



Prince William 4-H

Our Clubs, Our Community



October 13, 2021

Upcoming Events

- 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
- Nov 2** - Food Challenge Orientation
- Nov 9** - PWC 4-H Association Meeting
- Nov 10** - District All Star Form Review

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Introducing Our New Clover (bud) Club!



Clover Club

Saturday, October 23rd, 10 am - 12 pm
4-H Children's Barn, PWC Fairgrounds

[Click here to sign up](#)

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!

Save the Date! Important Youth Training Opportunities



Food Challenge Training

Tuesday, November 2nd

Signup Coming Soon - Zoom link will be sent after registration

It's time to pull together your teams! Join us on Zoom for an orientation to the county, district, and state 4-H Food Challenge Contests. The meeting will have a quick overview of the opportunities available this year, updates on changes to the rules, and helpful hints and tips on what to expect. Anyone interested in participating in the challenges should attend!



Activate your tastebuds with this recipe!

Celebrity Chef Aarón Sánchez and NC 4-H'er Guillermo Estrada teamed up for Hispanic Heritage Month to make chicken with a "Chipotle Love" sauce and sautéed hominy with pico de gallo. Thanks to the Walmart Foundation, you can download the recipe and cook alongside one of our favorite Food Network Chefs as he guides Guillermo through making the dish! [Click here for the recipe and video from 4-H.](#)



Youth Officer Training

Monday, November 15th, 7 pm

McCoart Building, 1 County Complex Ct, Woodbridge

Signup Coming Soon

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.

4-H To-Go Learning Activity Kits Delivered!



A huge THANKS goes out to all of the PWC 4-H'ers who volunteered their time to our community service activity! All of our helping hands created hundreds of 4-H To-Go Learning Activity Kits that will be distributed by the Library to provide free, fun, creative, hands-on learning to the youth in Prince William County.

An extra shout-out goes to **Jimmie Aldridge, Nokesville 4-H Club**, for gathering up all of the completed kits and delivering them to the Library.



****Still Needed:** Volunteers to cut fleece for dog toys for "Read to a Dog" for the library. Please contact [Kristin Saul](#) to arrange fabric pick-up.



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.](#)



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.





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!



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



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. Healthy Living	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>Notes: 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!

VT Kids' Tech University - Registration Opens October 18th!

Mark your calendars! This event fills quickly. There is a \$65 registration fee.
[Click here for details and to register on or after October 18th.](#)



The 2022 program features four Virginia Tech professors presenting interactive sessions. Participants will receive home packets with hands-on activities that kids and parents will do with VT undergraduates virtually. Kids' Tech University accepts 350 enthusiastic learners ages 9 - 12 (as of September 30, 2021) on a first-come, first-served basis.

2022 Program of Events

January 29 - 2022 KTU Session 1: In this interactive session will learn about various chemical reactions and why they are important in today's world. After the session we will use a battery and salt water to do oxidation/reduction chemistry.

February 26 - 2022 KTU Session 2: Dr. Rau will talk about how the nervous system responds to injury. After the talk we will make a robotic arm using straws, twine and tape.

March 19 - 2022 KTU Session 3: In this talk we will be ecology and disease. During the hands-on portion we will investigate how animals/insects use color to hide from predators and make our own animal/insect.

April 2 - 2022 KTU Session 4: During this talk we will talk the various engineering design teams at Virginia Tech. After the talk we will build your own motorized boat.

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!](#)

National 4-H: October STEM Month - Galactic Quest



Galactic Quest Game Show

Wednesday, October 27th, 8 pm

[Click here to participate in the virtual competition.](#)

October marks 4-H STEM Challenge month, a time when we empower young people to tackle scientific and engineering problems faced by today's top STEM professionals. This year's challenge is Galactic Quest, a journey to space with hands-on activities covering topics like cyberspace, space ethics, and space agriculture.

We invite you to join the fun by playing along during our Galactic Quest Game Show. Marcus Scribner, star of ABC's hit show Black-ish will host a virtual competition on Facebook Live to see who knows the most space trivia. To play, simply tune into [4-H's Facebook page](#) on **Wednesday, October 27 at 8:00 p.m. EST** and share your answers in the comment sections. The first-place winner will receive \$1,000, an exclusive mentorship call from a USSF Guardian, and a behind-the-scenes virtual tour of the Air Force Academy.

We hope to see you there and feel free to tell your friends!

[Click here to learn more about the 4-H Galactic Quest STEM Challenge.](#)

From Our Friends at VCE Cumberland 4-H

Let us help you reach your dreams!

WHO: Open to all youth in grades 4th and up

WHAT: Learn the basics involved in operating your own business! Develop life skills through this 4-H workshop — marketing, records-keeping, decision-making, public speaking and more. Finally, you'll get the opportunity to sell your own products through *Holiday Lake 4-H Center's Fall Craft Fair on Saturday, Nov 20!* Youth will also create a "farm sign" to promote their business at their booth (supplies provided for sign).

WHEN: Workshop takes place **Saturday, Oct 23, from 9am–2pm**

WHERE: Prince Edward Extension Office, 100 Dominion Drive, Farmville, VA 23901

FEE: \$8 (make check payable to "Treasurer, VT"); Pre-registration returned check fee is \$50

Online Registration: <https://forms.gle/w8cuZsuakXDqHBN8>

For more info, contact Cathy Howland, Powhatan 4-H Extension Agent, (804) 598-5640; chowland@vt.edu, or Linda Eanes, Cumberland 4-H Extension Agent, (804) 492-4392; leanes@vt.edu

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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If you are a person with a disability and desire any auxiliary devices, services or other accommodations to participate in this activity, please contact Cathy Howland at the Powhatan Extension Office at (804) 598-5640 during business hours of 9 a.m. and 5 p.m. to discuss accommodations. 5 days prior to the event. TDD number is (804) 628-1120. Extension is a part program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

Open to all Virginia 4-H'ers!

VCE Cumberland 4-H invites PWC 4-H'ers to participate in their Youth Entrepreneurship Program.

WHO: Open to all youth in grades 4th and up

WHAT: Learn the basics involved in operating your own business! Develop life skills through this 4-H workshop - marketing, records-keeping, decision-making, public speaking and more. Finally, you'll get the opportunity to sell your own products through Holiday Lake 4-H Center's Fall Craft Fair on Saturday, Nov 20! Youth will also create a "farm sign" to promote their business at their booth (supplies provided for sign).

WHEN: Saturday, October 23rd, 9am-2pm

WHERE: Prince Edward Extension Office, 100 Dominion Drive, Farmville, VA 23901

FEE: \$8 (make check payable to "Treasurer, VT")

[Please click here to register.](#)

Link Your Amazon App to Support PWC 4-H!

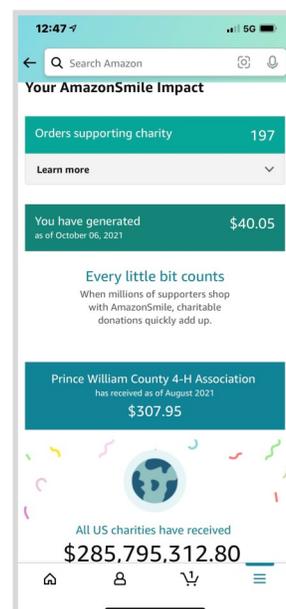


Only 46 days until **Hanukkah!**
 Only 73 days until **Christmas!**
 Only 74 days until **Kwanza!**

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.

Ask your friends and family to support PWC 4-H, too!



Fire Safety Curriculum



National Fire Prevention Week was October 3rd - 9th. The National Fire Prevention Association has activities and videos for all ages to promote fire prevention and safety.

[Click here for NFPA curriculum materials.](#)



Water Conservation Curriculum



The PWC Service Authority is proud to offer its H2Go Kids Virtual Classroom presentations. Offering eight SOL-related lessons either LIVE via video conferencing software or as a pre-recorded video with companion activity sheets, the exciting and educational world of drinking water and wastewater will come straight to your home or remote classroom.

[Please click here to visit the PWC Service Authority Virtual Classroom.](#)



4-H Curriculum: There's No New Water!

There's No New Water! begins with an exploration of the natural water cycle; explores human interventions that affect water quality and quantity; examines the effects of the urban/rural interface on water quality and quantity; includes the identification and implementation of service-learning projects that address local water conservation issues; and culminates with a set of activities for younger youth and families designed to be led by teens as teachers.



[Click here for information on 4-H Water Conservation materials and curriculum.](#)

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
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

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Virginia 4-H

[VCE 4-H](#)

[VCE COVID-19 Updates](#)

[4-H Online Information](#)

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[STEM in Virginia 4-H](#)

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[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