



# Prince William 4-H

*Our Clubs, Our Community*



March 23, 2022

## Upcoming Events

- Mar 31** - [Zoom Interest Meeting for State 4-H Congress](#)
- Apr 1** - [Camp Registration Opens](#)
- Apr 2** - [Clover Club](#)
- Apr 5** - [PWV 4-H STEM Community Night](#)
- Apr 9** - [Northern District Contest Day](#)
- Apr 23** - [Northern District Food Challenge](#)
- Apr 25** - [Horse Project Declarations Due](#)
- Apr 27-May 8** - [TSC Paper Clover](#)
- Apr 30** - [PWC Fairgrounds Cleanup Day](#)

## Eat Smart, Move More Challenge Starts **TODAY!**

Travis Dieffenderfer of PWC SNAP-Ed is adding to the fun of Wellness Wednesday with a new **Eat Smart, Move More 4-week Challenge**. The challenge consists of two parts:



**Eat Smart Challenge:** encourages 4-H'ers to drink more water and choose better snacks. Healthy eating has many physical and emotional benefits. We feel better, behave better, and learn better when we are well nourished and hydrated. During this challenge, youth are encouraged to eat more fruits and vegetables, drink more water, and track their progress over the course of 4 weeks. **4-H'ers that complete this challenge will receive an insulated snack bag!**



**Move More Challenge:** encourages 4-H'ers to incorporate physical activity into every day. Physical activity has many health and emotional benefits for us, including better grades, better behavior, healthier bodies, and better mental health. During this challenge, 4-H'ers are encouraged to complete 60-minutes of physical activity each day and track their activity. **4-H'ers that complete this challenge will receive a jump rope!**

## ARE YOU UP FOR THE CHALLENGE?



Come out to the Prince William County Fairgrounds at 5 pm and begin your challenge to be the best **YOU that YOU CAN BE!!**

[See page 4 for details on Wellness Wednesday.](#)

## Inside this issue:

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Click to Visit



## Prince William 4-H Young Entrepreneurs

The PWC 4-H Entrepreneurship Project was launched at the Prince William 4-H Suburban Ag Community Night last night. The project is a collaborative effort between the Manassas Farmers Market and Prince William County Cooperative Extension to offer youth entrepreneurs ages 5-19 a chance to create and showcase their business talents and trades. Ten (10) youth entrepreneurs, will be selected to participate in this project based on their application. Participants will be expected to attend all 4 workshops and a minimum of 3 markets.

**Applications are due April 21st.**

[Click here for the application.](#)

[Click here for the project schedule/timeline.](#)





## Clover(bud) Club

**SAVE THE DATE:** Saturday, April 2nd

**Time:** 10 am-12 pm

**Location:** PWC Fairgrounds

**Who Should Attend:** PWC youth ages 5-8

[Click here to register \(free\).](#)

The April Clover(bud) Club meeting will focus on the 4-H Pillar of Healthy Living: eating healthy, healthy lifestyles, character, ethics, stress management, and disease prevention. We'll dive deeper into healthy foods and have a fun activity identifying vegetable seeds...and plant a few, too! Check out [Page 4](#) to learn more about Prince William 4-H's Wellness Wednesdays and maybe join us for added weekly fun moving and being healthy!

## TSC Paper Clover



**Spring TSC Paper Clover is April 27th - May 8th!**

[Click here to email Prince William 4-H to reserve outdoor booth space.](#)

It's time to start planning our Spring Campaign! All donations at TSC benefit the many programs, activities, and camps available through Prince William 4-H. Be sure to shop at TSC during this time. Customers that use their TSC credit card will have their donations matched by Citibank.

### What can your club do?

- Have a table that display's your club's activities and practice your public speaking by telling your 4-H Story to customers.
- Host a bake sale or craft sale with 100% of those proceeds directly benefitting your club.
- Shop at TSC for your spring gardening needs...including getting ready to adopt a garden at the Fairgrounds!

## Save the Dates for 4-H Camps!

**Junior Camp:** July 24th - 28th  
**Fair Camp:** August 15th - 19th

Online registration opens April 2nd.  
*More information coming soon!*



Follow this page on Facebook for the latest on Prince William 4-H overnight camps!

[www.facebook.com/PWST4HCamp](http://www.facebook.com/PWST4HCamp)

## VA 4-H Congress Interest Meeting

**Date:** Thursday, March 31st, from 7:00-7:30pm

**Location:** Zoom link sent after registration.

[Click here to register and receive link.](#)

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! Want to find out more about 4-H State Congress and how to attend? Join in the county informational session via Zoom!



### 100th Virginia 4-H Congress

**Dates:** June 21st - 24th

**Location:** Virginia Tech

[Click here for more information.](#)

Information released March 29th. Registration begins April 26th. Registration closes May 17th.



## Trigger Time 4-H Shooting Education Club defeats Mattoon AJROTC

**March 20, 2022-** Shooting their highest score of the season Trigger Time 4-H Shooting Education Club defeated Mattoon AJROTC 870.8 to 815.1 in the 2022 National Air Rifle New Shooter League. They currently have a 3 - 3 record. Trigger Time 4-H Shooting Education Club was led by, Nora Wallschlaeger who shot a 229.8. The remaining contributing members were Julia Wallschlaeger, Kaiden Titcomb, and Ayden Strand. Trigger Time 4-H Shooting Education Club is from Bristow, VA, and is coached by Alan Lerch.

Mattoon AJROTC currently has a 2 - 5 record. Mattoon AJROTC was led by, Alexander Whitaker who shot a 220.9. The remaining contributing members were Shelby Pickering, Jack Burton, and Ethan Freeman. Mattoon AJROTC is from Mattoon, IL, and is coached by Todd Stokes.

Next up Trigger Time 4-H Shooting Education Club will compete against Fork Union Military Academy from Fork Union, VA. Fork Union Military Academy currently has a 4 - 3 record. While Mattoon AJROTC will compete against Chaparral NJROTC from Las Vegas, NV. Chaparral NJROTC currently has a 2 - 5 record.

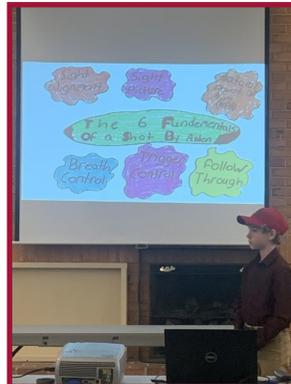
These two teams are competing in the National Air Rifle "New Shooter" League. Sponsored by the Orion Scoring System, the league is a national team league exclusive to athletes in their first year of competition. Teams are from high schools and junior rifle clubs throughout the United States. Over 10 weeks each team competes in 8 games. Each week, each team is paired with another team with a near equal skill level.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoot 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.

### Press Releases Submitted by Trigger Time 4-H Shooting Education Club

For more information on the league, including complete standings, visit <https://www.national-leagues.com/new-shooter>

[Click here for the Box Score](#) • [Click here for Trigger Time 4-H Shooting Education Club Team Page](#)



**Congratulations to Trigger Time 4-H Shooting Education Club for an excellent showing at Spring Air 2022!** Individuals received many top placements, and our teams were standouts in Rifle (1st Place) and Pistol (2nd Place)! [Click here for the complete scores from Spring Air 2022 VA 4-H.](#)

## Prince William 4-H Healthy Living Pillar Explored



Prince William 4-H

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!

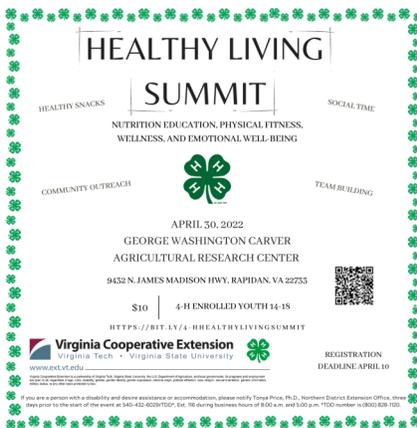
**Dates:** Every Wednesday beginning March 2nd

**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



### Virginia 4-H Healthy Living Summit

**Date:** April 30th

**Location:** George Washington Carver Agricultural Research Center

**Who Should Attend:** All 4-H enrolled youth ages 14-18

**Cost:** \$10, includes lunch, snacks and supplies

**Registration Deadline:** April 10th

[Click here to register.](#)

The Virginia Healthy Living summit brings together teens from across the state to focus on learning opportunities centered around topics on nutrition education, physical fitness, wellness and emotional well-being. This summit is one you will not want to miss as it will feature hands-on and engaging workshops focused on the four H's:

**Head** – Mental Health and Social/Emotional Wellbeing (*Glitter Jars*)

**Heart** – Community Gardens (*Make Your Own Pizza Garden and Pizza*)

**Hands** – Physical Activity (*Line Dancing*)

**Health** – Nutritious Snacks (*Trail Mix and MyPlate*)

In addition, the Summit will feature keynote speaker, Samantha Whyson, 2020 Virginia 4-H Healthy Living Youth in Action Award Winner highlighting her project work, an anti-bullying campaign.



### Bridge2ResourcesVA

Bridge2ResourcesVA was launched in Fall 2021 by the Virginia Chapter of the American Academy of Pediatrics to connect families to free or reduced-cost programs and services through a comprehensive, searchable database. The database includes information about nutrition education, health education, financial education, youth development, and skills training programs. Financial assistance, food pantries, medical care, and other free or reduced-cost help can be found on this new gateway site. [Click here to visit Bridge2ResourcesVA.](#)

### Help Us With Our Project Records!

As we're working out at Wellness Wednesday, it sure is hard to take pictures!

**Parents**, please help us document our progress (AND FUN!) by being our photographers. Please email photos to [Candice Helmlinger](#) at PWC 4-H. Photos will be available for our 4-H'ers to use in their project records. We'll even select a few for the newsletter!



The best photos:

- ★ Action Shots
- ★ Close-Up Smiles
- ★ Groups of 4-H'ers

PRINCE WILLIAM 4-H  
PRESENTS

## WHO SHOULD ATTEND?

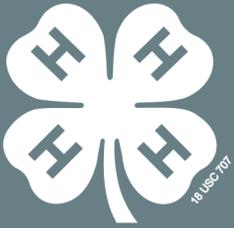
All Prince William County youth ages 9-18 that are interested in STEM and 4-H are welcome!

*No computer experience necessary.*

ENGINEERING &  
TECHNOLOGY

ENTREPRENEURSHIP  
& FINANCIAL  
LITERACY

PLANT & ANIMAL  
SCIENCE



NATIONAL 4-H  
CURRICULUM  
& ACTIVITIES

ENVIRONMENTAL  
SCIENCE &  
ALTERNATIVE  
ENERGY

## FOCUS ON DATA SCIENCE

- A hands-on **data science and machine learning activity** understanding data, discovering patterns, and making decisions.
- Interactive data and statistic interpretation games
- Career exploration in data science, coding, artificial intelligence and much more!

# STEM

*Community Night*

STARTS AT  
7PM

APRIL  
5

Prince William 4-H | McCoy Conference Room, 7987 Ashton Ave | Manassas, VA

**Registration is required, but participation is FREE! [Click here to register.](#)**

Prince William 4-H STEM Community Night will inspire youth to be problem solvers, creative and critical thinkers, and explorers! Our youth must navigate the challenges of the real world through first-hand experience and knowing how to create, not just consume, technology. 4-H's interdisciplinary, curriculum-based approach engages and excites young people to learn by doing!

## 4-H Northern District Contests



All Junior and Senior 4-H'ers are eligible to take your presentation or act to the next level by competing in either one of the two Northern District Contests. Parents and older teens familiar with the contest are asked to volunteer to help make the event successful. Please email [MaryBeth Lerch](mailto:MaryBeth.Lerch@va4h.org) after you register to verify receipt of registration.

# DUE TODAY!

### Front Royal Area Northern District Contest *(preferred for Prince William 4-H'ers)*

**Register by Wednesday, March 23rd**

April 9th. Location: Warren County High School, 155 Westminster Dr., Front Royal

[Click here to register](#) • [Click here to volunteer](#)

## Virginia 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.**

The State 4-H Cabinet is a youth/adult partnership in which youth and adults work together to promote and carry-out specific programmatic functions of the Virginia 4-H program. Serving as a State 4-H Cabinet member is designed to be a competitive and engaging leadership development experience within the Virginia 4-H program. The youth members of the Cabinet serve as the 'voice' for 4-H youth across the Commonwealth.

During Virginia 4-H Congress, members will elect four Ambassadors from each district. Qualified candidates will represent the needs and interests of Virginia 4-H youth. They will positively represent and promote 4-H at local, district, and state levels, demonstrating the best that 4-H has to offer. **All candidates must attend the 2022 Virginia 4-H Congress held at Virginia Tech June 21-24.**

## VA 4-H Horse Updates



### 2022 Mary Cole 4-H Horsemaster 50 Mile Ride

**Dates:** June 26th - 30th

**Location:** Iron Mountain Horse Camp (IMHC), in Ivanhoe, Virginia

**Who Should Participate:** this event is open only to 4-H'ers

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

**Applications are due April 25th.**

We will be camping and riding in the Jefferson National Forest and part of the Mount Rogers Recreational area, which will afford us some of the most spectacular scenery. Camping will have water/electric hookup and there are showers and toilet facilities. Horses will be kept in stalls. This is a fabulous trip and experience for 4-H'ers! We will take in some awesome trails, have lots of fun back at camp and around the campfire, great food and fellowship. While you don't have to be a diehard camper to enjoy or survive this trip, you will need appropriate equipment and conditioning for you and your horse. The document attached provides general information about the ride including cost, sample ride day and a required conditioning schedule.



### 2022 Southern Regionals 4-H Horse Championships

**Date:** August 3rd - 7th

**Location:** Georgia National Fairgrounds, Perry, GA

[Click here for online application.](#) [Click here for event details and rules.](#)

**Applications are due May 15th.**

The Southern Regional 4-H Horse Championships bring over 400 youth from 13 Southeastern states to compete in the Regional Horse Show as well as educational events such as Horse Quiz Bowl, Hippology, Horse Judging, Public Speaking, and Demonstrations.

[Click here for the VA 4-H Horse Program Calendar.](#)

## Upcoming Deadlines for VA 4-H and FFA Youth



### 2022 Youth Cattle Working Contests

The Youth Cattle Working Contest develops youth skills in animal management and handling. Working as a team, youth efficiently process three stocker calves utilizing Beef Quality Assurance guidelines. The top two teams from each region then compete at the State Contest. [Click here for more information and to register.](#) [Click here for rules, scoring, processing maps, and more.](#) **Registration deadline for all regional contests is March 24th.**



### 2022 Glenwood Park Livestock Exposition, Loudon County Fairgrounds

**Date:** April 9th

[Click here for more information and to register.](#) **Register by March 25th.**

The regional show on at is open to those sheep and cattle exhibitors in select Virginia Counties, including Prince William 4-H. Please review all of the rules prior to entering the online system.



### The Virginia Hereford Association Heifer Scholarship

The scholarship offers full ownership and possession of a Hereford heifer for the winning applicant. The winner takes full ownership and possession of the heifer and becomes responsible for all costs for the heifer, and must show it at a VHA sanctioned show with in a year. They are required to donate a purebred heifer calf back to the program within two years, and give a presentation on their experience. This opportunity is open to any youth interested in becoming involved in cattle and showing . [Click here for more information.](#) **Application deadline is April 5th** and the winner will be announced at the VA Beef Expo.



### 2022 Virginia Junior Beef Roundup/VA Beef Expo, Rockingham County Fairgrounds, Harrisonburg, VA

**Dates:** April 15th - 16th

[Click here to enter.](#) **Entries due Friday, April 8th.**

The Junior Beef Roundup has become not only an elite junior cattle show, but also one of the largest youth educational contest weekends within the state. The Expo encourages the development of youth involved in the cattle industry through not only beef cattle shows, but educational, cooking and cattle handling contests.



### Market Animal College, Rockingham County Fairgrounds, Harrisonburg, VA

**Date:** Saturday, April 23rd,

[Click here for more information.](#)

This is a great opportunity for those new to showing and raising livestock projects, or those with experience that want to broaden their knowledge.



### The Angus Foundation Scholarship

Academic scholarships to students whose families use registered Angus bulls in their commercial operations. [Click here for more information.](#) **Applications are due May 1st.**

## 2022 Virginia Farm Festival

**Dates:** May 7 & 8, 2022 from 10 am - 5 pm

**Location:** The Meadow Event Park, Doswell, VA

[Click here for vendor forms, sponsorship opportunities and more.](#)

The vision for the Virginia Farm Festival grew out of a desire to expand the educational components of the State Fair of Virginia into a new spring event in order to tell the story of spring planting and bring families together as we work to grow our yearlong commitment to serving Virginia's youth, families, and agricultural communities as Virginia's Largest Outdoor Classroom.

This event successfully launched in May of 2021 as one of the region's first live events to take place! Over 6,000 attendees enjoyed being outdoors and learning more about agriculture.





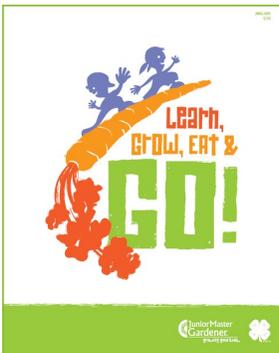
## 2023 Youth in Action Awards Application - **Deadline March 28**

Now is the chance for 4-H'ers ages 15-19 to tell their 4-H story of impact, leadership, and purpose! Each year, Pillar Winners will experience an exciting year of telling their 4-H story and celebrating their leadership. Winners receive:

- \$5,000 higher education scholarship
- Opportunities to showcase their 4 H impact story
- All-expenses paid trip to National 4 H Council event
- Networking opportunities with 4 H celebrities and other prominent alumni
- Recognition as the official 4 H youth spokesperson for their pillar

Applications are received through **March 28** at <https://4-h.org/parents/4-h-youth-in-action-awards/#!about-4h-youth-in-action>. The application consists of basic contact information, answers to two limited response questions, and a one-minute video. *A 4-H member does not need to be a state Youth in Action winner to apply for the national award.*

## *Learn, Grow, Eat & Go! Curriculum Training for Teachers*



**Date:** May 4th, 9:30 am - 2:30 pm

**Location:** George Washington Carver Agriculture Research Center, Culpeper, VA

**Register by April 15th.**

[Click here to register.](#)

Registration is now open for the Junior Master Gardener - *Learn, Grow, Eat & Go!* Curriculum Training. *Learn, Grow, Eat & Go!* is a 10 week academically rich, elementary-focused, program incorporating the best practices identified by research and combines interdisciplinary elements of garden science, nutrition, food preparation, vegetable tastings, and physical activity to improve the health and wellness of children, families, and the school community.

There is no fee to attend the training and each participant will receive lunch and the facilitator manual.

## From our Partners at VSU: STEM4US Cyber Hackathon



**Thanks to the Hyattsville/Landover (MD) Alumni Chapter of Kappa Alpha Psi Fraternity, Inc, the first 100 students can register FREE! [Click here for registration link.](#)**

**Dates:** Saturdays, April 23rd - May 21st

**Time:** 2-5 PM

**Location:** Online Event

**Who Should Apply:** Middle and High School Students

[Click here to register.](#)

The Cyber Hackathon seeks to provide as many as 200 middle and high-school youth the chance to learn about building mobile phone apps, developing websites, cybersecurity and flying drones. The registration fee for the youth is \$75 (\$15/session).

**April 23:** Hackathon Introduction, Cybersecurity 101 Training

**April 30:** Drone Operations & Programming Training

**May 7:** Web Development 101 Training

**May 14:** Mobile Phone Development Training

**May 21:** Hackathon Presentations, Keynote Speaker, Awards and STEM4US! Opportunities

# SCHOLARSHIPS

## Honey Bee Essay Scholarship Contest

### APPLICATION DUE: APRIL 1ST

**2022 Essay Topic:** Transportation: Minimizing Stress on Bees While Getting Them Where They Need to Be

[Click here for application and details.](#)

This is a great opportunity for Virginia 4-Hers with cash prizes for the top 3 winners in the state and the ability to compete nationally. [Click here to learn about the Foundation for the Preservation of Honey Bees.](#)



FOUNDATION FOR  
THE PRESERVATION  
OF HONEY BEES, INC.

## Outstanding Young Agriculturalist Contest

### APPLICATIONS DUE: MARCH 31ST

[Click here for application and details.](#)

The Virginia Farm Bureau Young Farmers is offering a scholarship contest to recognize high school juniors and seniors for outstanding academic, community and agricultural achievement to encourage students to evaluate their progress and career goals and to stimulate students' interests in striving for leadership opportunities and involvement in the agriculture or agribusiness industries.

The state winner will receive a cash scholarship of \$1,500 sponsored by Farm Credit, Southern Farm Bureau and the Virginia Farm Bureau Young Farmers Committee. A runner-up will receive \$500 from VAFB Young Farmers. Each finalist, other than the state winner & runner-up, will receive a \$250 award sponsored by Virginia's Farm Credit Associations and Southern Farm Bureau Life Insurance Company.



Growing Agriculture's Future  
Since 1975

## Virginia Egg Council #whyeggsrgr8! Poster Contest

### POSTER DEADLINE: MARCH 25TH

**Who Should Participate:** VA youth ages 9-12 that are 4-H or FFA members

Help showcase Virginia Farmers and Eggs! Our farmers are dedicated to providing consumers with the best quality food while taking good care of their animals and the environment. And they produce eggs that are nutritious, delicious, convenient, easy, affordable, satisfying & fun! Do your part to promote this *eggeptional* industry by designing a poster with the headline #whyeggsrgr8!

[Click here for more information about the Virginia Egg Council and to participate in the contest.](#)



## Scholarship Opportunity from VA SWCD

### APPLICATION DUE: APRIL 22ND

[Click here to learn more and to download the 2022 application.](#)

The VASWCD Educational Foundation scholarship program promotes the education of Virginia citizens in technical fields with a natural resource conservation and environmental protection emphasis. The program provides financial support to students majoring in or showing a strong desire to major in a course curriculum related to natural resource conservation and/or environmental studies. Annually the Foundation provides four \$1000 statewide scholarships in addition to the many local SWCD scholarship opportunities.



## 2022 June Dairy Month 4-H Poster Contest

### POSTERS DUE: JUNE 15TH

**Who Should Participate:** All Prince William 4-H'ers

**Poster Theme:** Journey to the Center of the Dairy Farm

[Click here for details and how to submit a poster.](#)

**Age Groups (as of Sept. 30th):** Junior (9-11), Intermediate (12-13), Senior (14-19)

**State Prizes in Each Age Group:** 1st-\$100, 2nd-\$75, 3rd-\$50





# States' 4-H Summer Hosting

**HOST** an international youth delegate and bring the richness of the world to your home!

**Host an International Youth in Summer 2022 through States' 4-H International**

*"It's like having a sister I always wanted and a best friend"*  
-States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



## Hosting Details

- July 22, 23, 24 2022 through August 16, 17, 18 2022 \*  
\* Exact dates dependent on your state. Please check with your state's Coordinator for details.
- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- This is a voluntary program; no stipends will be provided

## Host Family Requirements

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family

For more information, visit <https://www.states4hexchange.org/state-contacts/> to find contact information for your local State Coordinator

Please note: Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

APPLY BEFORE APRIL 1st

<https://seestudentapplication.questionpro.com/>

# SUMMER ENRICHMENT EXPERIENCE AT VIRGINIA TECH

SEE VT is a free residential camp designed for gifted rural students on Virginia Tech's campus. Campers will engage in place-based STEM, humanities, and social activities focused on rural sustainability.

**Who:** Rising 6th and 7th graders

**When:** June 26 - July 1, 2022

**Where:** Blacksburg, Virginia

Join SEE VT and learn how you can be innovative and creative while exploring what makes you and your rural community special.

CONTACT INFO

**SEEVT@VT.EDU**



**NO FEES  
FOR ACCEPTED  
STUDENTS!**

**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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**Ashley Isaacson**  
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703-792-4761

**Candi Helmlinger**  
4-H Program Specialist - Newsletter  
[chelmlinger@pwcva.gov](mailto:chelmlinger@pwcva.gov)



**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**

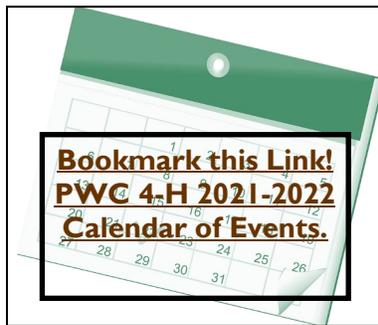
Samantha Whysong, President  
Kayla Dixon, Vice President  
Alexis Cox, Treasurer  
Secretary - Vacant

**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



**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.



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

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



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