



Prince William 4-H

Our Clubs, Our Community



November 3, 2021

Upcoming Events

- Nov 9** - 4-H Association Board Meeting
- Nov 10** - District All Star Form Review
- Nov. 20** - Clover Club
- Dec 4** - Clover Club
- Dec 5** - 4-H Recognition Night
- Dec 8** - Health Living Community Night (ages 14 & up)
- Dec 9** - Healthy Living Community Night (ages 9-13)
- Dec 18** - Wreaths Across America
- Jan 1** - Horse Project Enrollment Deadline
- Jan 15** - Clover Club
- Jan 17** - Camp Counselor Applications Due
- Jan 19** - 4-H Day at the State Capitol

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No School November - What's a 4-H'er to Do?



It's no secret...we have SO MANY no-school days in November. While a little downtime is much appreciated, it's important to be good **CITIZENS** and be prudent with the time we've been given. Take a moment to consider these possibilities with 4-H:

- **Choose a 4-H project and start investigating.** See the list of project ideas in the [September 22nd PWC 4-H Newsletter](#) and included links to 4-H resources for curriculum materials. How can you use your free time to learn leadership, citizenship and life skills?
- **Volunteer!** What can you do to make your home, school, community and world better? Maybe you choose a new way to help around your home - learn to cook a meal, clean out a closet or flowerbed, spend time reading with a younger sibling. Maybe your family takes a walk and picks up trash along the way, volunteers at a local food shelter, helps a neighbor in need, volunteer at your religious organization, or writes letters to local officials about issues that matter most to you. The possibilities are endless!
- **Start a 4-H Service Learning Project.** Turn your community service into a learning and leadership adventure. You're already volunteering and doing the work - all you need to do is document it. [Click here to review the VA 4-H Guide to Conducting Community Service Learning Projects](#) and use the appropriate project record book to record your goals, track your activity and reflect on your learning. You will have an additional project record book that you can submit on its own, or add to your 4-H portfolio!
- **Start to organize your portfolio.** Get a binder. Decorate the cover. Label the tabs and begin writing. Your 4-H Portfolio is a working project that you will add to throughout the 4-H year.
- **Practice your cooking skills!** Hopefully you attended the Food Challenge Training meeting last night and are ready to practice your skills. Pull your team together and get cooking!
- **Apply for a 4-H Scholarship.** See [Page 2](#) of this newsletter to learn about scholarships that are specific to Prince William 4-H!



Enroll in 4-H Online - Open for Enrollments!



Our online membership system is open for members to enroll. Please review the following before enrolling. Please complete your enrollment **by November 19th** to ensure our records are accurate and that you are receiving important and timely information.

- [2021 4-H Online Volunteer Levels and Descriptions](#)
- [2021 4-H Online VA Project Descriptions](#)
- [4-H Online](#)



PWC 4-H Scholarships - Applications Due Nov. 22nd

PWC 4-H has 4 scholarships available to members. All scholarship applications and nominations are due by **Monday, November 22nd**. Scholarships will be presented on Sunday, December 5th at the PWC 4-H Recognition Night.



2021 Joanne Guhl Scholarship

Joanne Guhl was a member of the Boots and Saddles 4-H Club who passed away in 1984. Her parents honor her memory by awarding a college scholarship to a PWC 4-Her. Applicants must be enrolled in the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science.

[Please click here to apply for the 2021 Joanne Guhl Scholarship.](#)



2021 Bernard Malo Scholarship

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four-year college, community college or vocational school. Trigger Time member applicants are given first consideration. The amount of scholarship may vary from year to year.

[Please click here to apply for the 2021 Bernard Malo Scholarship.](#)



2021 All Around 4-H Member Award

The All Around 4-H Member Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

[Click here to read about the 2020 All Around 4-H Member Award Recipient Sam Whysong.](#)
[Click here to apply for the All Around 4-H Member Award.](#)



2020 All Around 4-H Volunteer Award

The All Around 4-H Volunteer Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

[Click here to read about the 2020 All Around 4-H Member Award Recipient Alan Lerch.](#)
[Click here to apply for the All Around 4-H Member Award.](#)



Celebrating YOU!

Thank you for Donating to Crocheting for a Cause!

A sincere **THANK YOU** to all of the youth 4-H'ers that crocheted washcloths and scarfs and to our 4-H families that donated toiletry items for Kayla Dixon's Service Learning Project. Kayla demonstrated civic responsibility by bringing our 4-H community together to help those in need at Meals on Wheels through [Volunteer Prince William](#).



ISO 4-H Club Updates

We want to celebrate **YOU!**

Our 4-H Clubs in Prince William County are off to a great 4-H New Year. We're finally able to get together in person, work as a team, learn new life skills and grow into the next generation of community leaders. It's time to share what you've been up to, your new officers, your plans for the year, upcoming community events that we all can support, and any exciting news from your club.

Please ask your youth club historian, secretary, or president to email club updates and fun photos that you'd like to share to Candi Helmlinger at chelmlinger@pwcgov.org by **November 8th** to be featured in the November 10th PWC 4-H Newsletter.

Club Clips



4-H Youth Officer Training



Monday, November 15th, 7 pm

McCoart Building, 1 County Complex Ct, Woodbridge

[Click here to register to attend.](#)

This in-person meeting is an interactive meeting for current youth officers, newly elected youth officers, anyone interested in becoming an officer, or anyone interested in learning about the roles of 4-H youth officers in clubs, county, district and state levels.

VA 4-H Teen Summit - Registration Opens Nov. 5th

Registration Opens November 5th, 4-H Online

Date: December 10th - 12th

Location: W.E. Skelton 4-H Center, Wirtz, VA

Cost: \$50

The 4-H Teen Summit is an in-person event planned for teens by teens and will focus on social justice and equity and inclusion issues such as racial justice, LGBTQ+ rights, mental health, the environment, and teen voice and empowerment. Registration will be released via 4HOnline on November 5 and will close on November 19. There is a \$50.00 registration fee for the weekend which includes meals, lodging, snacks, and supplies.

All state and 4-H COVID guidelines for in person and overnight programs, as well as Virginia Health Department guidelines for camps, will be followed. COVID mitigation guidelines necessary for attendance will be included in the registration packet.



**Civic
Engagement**

Prince William 4-H Cloverbuds are youth ages 5 to 8 that are interested in learning more about 4-H.

Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in subject areas such as 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!



STEM

What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. Our goal is to help young people grow into capable, responsible, confident members of our community by providing information, opportunities, activities and events that are educational and fun!

Through clubs throughout Prince William County, our youth conduct youth-led meetings to complete projects, community service projects, and participate in local and state government events.



**Healthy
Living**



Agriculture

Come Grow with Us!

Attend our next **Clover Club**! You can also learn more at www.pwcgov.org/4-H.

PWC 4-H

4HPWC@pwcgov.org

(703) 792-4536



Clover Club



Prince William County 4-H



HEAD



HEART



HANDS



HEALTH

A 4-H Club for Youth Ages 5-8

(parent or guardian must be present)

FREE!

4-H Children's Barn PWC Fairgrounds

10624 Dumfries Rd.
Manassas, VA 20112

2 HOURS OF 4-H FUN!

Saturdays

10 am - 12 pm

next meeting dates:

November 20

December 4

[Click here to register.](#)

Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu



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, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Move it Monday!



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

Date: Every Monday!
Time: 5 pm
Location: PWC Fairgrounds

Be sure to dress in layers and bring a water bottle!

2021 November

DON'T FORGET TO BRING A WATER BOTTLE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
01 Start a 4-week move more challenge!! Pick up your challenge tracker!	02 Set a goal How many days will you be active this month. Write it here: _____	03 Star Jumps - Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat	04 Mindful Snack -Pick something healthy!	05 Hydration - Every time you have a glass of water, record a tally mark	06 Spend time in Nature! Take a hike with an adult and listen to the sounds that are around you.	07 Rest Day	
08 Hula Hoop - spinning, push, hop and build an igloo! (Add to your tracker)	09 Prep Do- prepare for tomorrow. Examples: - Pack your bookbag - Check your homework - Pick out your clothes	10 Jump rope to music! Can you jump to an entire song without stopping	11 Rest Day	12 Device Detox - Can you go without your phone, tablet, TV or internet? Try it for 2 hours!	13 Walking Race- Pick a distance and challenge a friend to a speed walking race. No running!	14 Help around the house without being asked to do anything.	
15 Obstacle Course fun/race!! (Add to your tracker!)	16 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	17 Work your legs! Complete: 10 squats, 10 lunges 9 squats, 9 lunges 8 squats, 8 lunges	18 Wild Arms - 10 arm circles, 10 Forward punches & 10 Raise the Roofs, repeat 3 times.	19 Rest Day	20 Create a Dance- Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin	21 Family Walk- Take the family out for a walk together.	
22 Balloon volleyball, beanbag relay & a walk around the fairgrounds! (Add the fun to your tracker)	23 Try Something New Today! Was it challenging? Would you do it again? Why is it good to try new things?	24 Today give someone a genuine compliment. Examples: -I like your hairstyle today, -I like how you're helpful.	25 Think about what you are thankful for. HAPPY THANKSGIVING!	26 Pause for Thanks -Stop during the middle of a busy activity to name 5 things you are thankful for.	27 Rest Day	28 Clean Up Race - Set a timer or put on a song and see how quickly you can clean up a room in the house.	
29 Let's see how much moving we did this month! Bring your tracker to share!	30 Crabby Clean Up- Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	01	02	03	04	05	
06	07	Notes:				 <p>Using our head, heart, hands and health for physical, social and mental fitness.</p>	



[Click here for a monthly calendar with activity ideas to keep kids moving!](#)



Turn your miles into a donation to PWC food banks!

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



Shopping early for the holidays? Support the Prince William County 4-H Association!

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.



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)

[Virginia State 4-H](#)

[National 4-H](#)



Your Dedicated PWC 4-H Staff

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4-H Youth Educator
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4-H Program Specialist - Newsletter
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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

[PWC 4-H Homepage](#)

[PWC 4-H Programs](#)

[PWC 4-H Camps](#)

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

Portfolio Records

[Member Record](#)

[Cloverbud Sheet](#)

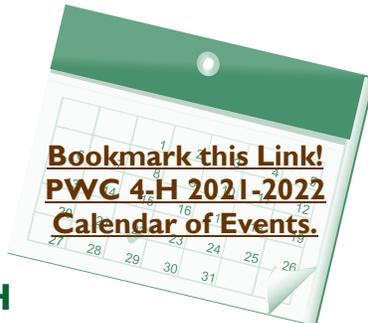
[Project Record Ages 9-10](#)

[Project Record Ages 11-12](#)

[Project Record Ages 13-15](#)

[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



**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