



# Prince William 4-H

*Our Clubs, Our Community*



December 1, 2021

## Upcoming Events

- Dec 4 - Clover Club
- Dec 5 - 4-H Recognition Day
- 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

## Recognition Day is Sunday - Please Register TODAY!!



**Date:** Sunday, December 5th

**Time:** 2-4 pm

**Location:** Windy Knoll Farm, 11602 Kettle Run Road, Nokesville, VA

[Click here to register.](#)

Join us for **Prince William 4-H Recognition Day** as we celebrate youth, volunteers, members and leaders that exemplified the 4-H motto during the 2020-21 4-H Year!

Join us in celebrating **OUR 4-H Story!**

### Reminders for the event:

- ❄ Each family is asked to bring a holiday sweet treat to share! Beverages will be provided.
- ❄ Bring your decorated gingerbread house and enter our Gingerbread House Contest. Each attendee will vote for their favorite!
- ❄ Masks must be worn at all 4-H events.



## Community Service Opportunity: Buckhall VFD Breakfast with Santa



**\*\*Prior to Event:** Contact [Kristin Saul](#) if your 4-H Club or family can cut fabric for the craft so we are prepared for the Breakfast with Santa ornament activity.

**Date:** Sunday, December 12th

**Time:** 9 am - 12 pm

**Location:** Buckhall Volunteer Fire Department

Calling all Prince William 4-H'ers! Buckhall VFD has been a tremendous supporter of 4-H. It's our turn to help! We'll be organizing and volunteering to help teach an ornament making activity at their annual pancake breakfast with Santa. Please email Kristin Saul by Monday, December 6th to volunteer. **Be sure to tell Santa your Christmas wish!**



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## Wreaths Across America - Remember. Honor. Teach.



Prince William 4-H Clubs have special donation pages for wreath sponsorships. While this year's wreath sponsorships are closed, we encourage all families and friends to sponsor a wreath. All new sponsorships will be honored in December 2022.

[Click here for more information and to sponsor a wreath for December 2022.](#)

Click to Visit



Virginia Tech • Virginia State University



## Community Service Opportunity: Sponsor a Child

### 116 Children Still in Need of a Sponsor!

**Georgetown South Community Kids** have over 222 families with 700 children registered and in need of clothing, shoes, toys and more to make their Christmas extra special. Gift ideas and sizes are included on the signup. Community groups may sponsor multiple children from the same family. Please mark all gifts with the number, child's name, and age on the tag as well as your name for tracking purposes. Unwrapped gifts can be mailed to the GTS Community Center, 9444 Taney Rd. Manassas, VA 20110. Gifts can also be dropped off weekdays between 8:30 am and 5 pm and weekends by calling Meg to arrange a time. If you have any questions, please contact Meg at 571-264-3386 or [mcarroll@georgetownssouth.org](mailto:mcarroll@georgetownssouth.org). **The final date to receive gifts is Sunday, Dec. 19th.**



**We Serve**

## Community Service Opportunity: Santa Cops Community Event

**Date:** Saturday, December 11th

**Time:** 8 am

**Location:** The Park West Lions Club, 8620 Sunnysgate Dr., Manassas

The Park West Lions Club is in need of volunteers to help serve food for their Santa Cops community event. Please contact them at (703)392-0077 or email [pwions@aol.com](mailto:pwions@aol.com) if your 4-H Club or family is able to volunteer.



## Rocking Around the Boardwalk - THIS SATURDAY!

**Date:** Saturday, December 4th

**Time:** 3-5 pm

**Location:** Neabscro Creek Boardwalk

Prince William's Compass 4-H Club has been busy decorating a tree for the upcoming Prince William County Parks & Recreation event **Rocking Around the Boardwalk**. Bring your family and friends out on Saturday and enjoy a unique display of decorated holiday trees!



## Clover Club

**Next Meeting:** Saturday, December 4th, 10 am - 12 pm

Location: PWC Fairgrounds

[Click here to register to attend](#) (free!)

Join us for a fun filled 4-H morning making bean bags, playing games, creating our own games and focusing on using our HEART to practice caring and relating as we develop life skills such as empathy, sharing, nurturing relationships, conflict resolution, social skills, cooperation, and communication.

## Support the Prince William County 4-H Association while You Shop!

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.





**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**

**Come Grow with Us!**

Attend our next **Clover Club**! You can also learn more at [www.pwcgov.org/4-H](http://www.pwcgov.org/4-H).

PWC 4-H

[4HPWC@pwcgov.org](mailto:4HPWC@pwcgov.org)

(703) 792-4536



**Agriculture**

**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](http://www.ext.vt.edu)



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# Free Healthy Living COMMUNITY NIGHTS



December begins our focus on Healthy Living at Prince William 4-H!

Join us for our fun-fill, hands-on Community Nights as we explore mental well-being, physical health, and how you can put healthy habits into action starting today!

## Healthy Living Community Nights

Wednesday, Dec 8th, 7-8:30 pm  
**Senior, Ages 14 and Up**  
 at the 4-H Office, Manassas

Thursday, Dec 9th, 7-8:30 pm  
**Junior, Ages 9-13**  
 at the 4-H Office, Manassas

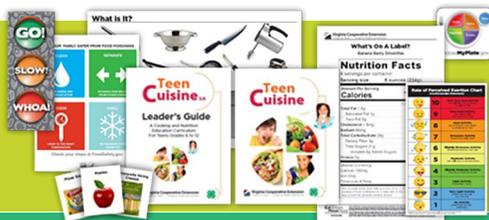
[Click here to register.](#)

## Why attend a 4-H Healthy Living Community Night?

- ♥ Explore the 4-H Pillar area of Healthy Living
- ♥ Participate in mental and physical exercises
- ♥ Discuss how you can develop healthy habits
  - ♥ Learn how to take your experiences and knowledge into the community
- ♥ Find your SPARK for a new 4-H project and find resources to launch your idea



## Resources



**Virginia 4-H** offers the Teen Cuisine curriculum in partnership with Virginia Cooperative Extension's Family Nutrition Program. By teaching teens the knowledge and skills required to make informed food and lifestyle choices, educators will be helping them to increase their confidence to apply these skills at home, which can lead to positive eating patterns and better health.

**National 4-H** has nearly two dozen curriculum kits ranging from cooking, fitness, mental health, to being a healthy teen. Backed by a research approach to positive youth development, the 4-H curriculum will help guide youth through experiential learning with fun, creative hands-on activities to develop healthy habits.



Talk to a Virginia 4-H Healthy Living Ambassador! Invite our 4-H youth leaders to speak at your school or your club meeting. Learn what it takes to truly pledge your health to better living for your club, your community, your country, our world.

Get involved! Prince William 4-H has a number of healthy initiatives throughout the year. Participate in the Food Challenge competition at both the county and district level. Attend the annual Healthy Living Summit. Find your SPARK by creating a program like Prince William 4-H'er Samantha Whysong and be recognized as a Virginia 4-H Youth in Action Winner and national runner-up!



## Virginia 4-H All Star Scholarship Applications - Due Jan 1

The Virginia 4-H All Stars recognize selected 4-H All Stars with several awards and a college scholarship annually. All Prince William 4-H'ers that have received All Star Recognition are encouraged to apply for one of the awards or the Wayne Keffer college scholarship.

If you are a 4-H All Star, you may be nominated or complete the application for the awards and scholarship. Applications/nominations are due by January 1, 2022 to Michael McBride, Academic Counselor, Student Development Program Lead, Virginia Highlands Community College, P. O. Box 828, Abingdon, VA 24212 or email to [mmcbride@vhcc.edu](mailto:mmcbride@vhcc.edu). Please see the Virginia 4-H All Star Awards and Nominations Cover Sheet for information about where to send completed applications. 4-H All Star Awards include:

- ★ [Virginia 4-H All Star Awards and Nominations Cover Sheet](#)
- ★ [Virginia 4-H All Star Hall of Fame Award](#)
- ★ [Bradshaw Service Award](#)
- ★ [Wayne M. Keffer Memorial Scholarship Application](#)
- ★ [C. Dean Allen Award for Excellence](#)
- ★ [Dottie Nelson Award for Excellence in International Programs](#)
- ★ [Virginia 4-H All Star Chapter Charter](#)



All information is located at the 4-H All Star website in the Awards section at <https://ext.vt.edu/4h-youth/all-stars.html>.

## Virginia 4-H Day at the Capitol



### 2022 4-H Day at the Capitol Interest Meeting

**Date:** Thursday, December 2nd, 1 pm

**Zoom Link:** <https://virginiatech.zoom.us/j/86918921765>

### 2022 Virginia 4-H Day at the Capitol

**Date:** Wednesday, January 19th, 2022

**Location:** [Dominion Energy Center](#), 600 E. Grace St., Richmond, Virginia



### 2022 4-H Day at the Capitol Dominion Energy Center



**9:00 am** – 4-H Cabinet Meet and Greet with Legislators  
**9:30 am** – 4-H Town Hall meetings with legislators  
**10:00 am** – 4-H Rally in the auditorium  
**10:45 am** – Photo on Capitol steps

Virginia 4-H Members, Volunteers, 4-H Staff and Agents are invited to participate in the **2022 4-H Day at the Capitol** programs and activities being organized by the 4-H Civic Engagement Group. Save the date and start making plans to bring 4-H members to the Virginia State Capitol and participate in other civic engagement opportunities. This is a great opportunity for 4-H members to visit the capitol, meet with legislators and learn about the legislative process and our history.

**Virginia 4-H will make the legislative process REAL in 2022!** A Southwest Virginia 4-H teen is working with legislators to draft a bill to excuse 4-H members from school to attend 4-H educational programs. The bill is in the draft process (*more information coming soon*). This will provide a great opportunity for 4-H members to have hands-on experiences in advocacy and the legislative process!

2022 4-H Day at the Capitol will provide opportunities for 4-H Town Hall Meetings (*virtual and face to face*) with legislators, sending letters supporting the 4-H bill and telling 4-H stories, and a 4-H Rally. We hope you will take advantage of these opportunities to involve 4-H youth in the legislative process.

## Virginia 4-H Homemade for the Holidays Camp

**Dates:** Dec 20th, 21st and 22nd via Zoom, 9 am Central Time

[Click here for more information and to register.](#)

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. The resource pages will be emailed to all campers on December 12th. All sessions will be conducted LIVE. If you miss a session the recordings will be available the first week of January.





An introductory program, 4-H members and interested youth from the **Southeast 4-H District** are invited to come and experience components of the state educational contest known as EquiSmartz. This program includes sessions in Horse Bowl, Hippology, and Horse Judging. Youth will experience the basic format of the contests as well as types of questions presented in each contest. The format includes educational instruction and a mini-practice contest for each component (no awards). Club leaders & volunteers are invited to participate in a workshop session to support your club planning to attend EquiSmartz. Pre-registration required. VCE Covid protocols require masks indoors. The final session of horse judging will be held at a nearby stable, departing approximately 2pm. All participants must provide their own transportation. ***A horse measurement clinic will follow from 4-4:30pm at the stable.***



**OPEN TO 4-H AND INTERESTED YOUTH**

**SOUTHEAST DISTRICT 4-H MEMBERS AND INTERESTED YOUTH**

**REGISTER ONLINE** → <https://bit.ly/30FpT1D>

**REGISTRATION DEADLINE: DECEMBER 13, 2021**

LEARN HORSE  
JUDGING

PRACTICE  
HIPPOLOGY

EXPERIENCE  
HORSE BOWL

LEADER  
WORKSHOP

**PLAN FOR 2022!**

(Equismartz April 8-10)

Jamestown 4-H  
Educational Center  
3751 4-H Club Rd,  
Williamsburg, VA 23185

**9:30 AM – 4:00 PM**

4:00-4:30 PM Measurement Clinic

**Dec. 18<sup>th</sup>**

\$20/participant at door  
(lunch provided)



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[www.ext.vt.edu](http://www.ext.vt.edu)



## National 4-H: Registration Open for Summits

The National Youth Summit Series are immersive, three-day experiences where you dive into the issues, expand your career horizons and grow as a leader while working with and learning from other teens and experts with shared passions. The 2022 Healthy Living and Agri-Science Youth Summits are now open for registration and will take place in-person in the Washington, D.C. area.

### 2022 Healthy Living Summit: In Person, February 10-13, 2022

At the National Youth Summit on Healthy Living, high school students develop the knowledge and skills to address issues surrounding nutrition, physical fitness, wellness, and emotional well-being. Working alongside professionals in family consumer science and healthy living, students will create action plans they can implement in their communities to teach other youth about what they have learned.

### 2022 Agri-Science Summit: In Person, March 10-13, 2022

At the National 4-H Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.

[Click here for more information, event agenda, and to register.](#)



**USDA** Animal and Plant Health Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE

Find Your  
Future  
With Us

### Want to explore exciting careers in agriculture? Apply for AgDiscovery 2022!

The U.S. Department of Agriculture (USDA) offers this summer outreach program for middle and high school students. It's a unique chance to live and study on a college campus and get a first-hand look at the many career paths open in the agricultural sciences.

#### 2022 Locations and Dates

- Alcorn State University, June 12-25
- Coppin State University, June 19-July 1
- Delaware State University, July 5-17
- Florida A&M University, June 12-25
- Fort Valley State University, June 13-24
- Fresno State University, June 5-15
- Iowa State University, July 10-23
- Kentucky State University, June 5-18
- Lincoln University, July 10-23
- North Carolina State University, June 20-July 1
- Prairie View A&M University, June 6-17
- Purdue University, July 10-23
- Tuskegee University, June 4-18
- University of Arizona, June 13-24
- University of Arkansas at Pine Bluff, June 11-24
- University of Hawaii, July 10-23
- University of Illinois, July 10-23
- University of Maryland at College Park, July 10-29
- University of Maryland Eastern Shore, June 12-25
- University of the Virgin Islands, July 18-31
- Virginia State University, June 19-July 2

Learn more about AgDiscovery



USDA is an equal opportunity provider, employer, and lender. | APHIS 10-05-022 | Issued October 2021

[www.aphis.usda.gov/careers](http://www.aphis.usda.gov/careers)

Registration opens December 2021.

[Click here for more information on AgDiscovery 2022.](#)

## From Our Friends at VCE



**Date:** Thursday, December 2nd at 7:30 PM on Zoom  
**Topic:** Agritourism Marketing and Safety with Cora Gnegy and Livvy Preisser  
[Click here to Register.](#)

This program will build on the previous conversations and expand on how to create a positive experience in agriculture for those who want to visit the farm. It's all part of Young Farmers exploring Agritourism. Past program video links will be sent to those who register, so they can catch up! Part 3 in the 4 part series will explain agritourism marketing and Agritourism safety on the farm. The program will finish up in part 4 with hands-on activities where participants create their own agritourism operations. This program is for any youth in grades 8-12 who are interested in agriculture and learning more about challenges in the industry! The monthly programs will lead to an opportunity for all participants to build their ideal virtual agritourism farm operation in part 4 and some fun prizes too.

**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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703-792-4762

**Candi Helmlinger**  
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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](#)

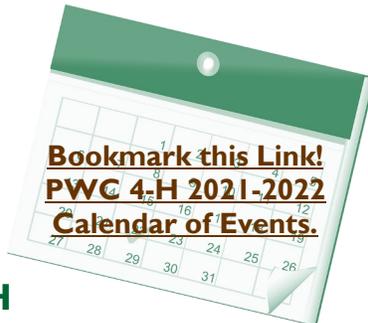
**Prince William 4-H**

[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