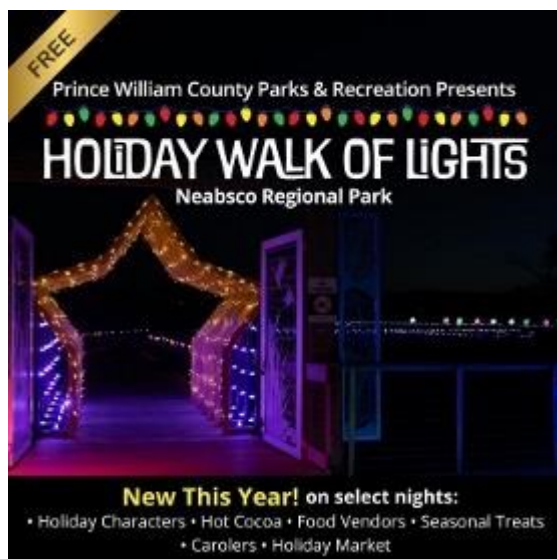
[Click here for the Tidewater AREC December newsletter.](#)

ARECs are field-research sites and laboratories for undergraduate and graduate students. Each of the 11 ARECs in Virginia host Virginia Agricultural Experiment Stations (VAES) with Virginia Tech faculty conducting research on food and fiber systems, their impact on the environment, and their relation to the future needs of Virginia, the nation, and the world. The ARECs also serve as program sites for producers, school groups, and more.

ARECs employ and rely on staff to work with academic and business partners to advance research and solve challenges in sustainability and agriculture.

Check out the Tidewater AREC newsletter! Learn more about research being conducted in agriculture, it's interdisciplinary nature, and get inspired for your future career!

## Prince William Holiday Walk of Lights



**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.

## PWC Applications for 2025 College Internship Program



**PRINCE WILLIAM COUNTY**

**From Prince William County Press Release, 12/12/2024**

Prince William County government is excited to announce the return of its highly successful College Internship Program, now entering its second year. This dynamic eight-week program provides students interested in public service with invaluable experience and an in-depth understanding of local government operations.

The program is open to students enrolled in accredited institutions of higher education who are passionate about public service and eager to learn how local government operates. Selected interns will gain professional development through skills and leadership training, mentoring, networking with executive leadership, field excursions, short-term projects and hands-on experience. This paid opportunity is designed to equip interns with the skills, tools and resources needed for long-term success in their careers.

College internship applications are now open and will be accepted through **March 2, 2025**. The program will run from **May 27 through July 18, 2025**.

"This program not only equips students with valuable skills and professional development, but also provides a glimpse into the impactful and rewarding careers available in local government," said Veronica Marquez, Human Resources Business Services Analyst who runs the intern program. "It's a chance to grow, learn and make meaningful contributions that can shape their future and the future of our community."

"Public service is one of the most meaningful ways to make a lasting impact on the lives of others, and our Internship Program is an incredible opportunity for students to step into that role," said County Executive Chris Shorter. "This program is about more than just gaining experience; it's about inspiring the next generation of public servants who will shape our communities and lead us into the future. If you're ready to make a difference, learn from experienced leaders and discover the power of public service, I encourage you to apply and be part of something bigger than yourself."

Prince William County Government is a dynamic and inclusive organization that employs approximately 6,000 individuals dedicated to serving the county's residents, businesses and visitors. With more than 30 departments, the county offers a broad range of opportunities to make a positive difference in the community.

### HOW TO APPLY:

Visit [pwcva.gov/internship-program](http://pwcva.gov/internship-program) to learn more and submit an application before the deadline.

### HEAR FROM PAST INTERNS:

Curious about the experience? [Watch this video to hear directly from last year's participants](#) and see how the program shaped their career goals.

## 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



Baltimore Oriole on Black Willow ©Julia Flanagan/HeartEarth.com

**STOP MOWING,  
START GROWING!**

A Native Plant Symposium for  
Beginners & Beyond

Create a Beautiful Yard, Save Time  
& Money, Improve Water Quality,  
Build Habitat for Pollinators & Birds.

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



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# Buzzy BODY & BITES for Teens

Buzzy



## Let's Meet the Virginia 4-H 2024-2025 Healthy Living Ambassadors!



Cassidy Larochelle



Garima Patel



Ariana Blake



Hailey House



Trinity Pamplin



Jaleah Pulliam



Payton Long



Olivia-Kate Crombie



Aubrey Moseley



Kennedy Wright



Avyonna Hester



Gloria Takpani



Minnah Khan



Emma Lloyd



Clark Russell

**Cassidy Larochelle:** I graduated early and am now studying nursing. As a HLA I'm excited to expose myself to more 4-H opportunities!

**Garima Patel:** I'm a high school freshman registered in Roanoke County 4-H, and I'm excited to plan our upcoming Healthy Living Summit!

**Ariana Blake:** I'm a sophomore and President of Fairfax County 4-H. I'm excited to share my passion for healthy living with 4-Hers across the state.

**Hailey House:** I am a senior and looking forward to working with amazing teens on creating an effective platform for young teens!

**Trinity Pamplin:** I am from Mecklenburg County, and something I am interested in experiencing is the Healthy Living Summit and the outreach.

**Jaleah Pulliam:** I am a junior from Mecklenburg County 4-H. I am looking forward to making new connections!

**Payton Long:** I reside in Washington County, Virginia, and I am currently a sophomore. I am eager to expand my knowledge of healthy living!

**Olivia-Kate Crombie:** I'm a sophomore who participates in Teen Club. I'm looking forward to planning the workshops for the Healthy Living Summit!

**Aubrey Moseley:** I'm a 15-year-old from Russell County, passionate about patriotism, farm life, hunting, rural traditions and healthy living.

**Kennedy Wright:** I am a sophomore in Henrico County, Virginia, and I am excited to plan this year's upcoming summit.

**Avyonna Hester:** I am a junior in high school, and I am so honored to be able to help plan the upcoming Healthy Living Summit!

**Gloria Takpani:** I'm a sophomore at Maury in Norfolk and I'm looking forward to meeting new people and trying something new! :D

**Minnah Khan:** I'm a sophomore and part of Chesterfield County 4-H. As a Healthy Living Ambassador, I am excited for the Healthy Living Summit!

**Emma Lloyd:** I'm a high school senior in Frederick County 4-H. As the HLA Chair, I'm excited to plan our upcoming Healthy Living Summit!

**Clark Russell:** I am a junior in high school from Washington County, and I'm looking forward to helping educate at the Healthy Living Summit.



Virginia Tech • Virginia State University

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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP, and was supported by Expanded Food Nutrition Education Program (USDA/NIFA).

# BITES



## Mushroom Barley Soup

Prep Time: 10 minutes

Total Time: 40 minutes

### Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 8 ounces mushrooms, sliced
- 2 celery stalks, chopped
- 2 carrots, sliced
- 2 cups water
- ½ cup pearled barley
- 3 low-sodium bouillon cubes
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme

### Nutrition Facts

4 servings per container	
Serving size	1 serving (453.39g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	2%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 6g	21%
Total Sugars 0g	
*Includes g of Added Sugars	
<b>Protein</b> 5g	10%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	0%
Potassium 431mg	10%

\*The % Daily Values (DV) tells you how much is in a serving, compared to a diet that provides 2,000 calories a day to meet your general nutrition needs.

### Directions

- Heat oil in a soup pot over medium heat. Add onion, mushrooms, celery, and carrots to the pot and cook for 5 minutes or until vegetables are tender.
- Add water, barley, bouillon cubes, garlic powder, and thyme to the pot. Bring to a boil, cover, and simmer for about 30 minutes, until barley is done.

Find more recipes at [eatsmartmovemoreva.org](https://eatsmartmovemoreva.org)

# BODY

Do you ever find yourself feeling tense after a study session or sore after sports practice? One of the best ways to prevent pain in your muscles and joints is regular stretching. Here are a few of my favorite stretches:

### Cat/cow stretch

Start by getting down on the floor on your hands and knees. To get into cat pose, arch your back. Imagine a string pulling your spine up to the ceiling to get the correct form. To get into cow pose, curve your spine inward. Instead of imagining a string, think about the center of your spine pushing down and away from your hips and shoulders. The cat/cow stretch is good for releasing tension in your back.

### Towel shoulder stretch

For this stretch, you'll need a towel or a yoga strap. Behind your back, grab the top of the towel or strap with one hand, with your thumb facing the floor. Grab the bottom with your other hand and your thumb facing the ceiling. Try to pull the towel apart, with your top hand moving, pulling up toward the ceiling and your bottom hand pulling down toward the floor. This stretch is good for stretching out your shoulders. A lot of people hold tension in their shoulders when they're stressed, so this is a good stretch for that, as well as for athletes and weightlifters who put their shoulders to work.

### Butterfly stretch

A butterfly stretch starts in a seated position, with the soles of your feet pressed against each other. While just sitting in this position helps to stretch out your hips, to feel the stretch deeper and to give your back a stretch, lean forward and try to touch the floor with your nose. The butterfly stretch is an easy way to release tension in your hips, another place that people carry tension. If you don't lean forward, you can do it while watching TV, reading, or homework.

Stretching is an easy way to release tension from your body and help ease soreness.

## Exercise Your Mind

### Healthy Lifestyles Word Search

C C A H Q C S V S R I M Y B X C S B N S  
 D J D P T T K P Y R D A U M S E T D Y O  
 Z O Y T I L O B O B L A P O L O I A T U  
 U L H U A R A C W P G U U Y J D B N I L  
 Q W R R T J H E E N O B T A H T A C V M  
 L F O S H Y C L H I X S Y Y I L H E I R  
 T F T R G A P J P L E S H F M F Y Y T P  
 N G I I K I R P I F A X L T L Q H X C G  
 K U E D R O B R I F E T J M J K T K A H  
 E N T T T L U L A D Q B N A K B L R L T  
 E Y W R E O Y T G Y F Q O E X T A C A F  
 K O N V I H S E N T I F D M A E Q C B  
 J R J T T T Q H S S N U C H Y A H H I R  
 V E O L P A I H G T N Z E X E R C I S E  
 T R A W V M F O P G J F I G S S T M Y A  
 V E Z X M W X L N U A L G A L G P L H T  
 H U L G C A B O V J K M I N D F G V P H  
 S Z U L W O E R G T M S J I T N O J P I  
 G N I N N U R T A U R G V B Y J Q M C N  
 C Q D L L T V E G E T A B L E S T D K G

- Healthy Lifestyles
- Exercise
- Workout
- Breathing
- Hygiene
- Fitness
- Mental Health
- Healthy Habits
- Fruits
- Vegetables
- Nutrition
- Dance
- Sports
- Running
- Teamwork
- Physical Activity
- Triple Play
- Mind
- Body
- Soul

## Resources

Virginia 4-H

[facebook.com/Virginia4HStateOffice](https://facebook.com/Virginia4HStateOffice)

Virginia Family Nutrition Program

[eatsmartmovemoreva.org](https://eatsmartmovemoreva.org)

[www.facebook.com/VaFNP](https://www.facebook.com/VaFNP)

Virginia Cooperative Extension

[ext.vt.edu](https://ext.vt.edu)

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Editors: Tonya Price, PhD; Rebecca Owen, MEd; Helen Leslie, AFA

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**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](#)



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Cara Grahn, Secretary  
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Susan Wolf, President  
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Fundraising Committee - Lauren Byrd  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



**Beyond  
Ready**



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