



# Prince William 4-H

*Our Clubs, Our Community*



**CITIZENSHIP**

**October 6, 2021**

## Upcoming Events

- Oct 6-17** - TSC Paper Clover Campaign
- Oct 9-10** - VA 4-H Archery Champs
- Oct 16-17** - Instructor Certification for 4-H Shooting Sports
- Oct 17-23** - National Character Counts Week
- Oct 20** - Citizenship Community Night (Senior 14 & up)
- Oct 21** - Citizenship Community Night (Junior 9-13)
- Oct 23** - Clover Club
- Oct 29** - VA Youth in Action Nominations Due

## Board of County Supervisors Proclaims 4-H Week!



What a great way to launch the 4-H New Year! On Tuesday, October 5th, Supervisor Ann Wheeler, Chair-At-Large, proclaimed October 3rd - 9th as National 4-H Week and welcomed youth members, adult leaders, 4-H Staff and VCE Staff to the podium to share their 4-H Stories in support of the experiential, curriculum based learning opportunities

provided to youth across Prince William County through 4-H.

This year, PWC 4-H is enacting a bi-monthly focus on a character pillar in an effort to bring us back together, in-person, and celebrate our youth and how their character shined through a challenging year apart. October begins our focus on Citizenship, and there was no better way to jump right in than by participating in a local government meeting! Thank you all for coming to the meeting and tuning in online in support of our 4-H program!

[Click here for the Meeting Agenda](#)

[Click here to read the Proclamation of National 4-H Week](#)

[Click here to watch the October 5th, Prince William County](#)

[Board of Supervisors Meeting \(National 4-H Week](#)

[Proclamation starts at 1:50.00\)](#)



## Inside this issue:

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## Compass 4-H Bake Sale at TSC



**IT'S PAPER CLOVER TIME!**  
OCTOBER 6-17<sup>TH</sup> 2021  
Funds support 4-H camp and leadership activities.

**Wednesday, October 13th, 9 am - 12 pm**

**Tractor Supply Company, Balls Ford Rd., Manassas**

**Come out and support Compass 4-H and our PWC 4-H**

**program while you shop!**

More slots for bake sales are available! [Click here to sign up!](#)

Click to Visit



Virginia Tech • Virginia State University



# CITIZENSHIP



## The Six Pillars of Character®

### Character Counts Week is October 17-23, 2021

- Do your share to make your home, school, community and world better
- Cooperate
- Get involved in community affairs
- Stay informed and vote when you are old enough
- Be a good neighbor
- Make choices that protect the safety and rights of others
- Protect the environment



## October is Citizenship Month at Prince William 4-H!

- What can you do to **learn more** about citizenship and how you can **do more** in what you do?
- What can you do to create **positive change** in your community?
- How can you contribute more as a **“team player”** to your team, clubs, and groups?
- How can you be a better **leader**?

## We're here to help you!

Join us for our fun-filled Citizenship Community Nights and learn how you can incorporate citizenship into everything you do!



**Wednesday, Oct 20th, 7-8:30 pm**

Citizenship Community Night  
Senior, Ages 14 and Up  
Location: 4-H Office



**Thursday, Oct 21st, 7-8:30 pm**

Citizenship Community Night  
Junior, Ages 9-13  
Location: 4-H Office



## Resources on Citizenship

Click below to visit websites with curriculum on citizenship:

[Virginia 4-H](#) - curriculum for teens on preparing them for civic opportunities.

[National 4-H](#) - project adventure kit, project ideas, leader resources, and more!

[CharacterCounts.org](#) - curriculum material for all ages, printout, and more!

## News Byte: October is Cyber Security Month!

By Anna Miller, *Compass 4-H*



Did you know that October is Cyber Security Awareness Month? No? It's okay, online safety is something that most kids don't really think about. Did you also know that cyber criminals don't just target big corporations or adults, but they can also target kids through platforms such as social media and online games? One way you can protect your accounts is to make sure you have strong passwords that are at least 8 characters long, using both capital and lower-case letters, numbers, and have at least one special character. Another way to remain safe online is to never give out your personal information or talk to people you don't know.

[Click here for a 4-H activity on Digital Citizenship!](#)



[Click here to learn more about National Cyber Security Month](#)

brought to you by the National Cyber Security Alliance.

## Toiletry Donations Needed! Support Kayla's 4-H Service Learning Project



**Crocheting for a Cause** group led by PWC 4-H'er Kayla Dixon is collecting items for toiletry gift bags in partnership with **Volunteer Prince William** and **Meals on Wheels**. In addition to our 4-H-made wash cloths, the youth are collecting 18 individual items for the giftbags. Individually wrapped items needed include:

Chapstick, hard candies, travel size hand lotion, nail files, and bar soap. Please drop off donations at the PWC 4-H Office by October 15th.



[Please click here to sign up to donate.](#)

[Please click here to learn more about Volunteer Prince William.](#)

[Please click here to learn more about Meals on Wheels.](#)



## NEW! Clover (bud) Club

# NEW!



Come join us for 2 hours of pure 4-H fun for youth age 5 to age 8. Youth will be involved in noncompetitive group activities learning life skills, which include getting along with others and feeling good about themselves. Typically, 4-H Cloverbud children explore these subject areas: healthy lifestyle, environmental and earth science, citizenship and civic education, plants and animals, consumerism and family science, science and technology, personal development, and community and expressive arts. Each monthly meeting will explore a new subject area!

Come meet new friends and learn about the possibilities in 4-H! [Click here to sign up!](#)

## Move it Monday!



Using our head, heart, hands and health for physical, social and mental fitness.

**Date:** Every Monday starting this Monday, October 4th!

**Time:** 5 pm

**Location:** PWC Fairgrounds

**Thank you Dee Ann Strand for volunteering to lead our new year of Move it Monday!**

Back by popular demand! Lace up your running shoes and get ready to MOVE! *Move it Monday!* Is open to all PWC 4-H'ers interested in learning about healthy living, increasing activity, and having fun with friends.



**Turn your miles into a donation to PWC food banks!**

- ♥ Download the [Charity Miles App](#)
- ♥ Choose Feeding America
- ♥ Join Team **#Pwc4h**



2021

October

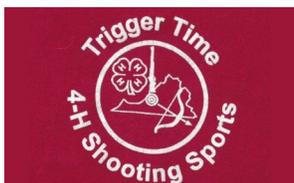
DONT FORGET TO BRING A WATER BOTTLE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 	28	29	30	01 Take your dog for a walk or try a new physical activity with a family member!	02 Play outside for at least 30 minutes	03 Stretch during every ad that pops up or commercial break while watching your favorite show
04 Ready, Set, Let's get MOVING! Set Goals & brainstorm. <b>Healthy Living</b>	05 Snack Attack - Add a new veggie to your snack	06 Rest Day	07 Squats - Do as many squats as you can	08 Be Nice!!! Say Thank you to 5 people.	09 Go for a walk inside or outside and dance as you walk!	10 Crazy 8's - 8 jumping jacks, 8 star jumps, 8 high knees and 8 scissor jumps
11 Aerobic/Cardiovascular Endurance - Jump rope pulse check & knee ball.	12 Track Your Water - Can you drink 8 or more glasses today?	13 Spread Kindness - Do something nice for someone in your family.	14 Balance Challenge -try to balance on 1 leg for 1 minute or as long as possible. Switch legs.	15 Don't Forget About me! What food group do you want to add a bit more of in your day?	16 Rest Day	17 Get 60! Walk/play for 60 minutes.
18 Dance Fun! Thriller Dance moves!	19 Empty a laundry basket and practice tossing a small object inside. Take a step back each time you make it.	20 Stretch for at least 10 minutes.	21 Pick a song and dance to it in each room of your house!	22 Rest Day	23 Shut down electronics/blue screens at least an hour before bed.	24 Eat a Rainbow - Create a meal that has as many colors of the rainbow as possible!
25 Halloween fun - wear a fun costume. Monster Mash dance moves. Project book help/check.	26 Give each room in your house an exercise. When you enter that room, do that exercise. Do for each room you	27 Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some stretches.	28 Rest Day	29 Cooking 201 - Try making a new healthy recipe. This can change up your food and nutrient intakes.	30 Cooking 101 - Help with a home cooked meal.	31 Have a fun and safe Halloween! Don't eat to much candy!
01	02	<p><b>Notes:</b> Welcome Back to Move it Monday! Let's get moving and have fun with our 4-H friends. We will learn about nutrition, physical activity and keep a project record. We will start training for a 5K in March! Youth should get at least 60 minutes of moderate to vigorous physical activity daily. Does not have to be all at once - can occur throughout the day. **Daily activities are from Shape America calendar. (Full calendar can be found in weekly 4-H newsletter)</p>				



Click here for a monthly calendar with activity ideas to keep kids moving!

## Trigger Time 4-H Shooting Education Club defeats Bensalem MCJROTC



Press Release Submitted by PWC 4-H Trigger Time

Trigger Time 4-H Shooting Education Club defeated Bensalem MCJROTC 984.5 to 892.0 last week in the National Air Rifle League. With the win, Trigger Time 4-H Shooting Education Club is in seventh place overall and first place within their 'Junior Rifle Club' conference. They currently have a 1 - 0 record. Trigger Time 4-H Shooting Education Club was led by, Samantha Seagle who shot a 256.9. The remaining contributing members were Samantha Erick, Lexi Strand, and Noah Richter. Trigger Time 4-H Shooting Education Club is from Nokesville, VA, and is coached by Alan Lerch.

Bensalem MCJROTC currently has a 0 - 1 record. After the loss they are in ninth place within their 'Marine Corps Jrotc' conference. Bensalem MCJROTC was led by, Nicholas Donnelly who shot a 238.1. The remaining contributing members were Danielle Cannally, Thomas Nicholas, and Mark Tymchenko. Bensalem MCJROTC is from Bensalem, PA, and is coached by MSGT Shawn Worthen.

Next up Trigger Time 4-H Shooting Education Club will compete against Pueblo West AJROTC from Pueblo West, CO. Pueblo West AJROTC currently has a 0 - 0 record. While Bensalem MCJROTC will compete against Woodlawn Leadership Academy from Shreveport, Louisiana. Woodlawn Leadership Academy currently has a 0 - 0 record.

These two teams are competing in the Distinguished Division of the Orion National Air Rifle League. Sponsored by the Orion Scoring System, the league is a national team league for high school teams and junior rifle clubs. The league has two parts. An 8 week regular season going on now, followed by a single game Conference Title Game for the top two teams in each conference.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoot 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.

[Click here for more information on League and Complete Standings.](#)

[Click here for the Box Score.](#)

[Click here for the Trigger Time 4-H Shooting Education Club Team Page.](#)

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## Community Service Opportunities at PWC 4-H!



### 4-H In-Person Office Volunteers :

Lend us your helping hands! The PWC 4-H Office is in need of office volunteers to help get us organized after a busy time at the Fair. We're looking for adult volunteers and homeschool youth or youth groups to volunteer through the month of October at the 4-H Office.\* We can work with your schedule! Earn valuable skills around the office as well as serve your community to help 4-H launch the new year! Please email [Kristin Saul](#) to volunteer. \*PWC requires masks be worn in the office.



### 4-H To-Go Learning Activity Kits:

Thank you for volunteering to assemble 4-H To-Go Activity Kits for the library! Please contact [Kristin Saul](#) or [MaryBeth Lerch](#) to arrange drop off this week.

**\*\*Still Needed:** Volunteers to cut fleece for dog toys for "Read to a Dog" at the library. Please contact Kristin Saul to arrange fabric pick-up.



THANK YOU, VOLUNTEERS!



# PWC 4-H AT THE STATE FAIR



4-H GROWS HERE



**The NEW 4-H Year Started Friday, October 1st!**

[Click here for a live PWC 4-H 2021-2022 Calendar of Events.](#)



Please **DO NOT** re-enroll in 4-H Online until after **October 14th**. The 4-H Online membership system will be closed for its annual backup and updates from September 24th through October 14th. We will let you know when it's time to re-enroll and the steps to re-enroll at that time.



## Virginia 4-H: Youth In Action Nominations Open



### PWC 4-H Teens - apply today for the Virginia 4-H Youth in Action Awards!

Virginia 4-H has opened up their request for nominations for their annual Virginia 4-H Youth in Action Awards. This year's process is different, in that the youth themselves may apply directly for the award. However, they are now required to obtain a letter of reference from their Extension

Agent (or the VCE professional responsible for 4-H in their Unit). Youth are asked to apply in the pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM. One pillar winner will be chosen from each area, as well as an overall state winner from the four pillar winners. Any 4-H member in Virginia ages 15-18 is eligible to be nominated.

Each of the four winners will receive:

- A \$500 mini-grant to develop a significant community project.
- Recognition at a formal award ceremony.
- A full scholarship to attend Virginia 4-H State Congress the week of June 20, 2022, in Blacksburg, VA.
- An opportunity to be featured as the Virginia 4-H Youth Spokesperson for their pillar area.
- An opportunity to represent Virginia 4-H at the national summit for their pillar area.
- Support and mentorship to apply for the 2023 National 4-H Youth in Action Awards.
- An official reference letter from the Virginia State 4-H Program Leader, Jeremy C. Johnson

Previous winners are not eligible, but a nominee that was not selected last year may apply again.

### Applications are due Friday, October 29th.

[Click here for details on how to apply/nominate.](#)

[Click here for the online nomination form.](#)



### CONGRATULATIONS TO THE 2022 NATIONAL 4-H YOUTH IN ACTION WINNERS!

National 4-H Council is proud to announce the 2022 Youth in Action Pillar winners: Tashina Red Hawk (Agriculture, sponsored by Bayer), Brianna Attey Mouanjo (Civic Engagement), Kristin Osika (Healthy Living), and Dhruv Rebba (STEM, sponsored by HughesNet)! Learn more about these incredible 4-H'ers and the impact they're making on their communities! [Click here to learn more about the Youth in Action Winners and Finalists, including PWC 4-H'er Samantha Whyson!](#)



A Virtual Event

October 2, 2021

[Hokiebugfest.org](http://Hokiebugfest.org)

Online content, including educator guide,  
available until December 31

FAMILY  
SPOOKY  
SHOOT

SATURDAY  
OCTOBER 30  
10AM-12:30PM

ARCHERY  
CORN HOLE  
YARD DARTS



SILVER LAKE  
REGIONAL PARK

PRINCE WILLIAM  
—Parks, Recreation & Tourism

[Click here to register.](#)

## Virginia 4-H: ISO International Club Guest Speakers



Greene County 4-H International Club is seeking virtual guest speakers for their meetings. The club has hosted guest speakers who provided programs on Peru, India, Germany, Senegal, Cuba, Norway, and New Zealand! In addition, members created crafts and cooked recipes from each country, either at home, or in-person. Youth from over five other counties virtually joined in the presentations, too. The meetings are held on the 3rd Tuesday of each month starting in October and are open to all Virginia 4-H'ers to join virtually. The October 19th meeting will feature Dr. Katarzyna Jerzak and her son David sharing their experiences living in Poland. Please email [Kathryn Alstat](mailto:Kathryn.Alstat@va4h.org) to share your international experiences with VA 4-H'ers.

## Virginia 4-H: VAF Youth Leadership Contest



Our youth are our next generation of fair and festival management! The Virginia Association of Fairs (VAR) Youth Leadership Scholarship Contest is for teens age 14-19 who are involved with a VAF-member fair or festival. To participate in the contest, teens submit an application, reference letter and essay by December 3rd. Selected contestants will attend an in-person competition that includes an interview, prepared speech, presentation and extemporaneous speech on January 8th. Contest day is held during the VAF Convention at the OMNI Homestead Resort in Bath County. Participants can win a portion of over \$8,000 scholarships.

[Click here for the application packet.](#)

[Click here to learn more about VAF.](#)

## From our Community Partners: Free Fix-It Fair Repairs in Prince William

*Shared from Prince William County News*



Keep Prince William Beautiful (KPWB) and Prince William County Solid Waste Division will host the second Fix-It Fair on Saturday, October 9, 2021, from 10 a.m. to 4 p.m. at the newly renovated Central Library's Makers Space, 8601 Mathis Ave., Manassas.

Fix-It events provide members of the community the opportunity to bring salvageable items such as jewelry, clothing, small furniture, appliances and bicycles for repair and subsequent reuse. The event also gives fixers the opportunity to share their skills with the community and that helps encourage reuse and repair of serviceable items.



Register your item for a free Fix-It Fair repair at [www.kpwb.org](http://www.kpwb.org). Events tab. Masks, and social distancing will be encouraged to maximize the safety of fixers, volunteers and customers.

**Only 53 days until Hanukkah! Only 80 days until Christmas! Only 81 days until Kwanza!**

Be sure to link your Amazon Smile account to **Prince William County 4-H Association** and support PWC 4-H!

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.





## A Taste of Farming

### An Online Learning Series for Aspiring and New Farmers

Short videos posted every Friday from October to March featuring Virginia Extension Agents sharing on different farming topics in which they have years of experience helping farmers navigate, followed a week after with a virtual Q & A with the agent.

Are you aspiring to farm or just starting out with farming? If so, this series is for you. We have reached out to Virginia Cooperative Extension agents across the state asking them to share a short video (15-20 min) where they highlight key information and considerations about different farming practices and concepts on topics they have had years of experience helping aspiring and new farmers navigate. We designed this series so you can get a taste of different farming practices to help you explore your interests, gain a basic understanding of many different farming topics, avoid common pitfalls, and get to know the Extension Agents in our state who are here to assist. New agent videos will be posted every Friday from October to March. A week after each video is posted, the agent will offer a Q & A zoom session where aspiring and new farmers can ask their questions directly to the agent.

#### Come Learn with Us!

You view our upcoming schedule and access videos and the registration information for the virtual Q & A sessions on our website.

<https://www.vabeginningfarmer.alce.vt.edu/TasteofFarming.html>

*Please reach out to Sarah Sharpe [seweaver@vt.edu](mailto:seweaver@vt.edu) or Katie Trozzo [ketrozzo@vt.edu](mailto:ketrozzo@vt.edu) if you have questions.*

#### Program Sponsors

The Virginia Beginning Farmer & Rancher Coalition is a state-wide and coalition-based Extension program, housed in Virginia Tech's Department of Agricultural, Leadership, and Community Education. Funding was sponsored by the Beginning Farmer and Rancher Development Program (BFRDP) of the USDA National Institute of Food and Agriculture (NIFA) Award #2020-49400-32326. For more information about the program, contact Katie Trozzo, Program Coordinator, at [vabeginningfarmer@vt.edu](mailto:vabeginningfarmer@vt.edu) or 540-231-4582. For other questions, contact Kim Niewolny, Program Director, at [niewolny@vt.edu](mailto:niewolny@vt.edu).

**If you are a person with a disability and desire any assistive services or other accommodations to participate in this activity, please contact Kim Niewolny at 540-231-5784 between business hours (9 a.m.-5 p.m.) to discuss accommodations five days prior to the events.**

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**PRINCE WILLIAM  
COUNTY**

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Manassas, VA 20109

**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](#)

[VCE COVID-19 Updates](#)

[4-H Online Information](#)

[The 4-H Foundation](#)

[Educational Resources](#)

[4-H All Stars](#)

[STEM in Virginia 4-H](#)

[VCE Speakers Bureau](#)

**Prince William 4-H**

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**Portfolio Records**

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[Project Record Ages 11-12](#)

[Project Record Ages 13-15](#)

[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



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

**Youth Officers**

Samantha Whysong, President

Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary - Vacant

**Adult Officers**

Vacant - 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



HEAD



HEART



HANDS



HEALTH