

Prince William 4

Our Clubs, Our Community



May 18, 2022

Upcoming Events

May 18 - PW 4-H Market Workshop

Jun I - PWC 4-H Market Workshop #3

Jun 15 - PW 4-H Market Workshop #4

Jun 21 - VA 4-H Congress

TBD - 4-H Seniors Ice Cream Social

Jul 24-28 - Junior Camp

Aug 12-20 - PWC Fair

Aug 15-19 - Fair Camp

Inside this issue:

PWC Updates

Virginia 4-H Congress VA 4-H Updates From our Friends Contacts & 10 Recourses

Click to Visit



Prince William 4-H Teen Meeting

Last week our teen 4-H'ers met to reconnect and begin counselor training for 4-H Junior Camp and Fair Camp. We played several games to help teen leaders explore methods to connect with their campers and develop relationships of mutual trust and respect with the youth they'll be leading. We're looking forward to an exciting 4-H summer!

























Adult Volunteers Needed for 4-H State Competitions



Event Date: Competitions are in person, June 21st, 10 am - 4 pm, at Virginia Tech Volunteer Signup Due: Friday, May 27th Click here to sign up.

The Virginia State 4-H Congress Competitions Committee needs volunteer Support for the Virginia 4-H state level competitions. Volunteer positions include judge or room chair.

As you know, Virginia 4-H offers youth the opportunity to compete in the areas of presentations, public speech, extemporaneous speech, food challenge, Fashion Revue, Share the Fun, and several other categories each year at Virginia 4-H State Congress. After two years away, we are thrilled to be back on the Virginia Tech campus in Blacksburg for the 100th Anniversary celebration of Virginia 4-H State Congress. Please sign up if you will be on campus and are available and interested in supporting Virginia 4 -H state competitions this year. Thank you for your support!

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Wellness Wednesday - TIME TO CELEBRATE!

Dates: Tonight, May 18th is the final Wellness Wednesday until fall

Time: 5 - 6 pm

Location: Prince William County Fairgrounds

Who Should Attend: Wellness Wednesday Participants

The final spring Wellness Wednesday workout is on Wednesday, 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!

Stay fit this summer and we'll see YOU back to continue our fitness journey in the fall!

Prince William 4-H Health Rocks!® Interest Survey



Health Rocks!® is a 4-H Healthy Living program with the goal of bringing youth, families, and communities together to reduce tobacco, alcohol, e-cigarette/vaping, and drug use. This program applies 4-H's successful Positive Youth Development model focused on life skill and decision-making development, and it utilizes the "Teens as Teachers" approach to build leadership skills. Health Rocks!® addresses ds facing youth today and teaches tools that can be used to help combat the opioid

recent trends facing youth today and teaches tools that can be used to help combat the opioid and vaping epidemic that currently exists in our communities.

Prince William 4-H will offer workshop sessions for teens to learn the Health Rocks!® curriculum for the purpose of teaching to others. Sessions will be scheduled throughout June and July.

Please RSVP through this link if you are interested in learning more and/or attending the sessions. https://vce.azI.qualtrics.com/jfe/form/SV_4OPWzOq5b9MU5YG

Click here to learn more about the 4-H Health Rocks!® program from National 4-H.



Design Our Camp T-Shirt!

Designs due by May 18th by email to MaryBeth Lerch.

Theme: Branch Out with 4-H

Design the Prince William 4-H Fair Camp T-Shirt! Our staff and volunteers are working on our exhibit ideas and more for the Prince William County Fair this summer. We need your creativity to help create an exciting t-shirt design for our fair goers. This year's theme is "Branch Out with PW 4-H".

Be creative and explore the many opportunities within 4-H in your design. All Prince William 4-H'ers are encouraged to submit a design.

CALLING ALL PW 4-H TEENS!

Last call for Camp Counselors.

Don't forget to register to be a camp counselor. Click here to fill out the Google form and also register for camp through 4-H Online.

4-H Junior Camp - Registration is Almost Full

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.

Click here for more information and to register.

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.



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.

Fair 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!



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 lojones@vt.edu or call 804-712-8467.



Virginia 4-H Camp Scholarship Opportunity

<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.





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Virginia 4-H State Congress - REGISTER BY MAY 22nd



100th Virginia 4-H Congress - REGISTER by MAY 22nd

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!

Click here for 2022 4-H State Congress Information Packet Click here for 2022 4-H State Congress Event Schedule

4 Ambassadors from EACH district will be elected!



VA State 4-H Cabinet Elections

Who: Prince William 4-H Teens

Click here for the 2022-2023 State 4-H Cabinet Elections Packet.

Open Positions: Northeast District 4-H Ambassador, Southeast District 4-H Ambassador, Central District 4-H Ambassador, Northern District 4-H Ambassador, and

Virginia 4-H Reporter

DEADLINE EXTENDED: Applications are Due May 22nd at 5 pm



WE'RE LOOKING **FOR TALENT!**

Calling all 4-H youth and alumni! Share your awesome talents at the 100th anniversary of Virginia 4-H at 2022 Congress!

Please submit a 60-Second video highlighting your performance using this Dropbox address by Friday May 20. https://leadable.info/VA4-HTalent

We want to witness Virginia 4-H's most talented and impressive acts for this year's "100 Years of 4-H Celebration" show!





Congress registration Pins are only \$ 8.00 Pennants are only \$ 8.00 Package deal with Pennant and Pin for \$\$15



Virginia 4-H CongressWorkshops and Highlights

Delegates will be asked to select their top five (5) Educational Workshop selections during the registration process. Once workshop capacities are established and final workshop times are assigned, delegates will be placed in one of their selections. Best efforts will be made to get all delegates in their top choices, but final workshop assignments will depend on interest and participation in the particular workshop. Workshop assignments will be distributed in the Congress Welcome packets. Once workshops are assigned, there will be no changes in workshop assignments upon arrival at Congress.

Educational Workshops

- Africulture
- Agribusiness from A to Z: What's in it for me?
- Applying to Virginia Tech: Common App, SRAR, and Ut Prosim Profile
- Are you ready for an interview?
- As You Go The Importance of Structural Conformation in the Movement of the Horse
- Colors in Fruits and Vegetables, their importance, and how to measure strawberry red color
- Create with Artificial Intelligence
- Dairy Judging 101
- DNA: Extraction, Helix and Careers
- Do-It-Yourself Cows
- Early Plant Disease Detection: DNA Sequencing and Sensor Technology
- Personality Assessment Workshop
- Plant Propagation by Seeds, Cuttings, and More
- Precision Agriculture in Cropping Systems
- Professions in Career and Technical Education
- Separating the Wheat from the Chaff: Finding High Quality Information Sources Effectively and Efficiently
- STEM in Sports Turf Management: The Science Behind Virginia Tech's Worsham Field
- TEAM Building: Together Everyone Accomplishes More
- Teens Enhancing Advancing Multi-leadership Skills (TEAM)
- Teens Teaching Youth (TTY)
- Tick Safety in Virginia
- Tour of the School of Veterinary Medicine
- Virginia's Big Tree
- What's in a Major? Exploring Undergraduate Degrees at Virginia Tech

Event Highlights

- 4-H State Competitions
- Pre-Congress Activities
- Tuesday Afternoon Picnic
- Opening Session with Clovers & Company
- Educational Workshops
- Dances
- College Fair
- Color Run/Walk
- Community Service Projects
- Recognition of 4-H All Stars, All Star Tapping and All Star Orientation
- Clover Fest Celebration
- State Awards and Closing Ceremony
- Congress Delegation Photo and Unit Photographs
- Digital Congress Slideshow
- State 4-H Cabinet Pins and Pennants
- Character Counts! Days: Tuesday, June 21st Respect & Trustworthiness Day Wednesday, June 22nd Caring & Responsibility
 Day Thursday, June 23rd Citizenship Day Friday, June 24th Fairness Day

Click here for 2022 4-H State Congress Information Packet and Workshop Descriptions

Click here for 2022 4-H State Congress Event Schedule

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VA 4-H Qualifying Horse Shows and Clinics

* Check Registration Deadlines!

Central District Qualifying Horse Shows

June 4 - Sprouse's Corner Ranch Location: Buckingham, VA Contact: LaRue Dowd

June 11 - Toms Performance Horses, LLC Location: Brookneal, VA Contact: Danielle Toms

Northern District Qualifying Horse Shows

May 21 - Frederick Co. Fair Benefit Show & Skills Testing Location: Frederick County Fairgrounds, Clear Brook, VA Contact: Rose McDonald at (540) 877-4935 - STILL ACCEPTING ENTRIES, INCULDING DAY-OF

May 29 - Hoof N Woof 4-H Benefit Show & Skill Testing Location: Durbin Arena, Free Union, VA Contact: Bertha Durbin

June 11 - <u>Bit-N-Bridle Horse Show</u> & <u>Skill Testing</u> Location: Virginia Horse Center, Lexington, VA Contact: <u>Amanda Loreti</u>

June 18 & 19 - <u>Benefit 4-H Horse Show</u> & <u>Skill Testing</u> Location: Meadow Event Park, Doswell, VA Saturday: Western / Gaited / Minis / Ranch / Western & Classical Dressage Sunday: Hunters Contact: <u>Lisa Powers</u>

Southeast District Qualifying Horse Shows

May 21-22 - SEDR2 4-H Qualifying Show Location: Dorey Park, Henrico, VA Contact: Pinky Dowdy

June 4 - SEDR1 4-H Qualifying Horse Show Location: Airfield 4-H Center, Wakefield, VA Contact: Brooke McCall 757-773-4270

June 18 (rain date July 16) Location: Bloxom, VA Contact: Marcus Riley

Southwest District Qualifying Horse Shows

May 28 - SW District 4-H Qualifying Show Pre-entry Registration link Location: SW VA 4-H Center, Abingdon, VA Contact: Malerie Whitehurst

June 11 - Bit-N-Bridle Horse Show & Skill Testing Location: Virginia Horse Center, Lexington, VA Contact: Amanda Loreti

Central District Qualifying Clinic

June 18 - Western Dressage/Dressage Location: Gryphon's Keep Farm, Phenix, VA Contact: Darla Marks

May 29 - Showmanship/Riding Balance Location: Hat Creek Equestrian, Brookneal, VA Contact: Danielle Toms

Southwest District Qualifying Clinic

June 4 -State Show Prep Qualifying Clinic Location: Abingdon, VA Contact: Mattie Ruth Graham: 276-870-3609

June 26 - Flat Work / Horsemanship Skills Location: Roanoke, VA Contact: Leslie Prillaman

Virginia 4-H Southeast District Shoot



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

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: States' 4-H International Exchange Program

Thank you! 5 girls and 5 boys have been matched. We still need:

3 more host families for girls

2 more host families for boys, one of whom has a special condition

I host family for 10 days of chaperone (~Aug 6-16)

Key Dates:

July 24 - Delegates arrive

July 25 - Delegates go to host families homes

August 16 - Delegates depart

Answers to some common questions:

- Families can take short trips and include the delegate (no air travel without prior approval)
- An adult must be home with the youth during the day
- Delegates can attend school for a short period of time if host sibs go back before they leave but this must be approved by States' 4-H and natural family before arrival.
- Delegates will have medical insurance for their stay but families may have to cover expenses and can get reimbursed.
- Youth can attend camps. Need prior approval.
- Delegates cannot drive/ride ATV's
- Firearms and ammunition must be locked in a cabinet.
- To host the chaperone, you do not need to have children in the home.

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

Virginia Youth Voices Awards Expo - POSTPONED

VYV has been postponed until mid-summer 2022 (TBA).

New Deadline to Submit Videos: July 8th

<u>Click here to register.</u> *Youth do not have to attend the event to submit a video and enter the competition.



Create a simple video with a powerful message and you could win a 4-H Oscar Award! Create a short inspiring video using a phone or a camera. For example, the video could be about something that tackles comparison on social media, or mental health, or wellness or all three. Encourage your youth to be creative and think outside the box. They can create a "Tik Tok" style video or a music video or photo slide show with narration or animation, etc. It's up to them.

<u>Contact Hermon Maclin at hmaclin@vt.edu</u> for assistance with creating your story, filming or editing videos. <u>Click here for Virginia 4-H Youth Voices Facebook Page.</u>



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Youth Conservation Camp at Virginia Tech

Dates: July 10th - July 16th Location: Virginia Tech

Who Should Apply: High School Students

Camp Cost: \$550

Applications Due May 23rd

Click here for more information and application.

The Virginia Association of Soil and Water Conservation Districts is hosting the 44th Anniversary of Youth Conservation Camp at Virginia Tech.

For over 40 years, the VASWCD has sponsored a week long summer conservation camp for Virginia high school students (currently enrolled in grades 9th-12th) on the campus of Virginia Tech. The program brings together about 70 interested students for a week of learning about Virginia's natural resources from conservation professionals and faculty from Virginia Tech. Most of the instruction is hands-on and outdoors.

Scholarship funding to cover the registration fee may be available from your local Soil & Water Conservation District.

Youth Conservation Camp Draft Agenda July 10-16th, 2022 Virginia Tech Campus and Blacksburg Area

Sunday, July 10

- rientation to Virginia Tech Campus Check in 1:00-1:45 pm & Unpack
- Opening program Tour VT Campus
- Topography Maps Activity-led by counselors

- Monday, July 11

 All day at Claytor Lake State Park- eat lunch and dinner at the Park

 Lake Ecology

 Fisheries Management DGIF SHOCK Fishing

 Land Use Planning & Watersheds-Enviroscape

 Sum of all parts activity- led by Counselors

 Tree Hikes-led by DOF

 Claytor Lake History

- Claytor Lake History
 Swimming & Cookout

- Tuesday, July 12
 Virginia Tech College of Natural
 Resources Programs

 Visit different stations to learn more
 about Forestry, Fisheries, careers in
 Natural Resources

 Cascades Hike

 Mock Envirothon

Wednesday, July 13

- Research Farn
- Vednesday, July 13
 centland Agriculture Research I
 Agricultural Best Management
 Water Quality Testing- Macro
 nvertebrates
 Tour Dairy Science Facility
 Soils Runoff Demonstration

- Beekeeping Demonstration

Thursday, July 14 VA Tech Campus Eat all meals on campus
•Tour Lane Stadium,

- Turfgrass Management Tour Forest Products

Friday, July 15

Canoeing & watersin.

Day on the New River





- Saturday, July 16
 Camp Awards & Final Presentation
 Family Invited to Final Program a
 Travel home & Share what you've



Virginia 4-H Request for Youth Resumes for National 4-H Congress



Applications are now open for current-year senior 4-H members who would like to attend National 4-H Congress. For some 100 years, National 4-H Congress has served as the premiere educational and recognition event for senior 4-H members. Originally held in Chicago, the event is now annually held after Thanksgiving in Atlanta, Georgia. This year's event will be held November 25-29, 2022.

Outstanding youth will be selected to represent Virginia 4-H who are able to demonstrate achievement as a 4-H member in the areas of leadership, citizenship, and personal development.

The timeline for selection is as follows:

June 10 Personal Resumes Due at the State Office

(must be submitted online at https://virginiatech.questionpro.com/22ntlcongress)

Resumes Reviewed June 11-12 Finalists Announced June 13

June 21 Interviews Conducted (at State 4-H Congress)

June 24 Announcement of Virginia Delegation

November 25 – 29 National 4-H Congress held in Atlanta, GA VIRGINIA

Click here for the Virginia 2022 National 4-H Congress Instructions.

To learn more about National 4-H Congress, please visit the website at https://national4-hcongress.com/.

We look forward to seeing applications from your 4-H members who would like to be a part of the Virginia delegation!

Foundations of Investing Webinar for Youth

Date: June 29th, 6 pm

Location: Zoom. Click here to register and receive link.

Who Should Attend: Youth 4-H'ers age 9 and up and their parents

As our 4-H'ers are heading into the summer, many of them will be earning income from livestock auctions, farmers markets, part time jobs, or other youth entrepreneurship projects. Compound interest is a very powerful thing – especially when they start investing at a young age.

Youth age 9 and up and their parents are invited to attend Foundations of Investing. Al Penksa, a financial advisor for Edward Jones, will teach participants about the benefits of investing and review investment options for youth investors including 529 accounts and Custodial Roth IRA's. This is a great opportunity for 4-H'ers involved in livestock auctions, farmers markets, or part time jobs to learn more about investing their income.



Community Service Opportunity - Relay for Life

Prince William County Relay for Life needs volunteers for their upcoming event on Saturday, May 21st at the Harris Pavilion in Manassas. This event supports the American Cancer Society. This is an excellent opportunity for Wellness Wednesday 4-H'ers to use their new and improved health to walk for another volunteer. It's a great opportunity for all teens to gain service hours. Please contact Carryn Woollard, Member at Large, Event Leadership Team, Prince William County Relay for Life at 210-317-4994 or 703-393-6940 or email afdoll@verizon.net.



Volunteer Jobs

- Prepare and sett out bags with candles for the Luminaria Program
- Set up, clean up and trash pick up
- Walk for those who can't (because we are working the event or have health needs)
- Staff our Kids/ Gaming area
- Volunteers willing to share their performing talents
- Larger leadership projects are also available



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.

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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

Virginia Tech • Virginia State University



