



Prince William 4-H

Our Clubs, Our Community



June 1, 2022

Upcoming Events

- Jun 1 - PWC 4-H Market Workshop #3
- Jun 15 - PW 4-H Market Workshop #4
- Jun 21 - VA 4-H Congress
- TBD - 4-H Seniors Ice Cream Social
- Jul 2 - PW 4-H Farmers' Market #1
- Jun 21-24 - VA State 4-H Congress
- Jul 24-28 - Junior Camp
- Aug 6 - PW 4-H Farmers' Market #2
- Aug 12-20 - PWC Fair
- Aug 15-19 - Fair Camp
- Sep 3 - PW 4-H Farmers' Market #3
- Oct 1 - PW 4-H Farmers' Market #4

Inside this issue:

- [PWC Updates](#) 2
- [VA 4-H Updates](#) 3
- [VSU Summer Camps](#) 7
- [Contacts & Recourses](#) 8

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International Exchange Program NEEDS YOUR HELP!



States' 4-H International Exchange program has over 45 years of organizational experience in the field of international exchange, helping nearly 60,000 delegates and their host families experience a cultural exchange. As the world has become smaller and once vast distances are now easily bridged by technology, the States' 4-H mission is more relevant than ever. The mission statement reads, "To continue to empower today's youth to be future global leaders equipped with respect, mutual understanding and the global perspectives and cross-cultural competencies needed to address global issues."

Virginia 4-H commits each year to placing a certain number of youths through this wonderful exchange program. **This year, we have committed to a smaller number but are struggling to find host homes.** We have 4 Japanese delegates (1 girl, 3 boys) that still need host families. This group of delegates has been waiting to visit since before COVID.

Please consider applying. Plane tickets must be purchased on June 15th. Delegates without a host family will not be able to participate. **Families must complete the screening steps (application, references, home visit and background check) and match them with a family before June 15.**

Please encourage your friends who you think would be a good fit for this program to apply. Personal invitations go a long way. Speak to people at your work, or your church, or youth activities like scouts or sports or other community organizations. Please ask them to share the opportunity. No special activities need to be planned – these youth want to experience American culture, make new friends, and improve their English skills. There's no cost to participate, but families must have a child of the same gender who is within 4 years of age of the Japanese youth. Prior involvement in 4-H is not required

Click here for [States' 4-H International Exchange Programs](#) • Click here for [Host Families FAQ](#)
[Click here to apply to host.](#)

Prince William 4-H Health Rocks!® Interest Survey



Health Rocks!

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

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

Please RSVP through this link if you are interested in learning more and/or attending the sessions. https://vce.azl.qualtrics.com/jfe/form/SV_40PWzOq5b9MU5YG. Click here to learn more about the 4-H Health Rocks!® program from National 4-H.



CAMP T-SHIRT DESIGN COMPETITION DUE TODAY!

Let your creativity flow! Submit your design the 2022 4-H Fair Camp T-Shirt keeping in mind this year's theme of "Branch Out with PW 4-H".

Email your design to [MaryBeth Lerch](mailto:MaryBeth.Lerch) today!

4-H Junior Camp Registration



Dates: July 24th - 28th

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

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

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

4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation, and participate in evening activities and campfires. Visit the link above to view Class Tracks, course descriptions and more.

Prince William 4-H Fair Camp Registration

Dates: August 15th - 19th, 9 am-12 pm

Location: PWC 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.

This year's theme is "Branch out with 4-H."

Discover the importance of trees and the forests through fun, hands-on activities such as bark and leaf rubbings, counting the age of a tree, renewable resources scavenger hunt, discovering who lives in an oak tree and so much more!



2022 Air Force 4-H Military Partnership Outreach & Support Project



4-H Event Scholarships for Youth Ages 5-18 of Air Force Military-Connected Families Living in Virginia

Youth must have a parent or legal guardian currently serving in Active Duty Air Force, Air Force Reserve or Air National Guard.

A youth is also eligible if the military parent currently serving in another branch is stationed at an Air Force base or the youth is participating at the school age or youth center programs of Joint Base Langley-Eustis.

Scholarships are limited. First Come, First Served!
Scholarships to be awarded based on available funds or through June 15, 2022

Use scholarship to assist with cost to participate in one of the following Virginia 4-H Events:
2022 State 4-H Congress Youth Voices for Change
Jr 4-H Summer Camp or Other VA 4-H Center Camping Event

Join Us!

Fun Activities
Make New Friends
Develop Life Skills

For more information contact your County or City 4-H Program of Virginia Cooperative Extension. Visit: www.ext.vt.edu/offices

If you are a person with a disability and desire assistance or accommodation, please notify your local Virginia Cooperative Extension office when you call during business hours of 8:00 a.m. and 4:30 p.m. TDD number is (800) 828-1120.

The 4-H Air Force Partnership is a collaboration between U.S. Air Force Child and Youth Programs and the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H Headquarters, and Virginia Cooperative Extension 4-H Program (Virginia Tech and Virginia State University) through grant funding at Kansas State University.

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its 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, military status, or any other bias protected by law.

Shooting Sports Updates



Virginia 4-H South East District Shoot

Date: June 25th

Location: Airfield 4-H Center

Register by June 2nd via email to 4-h.registration@cox.net.

Contact [Lynn Wheeless](mailto:Lynn.Wheeless) for more information and for registration form.

Events include: Air Pistol (Progressive Position & Silhouette), Air Rifle (3-Position & Silhouette), Archery (Compound, Traditional, Instinctive, and Bowhunter), BB Gun (4-Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (only for senior 4-H members) and Smallbore Rifle (3-Position & Silhouette).



Shotgun Recertification Session

Date: July 10th, 9 am - 1 pm or 11 am - 3 pm

Location: Conservation Park of Virginia, 5100 Charles City Rd, Charles City, VA

Cost: \$40

Register by July 5th by emailing [Lynn Wheeless](mailto:Lynn.Wheeless), VA 4-H State Shooting Education Coordinator

We plan to hold a Shotgun-only recertification session for Certified Shotgun Instructors that require recertification. A great lunch will be provided. Instructors need to bring their own shotgun, 1 box of ammunition, eye/ear protection, and other items appropriate for the hot temperatures expected.



Match Program: Central District Shoot

Date: July 16th

Location: Holiday Lake 4-H Center, Appomattox, Virginia

Who Should Attend: Open to all VA 4-H Shooting Education Members

Register by July 5th by emailing soggybottomcows@yahoo.com.

Competitors may register for up to 4 events, including archery: Air Pistol (Progressive Position), Air Rifle (3-Position), Archery (Compound, Traditional, Instinctive and Bowhunter), BB Gun (4-Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (Senior 4-H members only) and Smallbore Rifle (3-Position & Silhouette).

Virginia 4-H All Star Centennial Celebration

Dates: July 22nd - 24th

Location: The Inn at Virginia Tech

Who Should Attend: All 4-H All Stars

Registration Fee: Early Registration (June 1st): \$110; Registration (June 1st - July 14): \$150

Full time students (high school or college) may be eligible for a \$105 scholarship.

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

[Click here to register.](#)

Connect and reconnect with Virginia 4-H All Stars! The weekend is packed full of workshops, service projects, tours, speakers and sharing. We hope you will be able to join us in celebrating 100 years of Virginia 4-H All Stars at the Centennial. You don't want to miss the celebration!



Virginia 4-H All Star Centennial T-Shirts, Polos and Hoodies



[Click here for the VA 4-H All Star Centennial Store.](#)

Order by June 5th.

Wear your VA 4-H All Star Centennial shirts at Congress!

Virginia 4-H Alumni Events, Thursday, June 23rd

Register by June 21st. [Click here to register.](#)

5:30 pm - 7 pm: Alumni Social, Moss Arts Center

7:30 pm: CloverFest Celebration with Congress Delegation, Burruss Hall Auditorium

9:30 pm: Cupcakes and Fireworks on the Drillfield, VIP Area



Virginia 4-H Alumni Social

Join fellow Virginia 4-H alumni and celebrate the 100th anniversary of Virginia 4-H Congress

Thursday, June 23, 2022
5:30-7 p.m. Moss Arts Center, Main Stage
 Blacksburg, Virginia

Additional evening events:
 7:30 p.m. CloverFest Celebration, Burruss Hall
 9:15 p.m. Fireworks and Dessert on the Drillfield

\$15 | Heavy Hors d'oeuvres | 4-H Gift | Business Attire

RSVP by June 21 to <https://aimsbbis.vt.edu/va4halumni>
 Contact calsadvancement@vt.edu or 540-231-5532

AT THE PWC FAIR

PRINCE WILLIAM 4-H

AUGUST 12TH - 20TH

BRANCH OUT WITH 4-H

4-H CHILDREN'S BARN

Branch Out with 4-H at the Children's Barn and immerse yourself in the diversity of 4-H and the woods around you. Exhibits and activities are open daily from 2-8 pm. Enjoy daily special presentations from community partners throughout the week. They're all free, hands-on, and fun!

4-H AGRICULTURE BARN

Explore Prince William 4-H through a series of hands-on activities in the Ag Barn. Participate in community service project to support our deployed military, pet chicks from our embryology project, discover more about trees and how we can be better environmental stewards, and more!

4-H NIGHT AT THE FAIR SHOW BARN

Wednesday, August 17th
More info coming soon!

Stop by the Prince William 4-H exhibits at the Fair for hands on crafts, STEM projects, community service projects, special presentations and more, and experience what it means to pledge our HEADs to clearer thinking, our HEARTs to greater loyalty, our HANDs to larger service and our HEALTH to better living for our clubs, our community, our country, and our world.

Branch Out with 4-H and discover a grove of opportunities in Prince William County, Virginia and beyond!



4-H
GROWS HERE

VA 4-H Qualifying Horse Shows and Clinics

*** Check Registration Deadlines!**

Central District Qualifying Horse Shows

June 4 - [Sprouse's Corner Ranch](#) Location: Buckingham, VA Contact: [LaRue Dowd](#)

June 11 - [Toms Performance Horses, LLC](#) Location: Brookneal, VA Contact: [Danielle Toms](#)

Northern District Qualifying Horse Shows

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

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

Southeast District Qualifying Horse Shows

June 4 - [SEDRI 4-H Qualifying Horse Show](#) Location: Airfield 4-H Center, Wakefield, VA Contact: [Brooke McCall](#) 757-773-4270

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

Southwest District Qualifying Horse Shows

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

Central District Qualifying Clinic

June 18 - Western Dressage/Dressage Location: Gryphon's Keep Farm, Phenix, VA Contact: [Darla Marks](#)

Southwest District Qualifying Clinic

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

June 26 - [Flat Work / Horsemanship Skills](#) Location: Roanoke, VA Contact: [Leslie Prillaman](#)

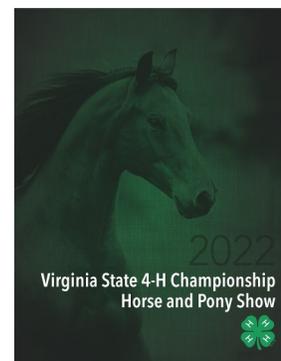
Virginia 4-H Horse Show Hero Program

UNITS RAISING THE MOST FUNDS BY JULY 18th WILL BE GIVEN A CHOICE WITH THEIR BARN STABLING PREFERENCE! READY – SET – GO!

We hope you will join in the fundraising efforts for the State Show by seeking out your local sponsorships for the State 4-H Championship Horse and Pony Show, this Sept. 8-11! The Horse Show Hero program provides scholarships to those entering animals at the show with a reduction in entry fees, depending on your fundraising efforts.

The Horse Show Hero program is a great way to spread the word about the Virginia 4-H Horse Program and to raise awareness of the excellent work you are doing! So ask your aunts, uncles, cousins, grandparents, friends, riding instructors, local businesses, your school, anyone that is interested in supporting 4-Hers!

Please have all funds collected and submitted to your Extension office at the time of your State Show entry submission/orientation meeting on or before July 18. Entries will be online this year – more info to come soon on that! Please check with your Extension agent about when your State Show orientation meeting will be.



[Click here for information packet.](#)

2022 State Fair of VA - Youth Livestock Updates, Rule Changes, and Schedule



Date: Monday, June 27th (Day 1 of State FFA Convention)

Times: Registration 12:00 - 12:45 pm; Contest 1 pm

Location: Food Science and Technology Building on the Campus of Virginia Tech

Entry Deadline for 4-H Contestants: Monday, June 20th at 5:00 pm

Entry Deadline for FFA Contestants: Friday, June 10th

[Click here for 4-H Contestant Entries.](#)

[Click here for FFA Contestant Entries \(part of state registration\).](#)

Please contact [Katherine Carter](#) for the updated 2022 Youth Poultry Evaluation Contest Rules - there are MANY updates and changes!

Camp Loud & Clear



Dates: July 22-24

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

Ages: Participants ages 9 to 13 (as of September 30, 2022) years old are considered campers and those ages 14 to 18 (as of September 30, 2022) are counselors-in-training (CITs).

Cost: \$115

[Click here for more information.](#)



Camp Loud and Clear is a combined effort of Virginia Cooperative Extension, Holiday Lake 4-H Educational Center, Longwood University, and a team of dedicated volunteers and professionals. Camp Loud and Clear is an overnight summer camp for **youth whose primary disability is that he/she is deaf or hard of hearing**. Activities include swimming, archery, nature studies, hiking, and more set in the rolling terrain of Central Virginia. Participants may be verbal or sign to communicate. CITs participate in all activities and are given minor leadership roles. CITs will receive training on their responsibilities the first day of camp.

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



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

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

June 10	Personal Resumes Due at the State Office (must be submitted online at https://virginiatech.questionpro.com/22ntlcongress)
June 11-12	Resumes Reviewed
June 13	Finalists Announced
June 21	Interviews Conducted (at State 4-H Congress)
June 24	Announcement of Virginia Delegation
November 25 – 29	National 4-H Congress held in Atlanta, GA

Click here for the [Virginia 2022 National 4-H Congress Instructions](#).

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

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



SUMMER Camps

VSU SPONSORED CAMPS



Future Trojan S.T.E.P. (Starting the Educational Path)

Target Audience: Students going to the K, 1st, or 2nd grade
Dates: July 11-28 (Monday through Thursday) | **Time:** 8:00 a.m. to 1:30 p.m.
Contact: Dr. Trina Spencer tspencer@vsu.edu



G.I.R.L.S. (Gaining Interest in Research, Leadership, and Science)

Target Audience: Female students entering the 3rd, 4th, or 5th grade
Dates: July 15-17 | **Time:** All day (overnight)
Contact: Dr. Trina Spencer tspencer@vsu.edu



Sci-Tastic (Science is Fantastic!)

Target Audience: Students entering the 3rd, 4th, or 5th grade
Dates: July 11-28 (Monday through Thursday) | **Time:** 8:00 a.m. to 1:30 p.m.
Contact: Dr. Trina Spencer tspencer@vsu.edu



Verizon Innovative Learning

Target Audience: Students entering the 6th, 7th, or 8th grade
Dates: July 5-29 (Monday through Friday) | **Time:** 8:00 a.m. to 4:30 p.m.
Contact: Dr. John Blackwell jblackwell@vsu.edu



STEAM Summer Camp

Target Audience: Students entering middle and high school
Dates: June 6 -July 1 (Monday through Thursday) | **Time:** 9:00 a.m. to 1:00 p.m.
Contact: Dr. Zhenhua Wu ybatiste@vsu.edu



Unite STEAM L.I.T. (Unite Science, Technology, Engineering, Arts, and Mathematics Leaders in Training)

Target Audience: Students entering the 9th, 10th or 11th grade
Dates: June 20 - July 19 (Monday through Thursday) | **Time:** 8:30 a.m. to 3:00 p.m.
Contact: Dr. Michael Rainey mrainey@vsu.edu

Ag Discovery (Starting the Educational Path)

Target Audience: Students going to the 10th or 11th grade
Dates: June 19- July 2 | **Time:** 8:00 a.m. to 1:30 p.m.
Contact: Dr. Johnnie Westbrook jwestbrook@vsu.edu

John Mercer Langston Institute Freedom School

Target Audience: Students going to the 9th -12th grade
Dates: June 27- July 21 | **Time:** 8:30 a.m. to 1:30 p.m.
Contact: LaToya Waddy lwaddy@vsu.edu

G.R.O.W.S. (Gaining Real Opportunities with Students)

Target Audience: Students entering the 12th grade or incoming VSU freshmen
Dates: Two sessions to choose from - June 20-26 or July 11-17
Time: All day (overnight)
Contact: Dr. Michael Rainey mrainey@vsu.edu

I-DREAM4D Robotics Summer Camp

Target Audience: Students entering the 12th grade or incoming VSU freshmen
Dates: June 21-July 1
Contact: Dr. Zhenhua Wu ybatiste@vsu.edu

For more information about VSU Sponsored Camps contact, Dr. Shandra Claiborne (sclaiborne@vsu.edu), Executive Director for VSU C.A.M.P.S

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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Candi Helmlinger
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I AM



4-H PROUD

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

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[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

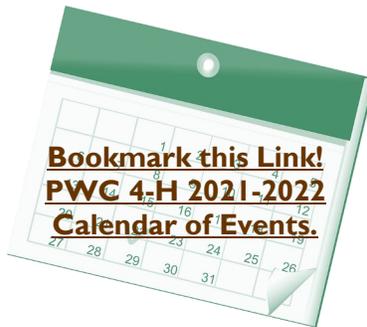
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Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

Adult Officers

Vacant - President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Tom Harrigan, Secretary

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Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
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