



Prince William 4-H

Our Clubs, Our Community



July 7, 2021

Upcoming Events

- Jul 9 - [Horse Show Orientation](#)
- Jul 12 - [Camp Counselor Training Part I](#)
- Jul 14 - [Camp Counselor Training Part II](#)
- Jul 18-22 - [4-H Junior Camp](#)
- Jul 27 - [All Star Meeting](#)
- Aug 6-8 - [i-Congress](#)
- Aug 16-20 - [4-H Day Camp](#)
- Sep 9-12 - [60th VA State Championship Horse & Pony Show](#)

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PWC 4-H Camp Counselor Training Kick-Off

The first two PWC Camp Counselor Training sessions were a tremendous success! Camp Counselors are PWC 4-H youth volunteers who create and implement that safe and exciting camp environment. All counselors participate in training sessions so they are prepared leaders, and earn invaluable service hours.

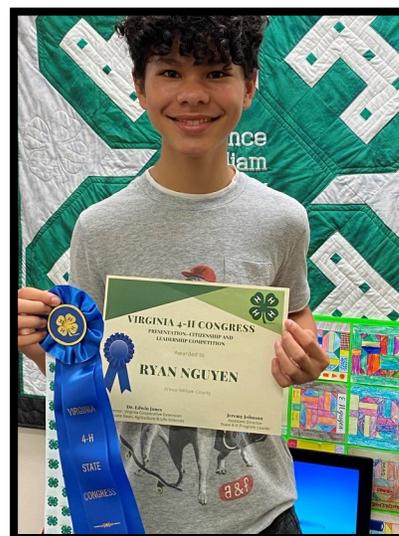
We have over 30 youth counselors for PWC Summer Day Camp!

The final training sessions will all be held at the 4-H Office, in the McCoy conference room (upstairs), from 6:30- 8:30pm. Participants must attend a Part I and Part II session. [Click here to register for Camp Counselor Training](#). If you need to attend virtually, please contact Mrs. Cloe at ecloe@pwcgov.org. The last two sessions are **Part I: July 12** and **Part II: July 14**



Look Who Stopped By!

Ryan Nguyen stopped by the PWC 4-H office to collect his medal and certificate for being the Overall Champion in Presentation-Citizenship and Leadership at the Virginia State 4-H Share the Fun contest held in conjunction with the 2021 Virginia 4-H Congress Across the Commonwealth. Ryan also volunteered to take a leadership role for the upcoming 4-H year and will lead the PWC 4-H Presentation Training in early fall. Congratulations Ryan!





Celebrating YOUTH at PWC 4-H

Our goal at PWC 4-H is to inspire youth towards leadership, citizenship and life skills and to learn by doing. Check out some of our favorite annual events!

4-H State Congress

This year will be the 100th anniversary of the 4-H Virginia State Congress! Every June, hundreds of teens come together at Virginia Tech for training, competition, service and fun. This is where PWC youth shine! We participate in 35 competitive areas and celebrate what we've learned at the Virginia Share the Fun talent show. We attend educational workshops, leadership programs, service learning opportunities, sports competitions, a formal dinner, and more. It's an annual event not to miss!

i-Congress

Preteens in PWC 4-H attend i-Congress at Virginia State University and gain a taste of what's to come at 4-H State Congress. This event focuses on learning experiences in a variety of skill areas including leadership, citizenship, cultural diversity, and more. And there's plenty of time for sports and social activities where our PWC 4-H'ers make lifelong friendships that continue to grow through high school and beyond. i-Congress and 4-H State Congress truly celebrate all that 4-H has to offer!

Summer Camps

PWC 4-H Camp experiences can help youth build self confidence, meet new people and provide a safe environment to experience new opportunities. Virginia 4-H Junior Camp is an overnight camp held at 4-H Educational Centers across Virginia. PWC 4-H Summer Day Camp is five mornings of extreme fun and learning, typically held in conjunction with the PWC Fair.

Share the Fun

Share the Fun is a variety show that provides an opportunity for youth to develop talent, confidence, and presentation skills. 4-H'ers compete as individuals and in club groups in a variety of categories. They also serve as stagehands, crew, announcers and more. It is a showcase of the many talents of our local youth! Many teens progress to compete at the District and State levels, with the State Share the Fun contests held during 4-H State Congress.

Presentation Day

PWC Presentation Day is an educational event which allows 4-H'ers to combine the knowledge they have gained in their projects and their skills in public speaking. Presentations are either demonstrations of their projects or a speech about the project experience. Presentations are an integral part of the 4-H program and are an effective learning tool to teach young people to organize their thoughts and present their ideas.

The PWC 4-H Shooting Education program uses shooting as a vehicle to teach youth ages 9 to 19 life skills such as responsibility, self discipline, and teamwork. The following disciplines are used to teach these life skills – archery, muzzleloading, pistol, rifle, and shotgun. Through these disciplines, youth also learn firearm safety and marksmanship.

Shooting Sports & Archery

Fashion Revue is a contest that aims to increase youths' knowledge of consumerism, textiles, and garment construction while providing opportunities to express fashion trends and boost poise and confidence. Categories exist for purchased and constructed garments. Contests take place at both the county and state level.

Fashion Review

PWC 4-H STEM programs are offered by our dedicated Educational Specialist and through projects, clubs and camps. 4-H STEM programs provide youth the opportunity to learn through fun, hands-on activities and projects. Experiential learning enables our youth to develop important life skills such as critical thinking and problem solving. Join us for the 2021 4-H STEM Challenge: Galactic Quest!

STEM

The 4-H Food Challenge is an exciting contest offered through the 4-H Food & Nutrition Program where youth learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help create a balanced diet. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

Food Challenge

This last year has led us to creatively find new ways of supporting 4-H youth. PWC 4-H created Clover Connections to keep our youth socially connected while investigating the ins and outs of the US Postal Service. We also created *Move it Monday!* to get moving, learn health tips and socialize safely...which led to the creation of our new, annual PWC 4-H 5K event that will be back in 2022 with new training initiatives, community service initiatives, and excitement!

Targeted Enrichment Activities

PWC 4-H collaborates with the Virginia 4-H Horse Program to offer Hippology, Horse Judging and Horse Shows. Hippology participants are quizzed on all aspects of horse sciences. Horse Judging members study the conformation of horses in all breeds and how to judge performance. Horse Show participants compete locally to qualify for the State 4-H Horse Show in categories such as equitation, hunter, pleasure and western.

Horse Programs

PWC 4-H works with youth educators to bring youth safety and agricultural experiences to the classroom. Our Education Specialists lead county-wide efforts to support tree planting projects through the Tree Seedling Program. We conduct "The Beginning of Life" project through our Embryology Program. And we work with school counselors to provide the Safe At Home, Safe Alone project materials. There's an entire catalog of educational recourses available at no cost to educators and youth leaders!

County-Wide Education



Come Grow with Us!

and invite your friends!



VIRGINIA 4-H ALL STARS

Celebrating 99 Years



What is an All Star?

Virginia 4-H All Stars is an honor/service organization for teen and adult leaders who are actively involved in expanding and enhancing the 4-H programs in their communities and statewide. Membership with All Stars is the highest recognition that a 4-H'er in Virginia can achieve.

4-H All Stars contribute to positive youth development through service locally and statewide. 4-H members begin their story by gaining knowledge through trainings, experiences and information, and then utilize their knowledge to provide leadership and life skills to other 4-H participants. Members that have transitioned into applying their 4-H knowledge and skills into leadership roles and promote "Making the Best Better," can apply to become an All Star. Applicants should have at least 3 years experience with 4-H and be between 15 and 19 years-old.

Together We Serve

Members inducted into the Virginia Chapter of All Stars are dedicated to serving their local 4-H community. Working together as Virginia All Stars, youth make an impact in developing self-motivated youth and implementing interactive youth development education programs for all of Virginia. All Stars strive for better understanding, patience, dedication and unselfish service to fellow 4-H members and 4-H programs. Virginia All Stars may attend additional events and apply for additional scholarships specific to Virginia All Stars.

You can be a Virginia All Star!

Join PWC 4-H Extension Agent MaryBeth Lerch for an information session on the application process for Virginia All Stars. You should attend if you are ready to apply, or if you are interested in learning the steps that you can be taking now to develop into leadership roles that lead to membership as a Virginia All Star.

Congratulations to PWC's 2021 Virginia All Stars

Andy Nguyen, Nokesville 4-H Club
Samantha Seagle, Trigger Time 4-H Club



PWC 4-H: Virginia All Star Interest Meeting

Date: Wednesday, July 28th

Time: 5 pm

Location: Zoom Link <https://virginiatech.zoom.us/j/89277453810>



CLICK HERE TO WATCH THE 2021 VIRGINIA 4-H ALL STAR WELCOME

PWC 4-H Day Camp



4-H SUMMER DAY CAMP: AUGUST 16-20, 2021

PWC Fairgrounds, Manassas

Registration is Closed. Contact PWC 4-H for Availability.

4-H Day Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

[Click here for more information about 4-H Camps.](#)

Workday Wednesdays

Dates: Every Wednesday from July 7th - August 4th

Time: 10 am - 2 pm; *Bring your lunch!*

Location: PWC 4-H Office

[Click here to sign up for PWC 4-H Workday Wednesday!](#)

Calling all 4-H middle schoolers and high schoolers! On Wednesdays, we'll be planning the activities, cutting, pasting, organizing, bagging, and more. All talents are needed! Whether you're crafty, strong for lifting, good at organizing, innovative, or a worker bee, **WE NEED YOU** to help us prepare for PWC 4-H Summer Day Camp.



Camp Adult Volunteers

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience. Adults are primarily chaperones, group facilitators, or help to distribute snacks. Volunteers are needed from 8:30 am - 1:00 pm. Volunteers can work multiple days, single days, or a handful of hours. Any time that you can offer is welcome! [Adult volunteers can register here.](#) For more information becoming Camp Adult Volunteer, please contact Emily Cloe at ecloe@pwcgov.org.

[Be sure to register as an Adult Volunteer in 4-H Online!](#)



Children's Barn & Ag Barn Volunteers

The Prince William County Fair is BACK! The Fair is August 13th-21st and we need volunteers to help create and volunteer during the fair at the 4-H Exhibits at the Children's Barn and Ag Barn.

PLEASE CLICK HERE TO REGISTER TO VOLUNTEER

[Click here for details about the 2021 PWC Fair.](#)

NEW LINK!



July is National Ice Cream Month

On average, Americans eat about 23 gallons of ice cream each year, according to the [International Dairy Foods Association](#) (IDFA). July is National Ice Cream Month, which some might see as a good excuse to eat even more ice cream.



In 1986, President Ronald Reagan declared July as National Ice Cream Month, with the third Sunday in July designated as National Ice Cream Day. Reagan's proclamation called for Americans across the country to observe the events with "appropriate ceremonies and activities."

The IDFA recommends several ways for people to celebrate the special month and day by hosting ice cream parties, trying different ice cream flavors and inventing their own ice cream flavors using toppings and sauces. [Click here to read the full article presented by PWC!](#)



I scream, YOU scream, we ALL scream for ICE CREAM!

Here at PWC 4-H, we're ready to celebrate July's National Ice Cream Month AND our PWC 4-H Seniors with a Senior Social on July 16th. **CONGRATULATIONS Seniors!**

Mandatory State Horse Show Orientation: *July 9th*

Date: Friday, July 9th

Time: 7 pm

Location: Nokesville Fire Department

Emily Cloe has reached out to Club leaders and will be hosting an orientation for 4-H'ers participating in the VA State 4-H Championship Horse and Pony Show. Emily will be reviewing the code of conduct, rules, safety, regulations, and much more. Please respond to her emails to assist in the planning and be ready to gallop to the meeting!

FRIDAY!



60th Virginia State 4-H Championship Horse and Pony Show

Date: September 9th-12th, 2021

Location: Virginia Horse Center, Lexington, VA

[Click here for details on the VA Horse Show](#)

SAVE THE DATE! Virginia 4-H i-Congress, *August 6th-8th*

Location: Airfield Conference Center/Southeast 4-H Educational Center, Wakefield, VA

4-H i-Congress is designed for youth who are interested in becoming leaders in 4-H.

Through fun, innovative, engaging and interactive sessions, youth will enhance their ability to serve in local, district, state and national 4-H leadership roles. The mission of **4-H i-Congress** is to provide non-competitive educational experiences to youth ages 11-13 and the adults who work with them, helping them to develop life skills, and leadership abilities to become contributing citizens in their communities. **The 3-day**

i-Congress program information will be available soon!





Prince William County SMART911

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- Discapacidades físicas
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COUNTY**

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[PCW 4-H](#)

[Virginia State 4-H](#)

[National 4-H](#)



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4-H PROUD

PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)

[Complete Phase III Social Distancing Guidelines](#)

[Resources for 4-H Enrollment](#)

[4-H Risk Management Forms](#)

[4-H Online Information](#)

[The 4-H Foundation](#)

[Promotional Materials](#)

[4-H Awards and Recognition Forms](#)

[4-H All Stars](#)

[Resources for 4-H Animal Sciences](#)

[Resources for 4-H Citizenship](#)

[Resources for 4-H Club Management](#)

[Resources for 4-H Communication & Expressive Arts](#)

[Resources for 4-H Competition & Scoring Aids](#)

[Resources for 4-H Curriculum & Delivery](#)

[Resources for 4-H Family Sciences](#)

[Resources for Food, Nutrition and Health](#)

[Resources for 4-H Leadership & Personal Development](#)

[Resources for 4-H Natural Resources & Environmental Education](#)

[Resources for 4-H Plants, Soils & Entomology](#)

[Resources for STEM](#)

Prince William 4-H Association

[PWC 4-H Homepage](#)

[PWC 4-H Programs](#)

[PWC 4-H Camps](#)

[PWC 4-H Events & Calendar](#)

[Funding Request Form](#)

Portfolio Records (coming soon)

Member Record

Member Record - editable

Project Record Ages 9-10

Project Record Ages 11-12

Project Record Ages 13-15

Project Record Ages 16-19

**2020-2021 PWC 4-H
Association Officers**

Youth Officers

Samantha Whysong, President

Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong

Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

