



Prince William 4-H

Our Clubs, Our Community



July 21, 2021

Upcoming Events

- Jul 18-22 - 4-H Junior Camp
- Jul 26-Aug 1 - Southern Regional 4-H Horse Show
- Jul 28 - All Star Meeting
- Jul 31 - Applications due for VA Horse Ambassador
- Aug 16-20 - 4-H Day Camp
- Sep 9-12 - 60th VA State Championship Horse & Pony Show

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7 PWC 4-H'ers Traveling to Southern Regional 4-H Horse Show



PWC 4-H is proudly represented by 7 youth members who are traveling to Georgia the week of July 26th for the Southern Regional 4-H Horse Show!

We have five PWC 4-H'ers competing in riding events: **Lauren Byrd, Libby Pumphrey, Jordan Ruth, Samantha Whysong, and Sierra-Nicole Wimer.**

Three PWC 4-H'ers will be competing in knowledge contest events:

Carolyn Hicks – Hippology B team & Horse Judging B Team

Samantha Whysong – Individual Presentation (A)

Maya Mitchell – Individual Presentation (B)

Southern Regionals will be held at the Georgia National Fairgrounds & Agricenter in Perry, GA. Thirteen states participate in the show. Check out Page 2 to learn more about these impressive 4-H'ers.

[Click here for more information about the Southern Regional 4-H Horse Show.](#)

Become an Ambassador for the Virginia 4-H Horse Program



Applications Due July 31st!

The application to become a Virginia 4-H Horse Program Ambassador is now available. This program is for 4-H'ers who love horses and the 4-H Horse Program and want to be a part of spreading the news about our youth horse program and all we have to offer! If you are an enrolled 4-Her, at least 15 (as of Sept. 30, 2021), have been in the horse program for at least one year, and have a passion for the horse program and want to make a difference, you are eligible to apply! [Click here for more information and the application.](#)

ISO a Budding 4-H Engineer!



We need a youth 4-H volunteer to create a Smoothie Making Human Powered Bike Blender! We've got the bike and blender. We need your ingenuity! This fancy blender will be used to teach day campers and fair goers about the importance of exercise and nutrition, by our colleagues within SNAP Ed! [Click here for details on how to make the bike.](#) Please email [Kristin Saul](mailto:Kristin.Saul) to volunteer!

New PWC 4-H Adult Volunteer Day Camp Volunteer Link



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.



Wishing Our PWC 4-H'ers Luck at the Southern Regional 4-H Horse Show!



“I am most excited to represent Virginia in the educational contests! These contests are one of my favorite parts of 4-H and I’m very glad that I’m able to be part of it.”

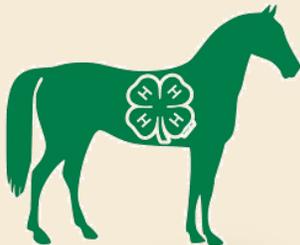
Carolyn Hicks

Nokesville Equestrian 4-H Club

“I’m most excited to represent Virginia, make my first trip to finals in Georgia and share my presentation on toxic endophytes in pregnant mares. I’m also excited to see other parts of the 4-H competitions during the three days we are there.”

Maya Mitchell

Old Dominion Equestrian 4-H Club



“I will be competing in the Hunter Under Saddle and Hunt Seat Equitation Divisions as well as Presentations. For Southern Regionals I am most excited to participate in the Presentations as my presentation is very important to me and I have worked really hard on it. I am also really excited to spend the time with my club and make tons of new memories!”

Samantha Whysong

Nokesville Equestrian 4-H Club



“Hello! My name is Lauren Byrd and my horses name is Peyton. This year at Southern Regionals, we are showing in English pleasure and equitation. We have only been to Southern Regionals together once before and he was not feeling 100%. I am looking forward to showing again in Georgia while he’s happy and healthy.”

Lauren Byrd

Nokesville Equestrian 4-H Club

“Cloud is participating in hunters and jumpers. I am so proud of how far Cloud and I have come in such a short time. She’s a rescue pony so building trust and a bond has been key. I’m excited to show all that we have been working on. 4-H has taught me the skills I needed to use to learn my new horse, work through our challenges and grow into a true team. “

Libby Pumphrey

Nokesville Equestrian 4-H Club



“Starbucks is the first horse I had the privilege to start and I’m finally seeing all of my hard work paying off.”

Jordan Ruth

Nokesville Equestrian 4-H Club

Sierra-Nicole Wimer and Look’n For Honey (“Winnie”) will be making their first trip to GA for Southern Regionals. They will compete in four classes; Hunter Under Saddle, Hunt Seat Equitation, Working Hunter, and Equitation Over Fences.

“I’m super excited to go to GA and represent Virginia and Prince William County at Southern Regionals. I have practiced several times a day this week so we can be ready to do our best.”

Sierra-Nicole Wimer

Nokesville Equestrian 4-H Club



We’re Proud of YOU!

Volunteers Needed for Children's Barn and Ag Barn



The **PWC Fair 4-H Children's Barn & AG Barn 2021** Volunteer Sign Up has been released! We're so happy to be back in-person at the Prince William County Fair! We need both adult and youth helping hands to ensure the success of our activities for youth at both the Children's Barn and Ag Barn.

Dates: August 13-21, 2021

Times: 2-5 pm or 5-8 pm shifts (see specific slots)

Location: PWC Fairgrounds

**WE NEED
VOLUNTEERS!**

**Be sure to register as an Adult
Volunteer in 4-H Online!**

VOLUNTEER DESCRIPTIONS

Barn Managers: adults who are organized, flexible, comfortable with facilitating others, and can communicate. We need 2 adult barn managers per shift.

Barn Volunteers: adults and youth that are willing to communicate with the public, lead other youth in STEAM, health, community service and agriculture enrichment activities. We need 10 volunteers per shift.

EVENT DETAILS

Visitors to the Children's Barn will be greeted by the Barn Manager and invited to walk through and choose one or all three 'Grab and Go Kits.' Additional volunteers will be on hand to answer any questions about the kits as well as direct visitors to the Ag Barn where they may put their kits together if they would like. Unlike previous years, this year we will not be leading activities in the Children's Barn.

Over in the Ag Barn volunteers are needed to assist youth and families with their Grab and Go Kits as well as help direct the community service activities; assist with the baby chicks and, possibly, rabbits; sell head wreaths; share their 4-H stories.

CLICK HERE TO SIGN UP TO VOLUNTEER!

You may sign up for multiple shifts, on multiple dates, too. If a parent is signing up multiple family members, please add each individual name to each signup so we know who will be working each station. Questions? Contact Kristin Saul at KSaul@pwcgov.org or MaryBeth at Mlerch@pwcgov.org

Workday Wednesdays for 4-H Youth Volunteers



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.

How GROWS Your Garden?



It's just about time for the PWC Fair and we can't wait to see your beautiful garden! Check out the beautiful garden by Trigger Time. Keep up the good work!

NEW! Summer Toiletries/Hygiene Collection for GUMC

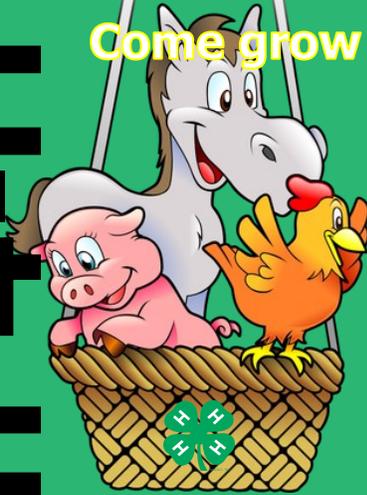


4-H Alumna Kamryn Fyock is collecting toiletries/hygiene items to assist her church's community service initiative. Please consider dropping off items such as toothbrushes, shaving cream, deodorant, toothpaste, body wash, mouthwash, hand soap, hand sanitizer, baby wipes, or razors at the **PWC 4-H office by Friday, July 30th**. Please email Kamryn at kamrynice@gmail.com with any questions.

PLEASE CONSIDER DONATING

EXPLORING WITH 4-H

Come grow with us at PWC 4-H Summer Day Camp!



PWC 4-H Summer Day Camp is back and more exciting than ever! We will be exploring many things in our world using 4-H's research-proven **DO, REFLECT, APPLY** model!

PWC 4-H Summer Day Camp is for youth ages 5-12 and is held during the week of the annual Prince William County Fair. Youth learn and grow in a safe and exciting environment through creating art projects exploring fair exhibits and enjoying team games and activities. Themes and snacks each day, a show or two, and lots of trained, enthusiastic teen counselors make this experience one of a kind!

PWC 4-H Day Camp Activities

Marshmallow Catapults * Bee Bot Pollinators * Trebuchet * Build-a-Thon * Seed Bombs and Living Necklaces * Special Presentations on Locally Derived Nutrition and Native Plants & Habitats * Visits to the Animal Barns and the Heritage Barn * Focus on Character Traits while building Life Skills * and so much more!



PWC 4-H Children's Barn Exhibit

All youth fair-go'ers will not want to miss this! The PWC 4-H Children's Barn exhibit is full of exciting enrichment activities geared towards exploring the many aspects of 4-H. Stop by from 2-8 pm and pick up your 4-H Grab & Go Activity Exploration Kit. They're free and fun! Here's what's happening at the PWC 4-H Children's Barn:



- * **Book in a Bag:** make your own journal about Virginia Native Skinks with this imaginative activity
- * **Living Necklaces:** discover how seeds sprout with this seed necklace charm
- * **Marshmallow Catapults:** explore the physics of catapults by creating your own popsicle marshmallow catapult
- * **Community Partner Demonstrations:** stop by to learn how to be a buddy, not a bully with Samantha and her horse Rubin! We'll have additional presentations and activities on recycling, yarn pulling and more!

Clover Bud Activities

For our younger participants, stop by the Clover Bud Tables and participate in two Community Service and Citizenship activities:

- * Make Dog Toys for the PWC Animal Shelter
- * Color Post Cards for our Soldiers Overseas



PWC 4-H Ag Barn Exhibit

Stop by relax at a picnic table, work on your 4-H Grab & Go Activity Exploration Kit with our teen 4-H volunteers, or better yet, meet our favorite bunnies and chicks!



PWC 4-H Summer Day Camp 2021

August 16-20th

Prince William County Fairgrounds

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



invite your friends to

Come Grow with Us!

PWC 4-H

Is a positive youth education program for youth ages 5-19. Our goal is to help youth people grow into capable, responsible, confident members of our community by providing information, opportunities, activities and events that are educational, developmental and fun! Our motto is ***To Make the Best Better.***



We use our **Head, Heart, Hands and Health** when we participate in 4-H. We meet in clubs. We work on learning projects, community service projects, service

learning projects and so much more. Clubs elect officers, choose projects to complete together, and create individual portfolios to showcase their projects and build their 4-H Story. 4-H'ers participate in annual competitions at the local and state levels. Competitions are about demonstrating competencies and working to improve new skills. PWC 4-H helps to develop our future community leaders using research-based curriculum resources to encourage youth to learn by doing. And it's ***FUN!***

CAMPS

PWC 4-H'ers have the opportunities to participate in a number of camps. From PWC 4-H Summer Day Camp for our younger 4-H'ers to Junior 4-H Camp at the Northern Virginia 4-H Education Center, we have exciting camps for everyone! We offer special interest camps, such as Horse Camp, Wilderness Adventure Camp, Teen Weekends, and more, throughout the year for focused activities.

ACTIVITIES

There's something for everyone in PWC 4-H!

- Virginia 4-H State Congress
 - i-Congress
 - Share the Fun
 - Presentation Day
- Shooting Sports & Archery
 - Fashion Review
 - STEM
 - Food Challenge
- Targeted Enrichment Activities such as *Move it Monday!* and Clover Connections
 - Horse Programs
- County-wide enrichment programs such as Embryology, Tree Seedling, Safe at Home and Character Counts!

RECOGNITION

We encourage our 4-H'ers to become community leaders and we celebrate their achievements through recognition programs and scholarships:

- PWC Youth Outstanding Member Award
- PWC Bernard Malo Scholarship
- PWC Joanne Guhl Scholarship
- Prince William-Fairfax County Farm Bureau Scholarship
- Virginia 4-H Ambassadors
- Virginia 4-H Horse Ambassadors
 - Virginia 4-H All Stars
 - National 4-H Congress



***I pledge
my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service,
my health to better living,
for my club, my community, my country
and my world.***

Invite Your Friends to Join 4-H!

4-H is for EVERYONE! Invite your friends to get involved and encourage them to grow with us.

STEP 1: Tell them YOUR 4-H Story! Tell them what 4-H means to you. What talents have you discovered? How have you grown? What are your favorite activities?



Did you know that young people in 4-H report better grades, higher levels of academic competence, and an elevated level of engagement at school?

We need SMART people as our future leaders and that starts with you!



STEP 2: Encourage your friends to contact the Prince William County 4-H Office at (703) 792-6286 or email 4HPWVC@Pwcgov.org to learn more, get connected with a club and sign up to be a 4-H member.

STEP 3: Lead by example! Encourage new members to actively participate in projects, community service initiatives, and activities like Share the Fun or Presentation Day. Inspire them to pursue their interests, just like you, and cheer for their successes as they write their very own 4-H Story.

Let's Grow Together!



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
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Click to Visit Online:

[PCW 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



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I AM



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

