

# Prince William

Our Clubs, Our Community



May 4, 2022

### **Upcoming Events**

May 4 - PW 4-H Market
Workshop #1

May 7 - Tree Seedling Planting

May 7- Clover(bud) Club Meeting

May 15 - Horse Project
Declarations Due

May 18 - PW 4-H Market Workshop #7

Jun I - PWC 4-H Market Workshop #3

Jun 3 - 4-H Seniors Ice Cream Social

Jun 15 - PW 4-H Market Workshop #4

Jun 21 - VA 4-H Congress

Jul 24-28 - Junior Camp

Aug 15-19 - Fair Camp

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Wednesday

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## Farmer's Market Workshops Start Tonight!



Prince William 4-H's Entrepreneurship Project begins tonight with the first of four workshops to prepare our young entrepreneurs with a set of new skills aimed at business development. The project will help youth formulate product ideas, create a business plan, develop a product, and put the plan into action, transforming ideas into sales at local Farmers' Markets. 4-H'ers will work together to learn the basics of business through hands-on experience that will SPARK ideas and grow the next generation of business leaders.

Tonight's working meeting will begin by exploring participants' talents, hobbies, and interests. Working as teams, the youth will begin developing a business plan and discovering how their talents can be valuable to the project. 4-H'ers will also create their business names.

Prince William 4-H received many applications to participate in the project. Congratulations to these young entrepreneurs!

Nisanur Ayal
James Gairy
Jared Gairy
Hannah Kindred
Hudson Lee
Estelle Leonard
Aisling Mintz
Koa Mintz
Xanthie Mintz
Alayjah Moore
Katie Saul
Diallo Sherman
John David Vaikasas



## TSC Paper Clover Campaign is Going on Now! Ends May 8th

Since 2010, Tractor Supply Company has partnered with 4-H to raise more than \$17 million through the Paper Clover Campaign. The success of these campaigns has impacted over 81,500 youth with opportunities to attend 4-H Camp and leadership events. Please

show your support by shopping at TSC!



#### Prince William 4-H Booth Space Available!

Kettle Run 4-H served as kind and courteous ambassadors for their club and Prince William 4-H on Saturday, April 30th!

**Sign up for space and join in the fun!**<u>Click here for signup link</u> or contact <u>Ashley Isaacson</u>. This is a great opportunity to raise funds directly for your club!



















## Prince William 4-H Wellness Wednesday

Dates: Every Wednesday, ending May 18th

Time: 5 - 6 pm

Location: Prince William County Fairgrounds

Who Should Attend: All PWC youth interested in 4-H and being healthy!

What to Bring: Water bottle and dress in layers

Join your fellow 4-H'ers in a 12 week conditioning program to get healthy this spring! Youth are meeting each Wednesday to stretch, move, and cool down with a healthy living discussion. All levels and experience are welcome!

May 18th - Prince William 4-H'ers will celebrate their new and improved wellness with a one-mile fun run, obstacle course, and healthy snacks. Congratulations on your success!



Wellness Wednesday 4-H'ers Support Run for the Fallen Last weekend, many of our Wellness Wednesday participants volunteered to support Run for the Fallen. Dee Ann and Lexi helped with Saturday's dinner. Jim and Aiden helped with breakfast cleanup. And Katie helped with dinner and breakfast. Thank you for your helping HANDS!

Our 4-H'ers were fortunate to meet two women who are "Gold Star" family members. Each of them lost a loved one and were honored at the dinner. 4-H'ers learned their stories, growing compassionate HEARTS.

The Wellness Wednesday 4-H'ers used their HEADS to write special notes on cards attached to flowers that were used to decorate the tables and were then given to the Gold Star families along the run on Sunday. Jim, Aiden, and Katie ran a mile with Virginia Run for the Fallen - putting their new **HEALTH** to the test!

This is the second year that Prince William 4-H'ers have supported and participated in Virginia Run for the Fallen. Please consider supporting this incredible event and cheer on our youth as they learn valuable lessons of head, heart, hands and health. Click here to learn more about Virginia Run for the Fallen.





The entire month of May is 'Honor and Remember Memorial Month'. The 'May Memorial Marathon' is a 24/7 nationwide military tribute. It's a virtual relay that honors and remembers each hero individually by name or as a group. Participants may walk, run, ride a bike or a horse - just sign up for a half hour timeslot and honor and remember. Click here to learn more, sign up, donate or sponsor.

## Clover(bud) Club - Planting Tree Seedlings

Date: Saturday, May 7th

Time: 9 am-1 pm

**Location:** Bristow Station Park

Who Should Attend: PWC youth ages 5-8

Click here to register

THIS S. Celebrate the end of a fantastic Clover(bud) Club year at our next meeting on Saturday, May 7th! Come meet other 4-H families as we plant tree seedlings and learn about the environment.

## **Environmentally Friendly Community Service Opportunities**



### Plant Tree Seedlings

Date: Saturday, May 7th, 9 am - 1 pm

**Location:** Bristow Station Park

What to Bring: Shovel, water bottle, wear boots and dress for the weather

Who Should Attend: EVERYONE! Youth under 13 must have a parent present. This is a family-fun event.

Click here to register



**Turn Your Community Service into a** 

Learning is fun! Put your Head, Hearts, Hands and Health to greater good with a

Why Choose a Service Learning Project? A Service Learning Project

What Can be a Service Learning Project? Any community service can be a

Review Virgina 4-H's guide "Conducting Community Service Learning Projects"





Use the appropriate PWC 4-H project record book to record your goals, track your activity and reflect on your learning... You will have a complete project record book that you can submit on its own, or you can add it to your 4-H portfolio.

Turn these in for judging at the end of the 4-H year! (Find out more at Portfolio and Presentation Training on October 29th!)

Join us for the return of our 4-H Tree Seedling Project! Boxes of seedings arrived at our office today and are ready to plant. Use your hands, heart, head and health to help the environment and make our world a better place for generations to come.



## Adopt a Garden a the PWC Fairground

More info coming soon Explore your gardening skills by

adopting a garden at the PWC Fairgrounds. Adoptions are available to clubs or families. Be creative while helping to keep the fairgrounds beautiful for all to enjoy!

Prince William 4-H plants and maintains the small gardens as our way of giving back to the fairgrounds and thank them for their support. The PWC Fairgrounds allows 4-H to hold club meetings, Workout Wednesdays, the 5K Race, and more, giving us a fantastic outdoor arena to learn and grow. Put your helping hands to work through this community service opportunity!

Grow with your garden by turning your community service into a Service **Learning Project!** Click on the image to the left to learn more about SLP's.

**Additional Resources** 

4-H at Home: Gardening & Plant Science 4-H at Home: Growing Gardeners

4-H Gardening Curriculum



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## Virginia 4-H Healthy Living Summit



On Saturday, April 30th, 4-H'ers from Prince William participated in the Virginia 4-H Healthy Living Summit at the George Washington Carver Agricultural Research Center. Prince William 4-H'er Samantha Whysong led the team of ambassadors in planning the event attended by members from across Virginia. They enjoyed a day of fun, hands-on activities including creating a salad bar with make-your-own dressing, make-your-own trail mix, vegetable seed planting, dancing, yoga, and mindfulness activities. This inaugural event was a huge success thanks to the dedication of our 4-H Ambassadors and adult volunteers. We hope you consider joining us next year!





















Want to do more?



## PWC 5K Walk for Mental Health Awareness

Date: May 15th, 10 am - 2 pm Location: Locust Shade Park, Triangle, VA Click here for more information and to register.

PWC wants to educate, advocate and dispel myths and stigma around mental illness. Take out your running or walking shoes and join us in this county-wide event in honor of Mental Health Awareness Month. We will be walking along grassy, gravel and paved terrain at Locust Shade Park. You will be directed to walk one of two paths: a rigorous or easy path and there are plenty of exits along the way.

You will also find a host of community programs on site sharing resources that are available to inform and assist those in need. Music, food trucks and other fun activities will also be part of this event.

## Only a Few Spots Remaining for 4-H Junior Camp!

Dates: July 24th - 28th

Location: Northern Virginia 4-H Center, Front Royal, Virginia
Who Should Attend: 4-H Camp is co-ed and campers must turn 9 by 9/30/2022 and must be no older than 14 on 12/31/2021.

<u>Click here for more information and to register,</u>
4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation, and participate in evening activities and campfires. Visit the link above to view Class Tracks, course descriptions and more.



<u>Click here for more information and to apply.</u> - **Due May 20th**The application for the first annual Preston R. Wilson Virginia 4-H Camp Scholarships for youth ages

9 - 14 is available. Four scholarships are available for each of the six 4-H Centers in Virginia.





## Early Registration for Prince William 4-H Fair Camp is OPEN!

August 15th - 19th, 9 am-12 pm, at the Prince William County Fairgrounds

Click here for more information and to register.
4-H Fair 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.

Camp Counselors - be sure to get your registration in today and put your personal touches into Prince William 4-H Fair Camp, including camp theme, crats, activities and more!



## Prince William 4-H Senior Ice Cream Social

Seniors - please complete the Doodle Poll with the dates that work best for you! Click here to respond to the poll.

It's time to celebrate our class of 2022! All graduating 4-H'ers are asked to complete the Doodle Poll above to help us select the beast date to have ice cream and celebrate all that you've accomplished

during your time as a 4-H'er. This special event will include awarding scholarships, Camp Seniors recognition, and much more. You've grown so much with 4-H and we can't wait to see the paths you choose!

"Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference." - Robert Frost



## **Virginia 4-H State Congress**



100th Virginia 4-H Congress - REGISTER BY MAY 16th

Dates: June 21st - 24th; Competitions held on Tuesday, June 21st, 10am-4pm. Location: Virginia Tech, Blacksburg, VA

Click here for more information including Key Points and Forms

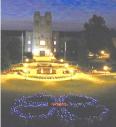
Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities. If you are a senior 4-Her (will turn 14 before Sept. 30th) you are eligible to attend 4-H State Congress!



**VA State 4-H Cabinet Elections** 

Who: Prince William 4-H Teens Click here for the 2022-2023 State 4-H Cabinet Elections Packet. Applications are Due May 6th at 5 pm.

"100 Years to Larger Service"



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## Virginia 4-H Teen Summit - REGISTER BY MAY 6TH

Dates: May 20th - 22nd

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

Who Should Attend: Teens 14-18

Cost: \$50 due by May 10th

Click here to register on 4-H Online

Deadline Extended: Register by May 6th!

The 4-H Teen Summit Leadership Team consisting of 19 teens and adult mentors have been busy planning a phenomenal 4-H Teen Summit for Social Justice this spring! All state and 4-H guidelines for in person and overnight programming will be followed during the event. The 4-H Teen Summit will be focused on social justice issues like LGBTQ+ rights, mental health, racial justice, the environment, education, food insecurity, and much more. The goal around the summit is to create a safe space for youth to talk about advocacy and issues that impact them, and how to create change in their communities.

## VA 4-H Equity and Inclusion Taskforce Fundraiser



#### Click here to order.

The Virginia 4-H Equity and Inclusion Taskforce is excited to be hosting a fundraiser to support their work in "Making the Best Better for All." This teen-led taskforce works to assess issues related to equity in 4-H and design and implement solutions to foster an environment where youth can feel welcome. This group has presented workshops at the local, state, and national level and needs your support to continue their efforts. Using original artwork, the taskforce has created three products for sale: a Tervis tumbler, a t-shirt, and a tote bag. The proceeds of this sale will go towards supporting the taskforce and spreading their message of empathy, understanding, and belonging throughout Virginia.

## Virginia 4-H Horse Program



#### **Horse Declarations DUE MAY 15th!**

Register online at v2.4honline.com
All 4-H'ers must declare their project animal by
May 15th through 4-H Online to show at the

State 4-H Championship Horse & Pony Show. The State 4-H Show is being held Sept. 8-11.

<u>Paper Copy of Project Horse Declaration Form</u> (inquire with your Extension agent for requirement)



## 2022 Southern Regional 4-H Horse Championships

Date: Aug. 3-7, 2022

Location: Georgia National Fairgrounds & Agricenter,

Click here to apply

Click here for VA 4-H information

Click here for Southern Regionals website

#### Applications due by May 15th

The SRHC Organizing Committee is proud to host the 2022 Southern Regional 4-H Horse Championships! With the cooperation of the Horse Specialists from 13 southeastern states, Southern Regionals is the only event of its kind in the nation. Virginia 4-H can send 70 horse/rider combinations.



SW DISTRICT 4-H HORSE COUNCIL



## Horse Clinic

This District Qualifying clinic is designed to provide 4-Hers an opportunity to ask questions and build their knowledge in preparation for the State Show. Reviewing the 4-H Rulebook for class

expectations, practicing patterns, and much more.

When: Saturday



<u>June 4, 2022</u> 9:00am - 12:00pm

Where: 25236 Hillman Hwy NE,

Abingdon, VA

**24210** Deadline is May 20, 2022

Pre-Registration is

REQUIRED

www.ext.vt.edu

Scan QR code for Registration link

SW District 4-H Horse Council Contacts: Mattie Ruth Graham 276-870-3609 Anita Cox 276-613-2938







Wignie Cooperative Education is a partnership of Volgrica Tech. Wignie State University, the U.S. Department of Agriculture, and local governments. Its programs and employer are open to all regardess of age, color, classifile, pender gender centre, gender expression, relocal origin, policical affiliation, mos. religion, sexual orientation, gender inform

## 4-HISA COMMUNITY **FOR ALL**

For more than 100 years, 4-H has been the nation's leading youth organization to welcome young people of all beliefs and backgrounds, giving youth voice to express who they are and how they make their lives and communities better.





## "TALENT IS EVERYWHERE. OPPORTUNITY IS NOT."

As the youth development arm of Virginia Cooperative Extension, Virginia 4-H works throughout the commonwealth to help all youth learn by doing to help them become the best versions of themselves. 4-H youth are empowered to be upstanding citizens who are actively engaged in their communities and around the world. Virginia 4-H helps youth find their voice to be leaders in their communities and empowers them to make positive change.

Virginia 4-H believes that diverse perspectives, values, and beliefs help generate better ideas to solve the complex problems of a changing—and increasingly diverse—world. Likewise, we believe that we must create opportunity for all regardless of the individual's background or identity.

To achieve this, Virginia 4-H will continue to promote opportunities within multiple delivery modes and in the areas of Agriculture, Civic Engagement, Healthy Living, STEM, and beyond while embracing what makes each 4-H member and volunteer unique. We are committed to being intentional in our approach by embracing the essential elements described here as well as other core tenets of positive youth development.

## **OUR ESSENTIAL ELEMENTS**

01

#### **BELONGING**

Positive relationship with a caring adult Creating an inclusive environment Creating a safe environment

02

### **MASTERY**

Engagement in culturally relavent learning Opportunity for mastery

03

#### **INDEPENDENCE**

Opportunity to build efficacy and to see oneself as an active participant in the future Opportunity for self-determination

04

#### **GENEROSITY**

Opportunity to value and practice service

Opportunity to take a critical stance on justice



@Virginia4HStateOffice



@Virginia4H



https://ext.vt.edu/4h-youth.html



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#### South East District Shoot - Open to All VA 4-H Shooting Education Members

Date: June 25th

Location: Airfield 4-H Center

Register by June 2nd via email to 4-h.registration@cox.net. Contact Lynn Wheeless, VA 4-H Shooting Education Program at lynnwheeless@gmail.com for more information and for registration form.

Competitors may register for a maximum of 4 events, which can include two archery events. Events include: Air Pistol (Progressive Position & Silhouette), Air Rifle (3-Position & Silhouette), Archery (Compound, Traditional, Instinctive, and Bowhunter), BB Gun (4-Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (only for senior 4-H members) and Smallbore Rifle (3-Position & Silhouette).

## 4-H All Star Centennial Celebration



For more information contact

Campbell County 4-H 434-332-9538

Dates: July 22nd - 24th

Location: The Inn at Virginia Tech
Who Should Attend: All 4-H All Stars

Click here to register.

Registration Fee: Early Registration (June 1st): \$110; Registration (June 1st - July 14): \$150

Full time students (high school or college) may be eligible for a \$105 scholarship.

Click here for more information and event agenda.

The Virginia 4-H All Stars are celebrating their Centennial July 22-24, 2022 at The Inn at Virginia Tech. Plans are to have workshops, tours, service learning projects, history, recognition and time for connecting and re-connecting with 4-H All Stars form across the state and even out of state. There are plans for campfire and Memorial Service. The committees have been working hard to have a grand celebration for 4-H All Stars.

## Virginia 4-H Tech Changemakers Program



The 4-H Tech Changemakers program empowers teens to teach technology skills to adults and increase digital literacy in their communities. Campbell County 4-H teens have created a Google website where anyone can access resources, sign up for classes, or set one-on-one appointments (in-person or online) for help with your devices, website, or other technology needs! Please consider attending an event, sharing this information, or watching a video on the website to help teens develop their leadership skills while helping Virginia 4-H meet goals set by our funders (National 4-H Council, Verizon, Land O' Lakes, Microsoft, Tractor Supply).

Click here for the Campbell County
Changemakers Website. The next online
class is May 3 (sign up at the website!). Tech

Changemakers will also be available to help you with your devices in-person at the Virginia Farm Festival on May 7th!

After using the website or working with the teens, <u>please complete this survey</u> to help us tell our impact stories! Tech Changemakers programs are located currently in Campbell, Cumberland, Halifax, Greensville/Emporia, Charlotte, Prince Edward, and Lynchburg. Contact the Extension agent in these counties for details!

ytechchangemakers/home

#### State 4-H/FFA Save the Dates

**State 4-H and FFA Poultry Evaluation Contests** 

June 27th, Virginia Tech, Blacksburg, VA - TBD

#### State FFA Livestock Evaluation CDE DAY I

June 28th, Virginia Tech, Blacksburg, VA – Alphin Stuart Large Animal Arena

State 4-H Livestock Judging Contest DAY 2/State FFA Livestock Evaluation CDE

June 29th, Virginia Tech, Blacksburg, VA – Alphin Stuart Large Animal Arena



## Host a 4-H'er from Abroad! As of today...

Thank you to all that have recruited host families and are supporting the placement for our States' 4-H International Exchange delegates. We still need host families for 3 girls, 4 boys (including one with a special condition), and a part-time (10 days) chaperone. Please consider opening your hearts and homes to this fantastic citizenship opportunity!

Click here for <u>States' 4-H International Exchange Programs</u> • Click here for <u>Host Families FAQ</u> <u>Click here to apply to host.</u>



#### 4-H Event Scholarships for Air Force Military-Connected Youth Living in VA

The Air Force 4-H Military Partnership Outreach & Support Project for Virginia is providing a limited number of 4-H event scholarships for youth ages 5 to 18 of Air Force Military-Connected families living in Virginia. These scholars will be awarded on a first-come, first served basis. Eligible youth may live on or near an installation or live in communities across the state. Scholarships awarded can be used to assist with cost to participate in Virginia 4-H camping opportunities, State 4-H Congress or Youth Voices for Change (Formally i-Congress).

The military parent of youth must currently be serving in one of the following: Active Duty Air Force, Air Force Reserve , or Air National Guard.

For complete guidelines and scholarship application, please contact Louetta Jones - 4-H Military Club Director, at <a href="mailto:lojones@vt.edu">lojones@vt.edu</a> or call 804-712-8467.



## From Our Partners at VCE



#### **Family Nutrition Survey**

The Virginia Cooperative Extension Family Nutrition Program at Virginia Tech is looking for Virginia mothers to share their experiences who have:

- Worried about getting enough food for their family,
- Had trouble getting enough food for their family,
  - Or had trouble getting the types of foods they want for their family

Eligible mothers will be invited to participate in a one-hour interview (IRB # 21-481). During the interview, we will ask about your experiences getting food for your family. The interview will be conducted using Zoom and recorded. Your responses will remain confidential. You would be compensated \$25 for your time.

If you would like to participate, please complete this short (5 minute) screener. Click here to access the screener. Your answers will help us determine if you are eligible to take part. If any of the questions make you feel uncomfortable, you can skip them. If you have any questions about this process or the interviews, please contact Rachel Liebe(nelsonr2@vt.edu). You can also reach out to Dr. Sarah Misyak, the principal investigator, with questions or concerns by email (smisyak@vt.edu) or phone (540-231-8541).

#### PRINCE WILLIAM **COUNTY**

8033 Ashton Ave, #105, Manassas, VA 20109

#### **Click to Visit Online:**

PCW 4-H Virginia State 4-H National 4-H

MaryBeth Lerch

4-H Extension Agent mblerch@vt.edu 703-792-4536

Lara Profitt

4-H Youth Educator LProfitt@pwcgov.org

Bookmark this Link!

PWC 4-H 2021-2022

Calendar of Events.

31

28 29 30

## **Ashley Isaacson**

4-H Youth Educator aisaacson@pwcva.gov 703-792-4761

#### Candi Helmlinger

4-H Program Specialist - Newsletter chelmlinger@pwcva.gov



## PWC 4-H Resources

Your Dedicated PWC 4-H Staff

#### 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

## amazon



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

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



## Virginia Cooperative Extension

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