



Prince William 4-H

Our Clubs, Our Community



April 6, 2022

Upcoming Events

- Apr 9** - 4-H Camp
Registration Opens
- 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
- May 14** - Clover(bud)
Club Meeting
- Jun 3** - 4-H Seniors Ice
Cream Social

Inside this issue:

- Prince William 4-H **2**
Updates
- Trigger Time **3**
- Wellness **4**
Wednesday
- VA 4-H Updates **6**
- Contacts & **12**
Recourses

Click to Visit



4-H Junior Camp Registration Opens **SATURDAY!**



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.](#)

Online registration opens at noon on April 9th.

Whenever you try something new, there are always hurdles. We apologize for the delay. 4-H Camp Registration will open **THIS SATURDAY** (no foolin').

New this year! Classes have been grouped into 6 Tracks of morning classes:



Track 1

- High Elements
- Leadership Development



Track 2

- Forestry & Environmental Education
- Swimming
- Field Sports



Track 3

- Campfire Cooking
- Outdoor Living Skills
- Canoeing



Track 4

- Dance/Performing Arts
- Tie Dye
- Yoga



Track 5

- Leathercraft
- Air Rifle
- Fishing



Track 6

- Archery
- Low Ropes/Teambuilding
- Newspaper

There is free swim and recreation time each day, as well as evening programs and campfire.

[Click here to take a look at the new class tracks and class details.](#)

To register:

1. Fill out the [camp registration form](#)
2. Enroll your child in [4-H Online](#)
3. Pay for camp either by [online, in-person, or mail](#)



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

www.facebook.com/PWST4HCamp

**PWC 4-H Fair
Camp
Aug 15-19
Info Coming
Soon!**





Clover(bud) Club

SAVE THE DATE: Saturday, May 14th
Time: 10 am-12 pm
Location: PWC Fairgrounds
Who Should Attend: PWC youth ages 5-8
[Click here to register \(free\).](#)

Celebrate the end of a fantastic Clover(bud) Club year at our next meeting on Saturday, May 14th! Save the date - more info coming soon!

Prince William 4-H Entrepreneurship Project



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.](#)

Prince William 4-H Embryology Project



Our first chick drop-off was an overload of cuteness! The chicks were lively, chirping and making new friends. We're excited to see the success of this year's project.

FINAL Chick Drop-Off at the PWC Fairgrounds: April 8th, noon - 3 pm

Check out these photos from our friends around PWC!





Bensalem MCJROTC defeats Trigger Time 4-H Shooting Education Club

April 3, 2022 - Shooting their highest score of the season Bensalem MCJROTC defeated Trigger Time 4-H Shooting Education Club 932.2 to 838.3 in the 2022 National Air Rifle New Shooter League. They finished the season with a 4 - 5 record. Bensalem MCJROTC was led by, Michael Sit who shot a 255.1. The remaining contributing members were Mark Tymchenko, Fernanda Moran, and Malachi Duncan. Bensalem MCJROTC is from Bensalem, PA, and is coached by MSGT SHAWN WORTHEN.

Trigger Time 4-H Shooting Education Club finished the season with a 3 - 5 record. Trigger Time 4-H Shooting Education Club was led by, Ben Stewart who shot a 241.2. The remaining contributing members were Jubilee Richter, Kaiden Titcomb, and Koa Mintz. Trigger Time 4-H Shooting Education Club is from Bristow, VA, and is coached by Alan Lerch.

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](#)



Trigger Time 4-H Shooting Education Club



Trigger Time Business Meeting



Treasurer's Report



New Member Orientation

Congratulations to Orion Junior Air Rifle League National Contest 2nd Place Team !

Holiday Lake 4-H Shooting Education Camp 2022

Dates: August 7-11

Location: Holiday Lake 4-H Educational Center, Appomattox, VA

Who Should Attend: Youth ages 12-16

[Click here to register.](#) **Register by July 11th.**



4-H Shooting Sports
Learn by Doing

A unique camp open to boys and girls ages 12 to 16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen discipline and consisting of such topics as Shooting Safety Education, Shooting Fundamentals and Theory, and Marksmanship Instruction, and each will have the opportunity to participate in one or more competitive shoots. All instructors are certified through 4-H, VDGIF, NRA, NAA and other National Organizations. This program is sponsored by: Virginia Cooperative Extension, Brownells/NRA Foundation, Virginia Department of Wildlife Resources, and Virginia Shooting Sports Association.

Prince William 4-H Healthy Living Pillar Explored



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

SCHEDULE CHANGE

4/6	5-6 pm
4/13	3:30-4:30 pm
4/20	5-6 pm
4/27	5-6 pm



Eat Smart, Move More Challenge has begun!

Be sure to enter your healthy living habits on the calendars provided by Mr. T and be the best YOU that YOU can be!



PLEASE SEND PHOTOS!

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](mailto:Candice.Helmlinger@PWC4H.org) 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!

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



Wellness Wednesday Update

Submitted by Katie and Kristin Saul

Lexi Strand led us in an icebreaker; we each said our first name and an exercise that starts with the first letter of our first names, for example, 'Cardio Christine' and 'Kangaroo Boxing Katie' were a couple of them. Lexi then led us in a fun round of 'Would You Rather...?'. Which would you rather be, 11 feet tall or 9 inches tall? Would you rather be able to see 10 minutes or 150 years into the future? Why?

Before getting started with warm-up stretches (also led by Lexi), Mrs. Strand asked us how we're all doing on the various "challenges" we all have the option of participating in. Everyone said they are doing their best to keep track of Mr. T's food and fitness challenges as well as the water challenge. Everyone wants their prize(s)! She also led us in a discussion about proper running, such as looking up to see where we're going as well as keeping our arms and hands "loose" and comfortable.

Our running goal this week included four sets of a 1 minute walk/4 minute run, followed by cool down stretches.

Lexi Strand brought her 4-H record book to share with new members, during the end of our meeting.





PRINCE WILLIAM 4-H PRESENTS

STEM

Community Night



Prince William 4-H STEM Community Night was a tremendous success and fostered creative and critical thinking! Here are some upcoming opportunities to further explore the data science industry.



SUMMER CAMP @ NOVA Community College

Bridge Programs (Juniors & Seniors)

NOVA IET offers free 2-week summer bridge programs to help juniors and seniors get ready for college! During these programs, students will receive an introduction to one of three in-demand technology fields (Computer Science, Information Technology, or Engineering Technology), tour at regional employers, and meet NOVA faculty, students and staff. Bridge students will gain critical skills and have the opportunity to receive college credit.

STEM Camp 2022

Led by STEM teachers and college students enrolled in STEM programs, our STEM Camp program introduces Science, Technology, Engineering, and Math to thousands of grade-school students. Camps are focused on hands-on, project-based learning that provides students with excellent opportunities to begin exploring STEM fields and to chart a course for future STEM education and workforce opportunities. Our STEM camp tracks include Coding, Robotics, Cybersecurity, Fabrication, Rocketry, Design Thinking and more!

[Click here for more information.](#)

Community Service Opportunity @ T. Clay Wood

T. Clay Wood curriculum night on April 28th from 5:30-7pm. Come out and represent 4-H and showcase what you learned at 4-H STEM night or any curriculum of your choice. Come share your love of science. In the past we have showcased squishy circuits and scratch – computer programming. The possibilities are endless on what you can highlight in the world of science and your love of 4-H. If interested, let [Mrs. Lerch](#) know asap.

Virginia 4-H Healthy Living Summit - Register by **SUNDAY!**

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 Whysong, 2020 Virginia 4-H Healthy Living Youth in Action Award Winner highlighting her project work, an anti-bullying campaign.



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.**

Call for Educational Workshop Presenters at the 2022 4-H Congress

Virginia 4-H is looking for workshop presenters for the 2022 4-H Congress which will be held on June 21st-24th, with workshops on June 22nd. 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. This four-day event celebrating the 100th anniversary of Virginia 4-H Congress will take place on the campus of Virginia Tech in Blacksburg.

We are seeking workshops that expose youth to different career interests and pathways, life skill building sessions, and leadership sessions. It is very important that all proposed workshops incorporate hands-on activities to engage our youth.

Audience: Youth ages 14-19

Presentation Date: Wednesday, June 22, 2022

Length of Presentation: Approximately 1-1/2 to two hours

[Click here to complete the survey.](#) **Applications are due by: April 12th.**

Questions? Please contact Erika Bonnett at ebonnett@vt.edu.



VA 4-H Congress



100th Virginia 4-H Congress

Dates: June 21st - 24th

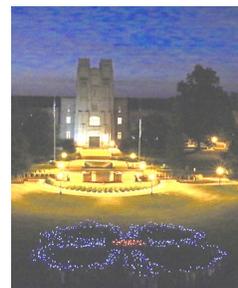
Location: Virginia Tech, Blacksburg, VA

[Click here for more information](#) including Key Points and Forms

Registration begins April 26th. Registration closes May 17th.

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!

Registration will be through 4-H Online.



Upcoming Deadlines for VA 4-H and FFA Youth

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

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 beef cattle shows, educational contests, cooking and cattle handling contests.



2022 Virginia Cattlemen's Association Field Day at the 2022 Virginia Beef Expo

The trade show and program kick off Wednesday evening, April 13 with a steak dinner prepared by the Virginia Tech Block & Bridle Club, and presentations from several prominent industry leaders guest speakers including Dr. Bart Fischer of Texas A&M. The event continues with more industry updates on Thursday morning, April 14, including the state 4-H/FFA Cattleworking contest! Then production cattle sales round out the event beginning at 12:00 noon. All cattle producers are invited to attend!

[Click here for more information.](#)

[Click here to register.](#)



Market Animal College, Rockingham County Fairgrounds

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.



2022 Virginia 4-H/FFA Dairy Skillathon, Rockingham County Fairgrounds

Date: Friday, April 29, 2022

[Click here to register.](#) **Registrations are due Friday, April 22nd.**

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

The VA 4-H/FFA Dairy Skillathon is an education contest open to 4-H and FFA members. There is no fee to register. Click on more information to see the various skills competitions and the age groupings for individuals and teams.



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.**





Scholarship Opportunities

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.



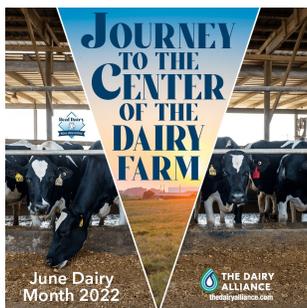
The Jim Claxton Memorial Scholarship

Administered by the Turfgrass Producers of Maryland

APPLICATION DUE: MAY 31st

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

The Jim Claxton Scholarship Fund was initiated in 2011 in order to honor Jim and his contributions to the Mid-Atlantic turfgrass industry, while financially supporting students in pursuit of a college degree. Applicants must be a current high school senior or enrolled in a 2- or 4-year college/university program; reside in the Mid-Atlantic area or be enrolled in a college/university in the Mid-Atlantic area; have a high school GPA or at least 2.50; and submit the application, current transcript, essay and letter of recommendation.



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

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

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

Learn more about milk and milk products and their importance to human health by participating in the June Dairy Month 4-H Poster Contest!.

Virginia 4-H: Inbound States Program ISO Host Families

Interested in hosting a Japanese student or adult chaperone for 4 weeks this summer? **Virginia 4-H is committed to hosting 15 delegates and 1 adult chaperone. We currently do not have enough host families to match our commitment.** Key points:

- Program runs July 22-24 through August 16-18, 2022
- Japanese delegates will be aged 12-18
- Youth have a range of English language abilities.
- Host family receives no stipend to host a delegate.
- To host a delegate, a family must have a child who is 9+ years old.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- Families without youth can host adult chaperones.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Virginia 4-H will provide a host family orientation.
-

States' 4-H International Exchange Programs page: <https://www.states4hexchange.org/>

FAQ page for host families: <https://www.states4hexchange.org/host/summer/faq/>

INTERESTED? Use this link to apply to host: <https://www.states4hexchange.org/apply/host/>



Virginia 4-H All Stars Tapping Ceremonies

Virginia 4-H All Stars should have received an invitation to the 4-H All Star Tapping Ceremonies this summer. There are two 4-H All Star Tapping Ceremonies scheduled:

Thursday, June 23rd. 1:30 pm
State 4-H Congress, Virginia Tech, Blacksburg, VA
1:30 pm

Saturday, July 23rd
Centennial Celebration, Virginia Tech, Blacksburg, VA

Please respond to the invitation by May 1st by completing the survey in the invitation. If you did not receive an invitation, please contact [Nancy Moga](#).



VA Governor Signs “4-H Bill”!

Virginia 4-H'ers have experienced civic engagement first-hand over this past year! Virginia 4-H'er Harper Miller lobbied Virginia lawmakers to support and pass HB 246 School attendance; 4-H educational programs and activities. The bill would allow students to attend 4-H activities with an excused absence, similar to student-athletes or other members of school clubs.

On January 11th, the bill was prefiled in the House and began its journey. The House passed the bill on February 1st. The Senate passed the bill on February 22nd. On April 1st, the governor approved the bill and set the effective dates as July 1st.

[Click here to track HB 246.](#)

[Click here to learn how Wise County Extension 4H member Harper Miller](#) lobbied Virginia lawmakers for change.



What can you do to be a better citizen?



National 4-H Opportunities



PYD Academy: Youth Mental Health

Dates: May 10th - 12th

Register by May 6th. Registration is limited. [Click here to learn more.](#)

4-H youth development can play an important role in supporting youth mental health, but many 4-H professionals are uncertain of how to provide 4-H programs around this topic. Join the 2022 4-H Virtual PYD Academy on Youth Mental Health to explore the current landscape, the supporting role of 4-H, and personal competencies for effective PYD practice.



True Leaders in Equity Institute

Dates: July 11th - 14th, Bethesda, MD

Apply by June 6th. [Click here to learn more.](#)

Empowering youth/adult teams to be change agents within the Cooperative Extension System, this training and leadership opportunity on July 11-14 in Bethesda, Maryland challenges participants to work together to ideate and champion equity-related projects that will grow 4-H in their communities. National 4-H Council will provide up to 20 scholarships to exemplary application submissions.



4-H Equity Challenge

Apply by June 1st. [Click here to learn more.](#)

Join the 4-H Equity Challenge! Individuals or teams of 2-3 youth ages 13 – 19 will identify problems, define answers, and develop digital media projects that outline possible solutions, empowering teens to become effective change agents and equity leaders in their communities. Participants will present their project in a local or state 4-H Challenge event for an opportunity to win \$500+.

**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

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

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

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](#)

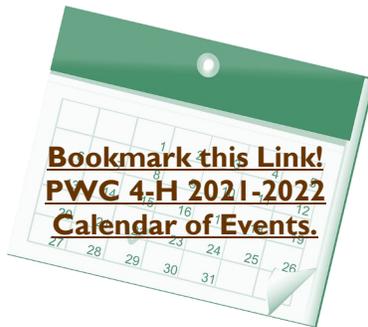
Prince William 4-H

[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



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.