



Prince William 4-H

Our Clubs, Our Community



April 13, 2022

Upcoming Events

- 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
- Apr 30** - VA 4-H Healthy Living Summit
- May 14** - Clover(bud) Club Meeting
- Jun 3** - 4-H Seniors Ice Cream Social
- Jun 21** - VA 4-H Congress

Register TODAY for 4-H Junior Camp!



Dates: July 24th - 28th

Location: Northern Virginia 4-H Center, Front Royal, Virginia

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

[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.

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

Campers have daily opportunities for free swim, recreational activities, evening programs and campfire.

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

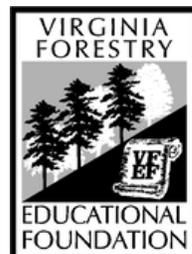
Track 6

- Archery
- Low Ropes/Teambuilding
- Newspaper

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- [Equismartz](#) 5
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Preston R. Wilson Virginia 4-H Camp Scholarship - Due May 20th



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

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the first annual Preston R. Wilson Virginia 4-H Camp Scholarships for the summer of 2022. Applications for youth ages 9 – 14 can be submitted to VFEF to attend one of six (6) Virginia 4-H Center's 4-H Summer Camps which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 24 (twenty-four) youth will be randomly selected for these scholarships. Each of the six 4-H Centers will host 4 scholarship recipients.

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



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

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

4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

Click to Visit





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



The chick are all in! A huge THANK YOU to all of our volunteer leaders and a CONGRATS to the youth that participated in a very successful 4-H Embryology Project. We invite you to stay engaged and learn all that Prince William 4-H has to offer - including 4-H Junior Camp and 4-H Fair Camp this summer. Check out these additional photos from our friends around Prince William County!



Prince William 4-H Volunteers of the Month

Prince William County Volunteers were celebrated during the Prince William County's Board of County Supervisor's meeting on April 12th. The Board issued a proclamation in honor of National Volunteer Week, April 17-23rd, 2022.



VCE Prince William's diverse and highly trained volunteers assist program staff in delivering educational programs. Each year we recognize 12 individuals who have provided significant contributions in the Unit. These volunteers are part of a larger family of 1,143 local volunteers serving the greater Prince William region. In FY21, volunteers gave 21,860 hours in support of local programs. The value of their time is the equivalent of 11.2 full time staff. We are grateful they choose to volunteer with VCE! [Click here to learn more about their contributions.](#)

Congratulations to Prince William Volunteers Mark Willey, DeeAnn Strand, and Jim Strand!

Wellness Wednesday

Dates: Every Wednesday beginning March 2nd

Time: 5 - 6 pm (3:30 - 4:30 pm on April 13th)

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
FOR TONIGHT ONLY
APRIL 13
3:30-4:30 pm**

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!



One More Week in the Eat Smart, Move More Challenge!

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

Check out the **April Edition - Buzz, Body, & Bites for Teens Newsletter** featuring an article by Prince William 4-H'er Samantha Whyson!



Week 6: Wellness Wednesday Update

Submitted by Lexi Strand

Maria led us in our ice breaker. We passed a ball to one another and said our names. We also had to ask a question and pass the ball to someone else.

Stretches were led by Ayden Strand. We learned three new warm-ups: Power Skip, Side Shuffle, and Straight Leg Kicks. We talked about goal setting for the month of April and if we reached our March goals. One goal that was met included Maria that set a goal to run a 5K in under 30 minutes. One of the goals that we talked about for April was to walk/run more than once a week.

Our running for the week included three sets of six-minute running and one-minute walking, followed by a cool down and stretches.

<https://tinyurl.com/va4hsummit>

VIRGINIA 4-H TEEN SUMMIT INFO-SESSION

04/18 @6PM VIA ZOOM

- Teens (14-18) and their families are welcome to attend.
- If you are interested in attending Teen Summit but want to learn more, have questions or concerns about the summit, or have been to Teen Summit before and want to come and share your love for it this webinar is for you!

@VA4HTEENSUMMIT

SAVE
the
DATE

VIRGINIA 4-H
TEEN SUMMIT

DATE 5/20/2022 - 5/22/2022

LOCATION W.E Skelton 4H Center, Wirtz, VA



What is this about?
Focused on Social Justice and Equity + Inclusion issues such as racial justice, LGBTQ+ rights, the environment, mental health, teen voice and empowerment.

Who should attend?
Teens (14-18) interested in advocacy, Social Justice Issues, leadership or wanting to learn how to make a change in their communities.



CONTACT DR. ERIKA BONNETT (EBONNETT@VT.EDU) OR DR. TONYA PRICE (TOTAYLOR@VT.EDU) WITH QUESTIONS!

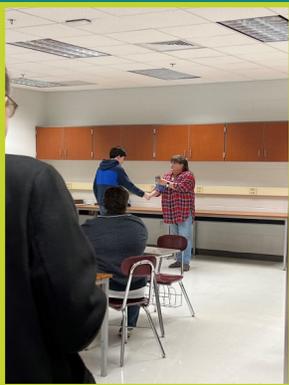
Virginia Cooperative Extension
Virginia Tech • Virginia State University

NORTHERN VA 4-H DISTRICT CONTESTS



Congratulations to Prince William 4-H'ers that participated in the Virginia 4-H District Contests!

We're so impressed with your practice, preparation and performance and are proud to see how much you've grown.



- ✿ **Culpeper District Contest, April 2nd:**
 - Bailey Dove - Extemporaneous and Share the Fun, Drama
 - Grayson Dove - Public Speech and Share the Fun, Drama
 - Ayden Strand- Presentation
 - Alexis Strand - Presentation
 - Jacob White - Science Fair Presentation and Public Speech
 - Colin White - Public Speech
 - Ulric Summerlin - Share the Fun, Vocal
 - Sam Seagle - Public Speech
 - Valor Richter - Public Speech and Share the Fun, Instrumental
 - Jubilee Richter - Public Speech
 - Noble Richter-Science Fair Presentation and Extemporaneous
 - Noah Richter - Public Speech and Extemporaneous



- ✿ **Front Royal District Contest, April 9th:**
 - Aiden McDonald - Share the Fun, Drama

- ✿ **THANK YOU VOLUNTEER JUDGES!**
 - Vicki Lewis and Elizabeth Lewis



4-H GROWS HERE



Virginia 4-H Horse State Educational Competition Weekend

APRIL 8-10, 2022, Lexington, VA

CONGRATULATIONS!

JUNIOR INDIVIDUAL PRESENTATIONS

Peyton Barbour, 5th Place
Chloe Canyon, 6th Place
Ryan Williams, 8th Place
Naomi White, 9th Place

JUNIOR HIPPOLOGY

Team A: Peyton Barbour, Ryan Williams, Sierra-Nicole Wimer
10th Place, Team Stations
7th Place, Team Judging
10th Place, Team Problem
9th Place Team Overall

Team B: Chloe Canyon, Willow Jarels, Naomi White
9th Place, Team Exam

JUNIOR HORSE BOWL

8th Place
Nokesville
Equestrian 4-H Club

Chloe Canyon
Peyton Barbour
Naomi White
Ryan Williams
Sierra-Nicole Wimer

SENIOR INDIVIDUAL PRESENTATIONS

Maya Mitchell

SENIOR HORSE BOWL

Erika Cox
Alexis Cox
Hannah Wang
Katelyn Kellum

INDIVIDUAL HORSE JUDGING

Sierra-Nicole Wimer, 1st Place Junior Novice
Naomi White, 6th Place Junior Novice
Peyton Barbour, 7th Place Junior Novice
Chloe Canyon, 10th Place Junior Novice
Katelyn Kellum, 4th Place Senior Novice



Maya Mitchell
1st Place Overall
Senior

Holiday Lake 4-H Shooting Education Camp 2022



4-H Shooting Sports
Learn by Doing

Dates: August 7-11

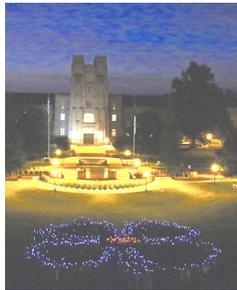
Location: Holiday Lake 4-H Educational Center, Appomattox, VA

Who Should Attend: Youth ages 12-16

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

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.

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 on 4-H Online.

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



VA State 4-H Cabinet Elections

Who: Prince William 4-H Teens

[Click here for the 2022-2023 State 4-H Cabinet Elections Packet.](#)

Applications are Due May 6th at 5 pm.

Virginia 4-H Youth Voices Awards Expo



Date: Saturday May 14th, 12:15 to 3:15 pm

Location: Richmond Virginia TBA

[Click here to register.](#)

Register and submit video by May 11th.

**Note - 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.

[Contact Hermon Maclin at hmaclin@vt.edu](mailto:hmaclin@vt.edu) for assistance with creating your story, filming or editing videos.

[Click here for Virginia 4-H Youth Voices Facebook Page.](#)



STEM

*Opportunities
and Resources*

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.

FREE SUMMER STEM ENRICHMENT PROGRAM @ VSU The Verizon Innovative Learning STEM Achievers Program

Who: Middle School Students

Where: Virginia State University

When: July 5 - July 29, 8:30 am - 4 pm daily

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

This Virginia State University Program is an engaging, hands-on program developed to enrich learning through design thinking, 3D printing, augmented reality, social entrepreneurship and mentorship. This program creates a more diverse pipeline for future careers in science, technology, engineering and math (STEM) fields; no prior knowledge or experience is required.

STEM IN VIRGINIA 4-H RESOURCE PAGE

Recently updated! [Click here to visit: https://ext.vt.edu/4h-youth/stem-in-virginia-4h.html](https://ext.vt.edu/4h-youth/stem-in-virginia-4h.html)

4-H science programs provide 4-H youth the opportunity to learn about Science, Technology, Engineering and Math (STEM) through fun, hands-on activities and projects. Integration of these concepts are key for the most complete understanding of a topic. STEM can be found in a wide variety of 4-H programming and in everyday life. In Virginia 4-H, we strive to incorporate STEM and experiential learning into as many of our activities as possible- enabling our youth to develop important life skills such as critical thinking and problem solving.

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.



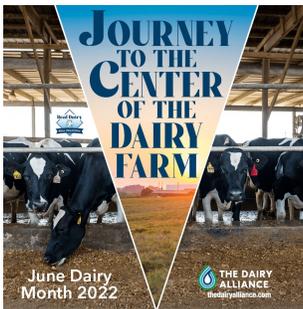
The Jim Claxton Memorial Scholarship

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!

Upcoming Deadlines for VA 4-H and FFA Youth



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.



Franklin County Youth Livestock Show, Double D Arena, Wirtz, VA

Date: Saturday, June 18th

[Click here for more information and to register.](#) **Registrations are due May 13th.**

Registration is open for the Franklin County Youth Livestock Show. The show includes beef and dairy cow/steers, sheep, goats, poultry, and rabbits. The event is open to all youth ages 5-19. Animal check-in begins at 6 am. Event begins at 9 am.

Take the plunge! Host a Japanese Youth through the States' 4-H International Exchange

We still need at least 9 more host families! Here is some basic info about the inbound program:

- Program runs July 24 through August 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.
- We will host a host family orientation.

Interested in hosting? Apply here: <https://www.states4hexchange.org/apply/host/>
States' 4-H International Exchange Programs page: <https://www.states4hexchange.org/>
FAQ page for host families: <https://www.states4hexchange.org/host/summer/faq/>



Virginia 4-H 2nd Annual Dog Series

Presented by The City of Alexandria 4-H and Dr. Feuerbacher of Virginia Tech

Date: every Thursday starting April 21st, 6-7:15 pm

Who Should Attend: 4-H'ers of all ages welcome!

[Click here for Zoom Link](#) (passcode Dog)

Schedule:

April 21:	Animal Behavior
May 5:	Dog Domestication History
May 19:	Human-Dog Shared Medicine/Basic Vet Care
June 2:	Search and Rescue
June 16:	Therapy Dogs

OPEN TO ALL AGES

2ND ANNUAL DOG SERIES

FREE event hosted by
City of Alexandria 4-H/Virginia Tech

Questions? Sharon Itoh, PhD
satoth@vt.edu
(703) 746-5546

April 21: Animal behavior
May 5: Dog domestication history
May 19: Human-dog shared medicine/basic vet care
June 2: Search and rescue
June 16: Therapy dogs

6:00 - 7:15pm via Zoom
Zoom ID: 881 7026 8863 Passcode: Dog

Virginia Cooperative Extension
Sign-up for email reminders at alexandria.ext.vt.edu

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+.

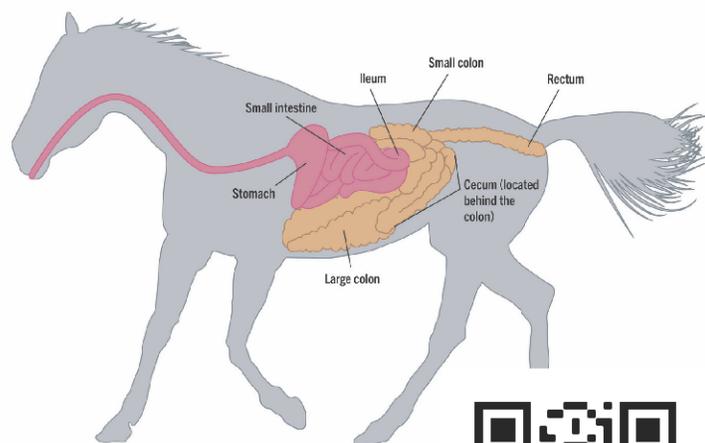
THE EQUINE GI TRACT

Thursday, April 28 @ 6:30pm

*Part of VCE's 2022 Equine Nutrition Series:
Biomolecules and Your Horse's Health*

The Virginia Tech MARE Center

5527 Sullivan's Mill Road
Middleburg, VA 20117



Questions? E-mail Jim Hilleary at
james58@vt.edu

**Register online at bit.ly/VCE220428 (preferred)
or call Jess Yon @ 571-367-8324.**



Save the Dates! 2022 Equine Nutrition Series

Biomolecules and Your Horse's Health

In-Person Event at MAREC

April 28 - The Equine GI Tract with Carrie Swanson

Virtual Events

May 17 - Forage Management with Amanda Grev, PhD

June 21 - Supplements with Kristine Ely

July 26 - Equine Feed Labels with Jeff Semler

August 24 - Equine Life Phases with Robin White, PhD



VIRGINIA AGRICULTURAL EXPERIMENT STATION
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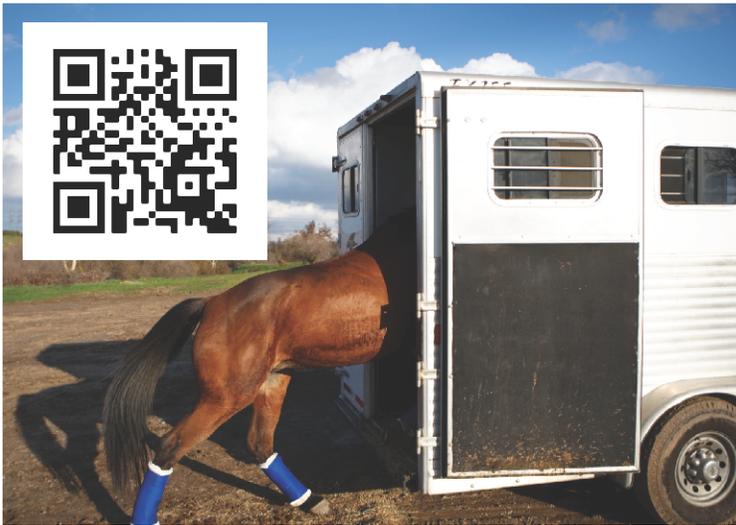
Trailer Safety Workshop

Saturday, May 14, 2022 | 10am-2pm | @MAREC

Join local experts to learn trailer safety tips for transporting horses.

Learn more & register at: bit.ly/VCE220514

Registration is limited to 50 participants



The Virginia Tech MARE Center

5527 Sullivan's Mill Road
Middleburg, VA 20117

\$15, lunch included

***Questions? E-mail Kyla at
skyla20@vt.edu***

Thank you to our sponsors!



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MIDDLEBURG AGRICULTURAL
RESEARCH AND EXTENSION CENTER
VIRGINIA TECH.



Loudoun County
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Loudoun County
Equine Alliance



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**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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[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

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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](#)

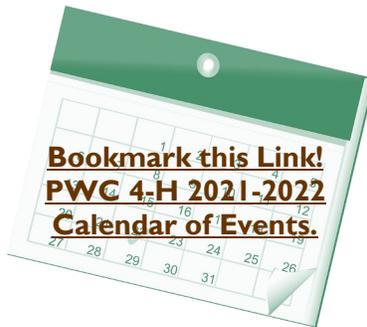
Prince William 4-H

[PWC 4-H Homepage](#)
[PWC 4-H Programs](#)
[PWC 4-H Camps](#)
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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.



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