



Prince William 4-H

Our Clubs, Our Community

June 8, 2022

Upcoming Events

- 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 Camps](#) 3
- [VA 4-H Updates](#) 5
- [Shooting Education & Horse Program](#) 6
- [Buzz, Body & Bites](#) 10
- [Contacts & Recourses](#) 12

Click to Visit



Prince William 4-H'ers At Work in the Boardroom!

Who knew that there was A LOT of planning before launching your new business? Prince William 4-H'ers have been hard at work drafting a business plan, creating a product, designing marketing materials and more.

Be sure to **SAVE THE DATE** and visit us at our very first Farmer's Market. [See Page 2](#) for teasers featuring some of our new businesses.

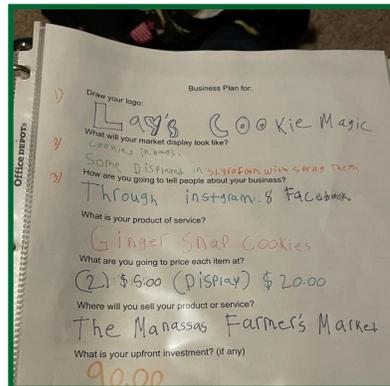


Prince William 4-H Young Entrepreneurs at the Manassas Farmers Market

Date: Saturday, July 2nd

Time: 8 am - 1 pm

Location: Commuter Car Park, 9024 Prince William St., Manassas



The beginning of a business plan for Lay's Cookie Magic

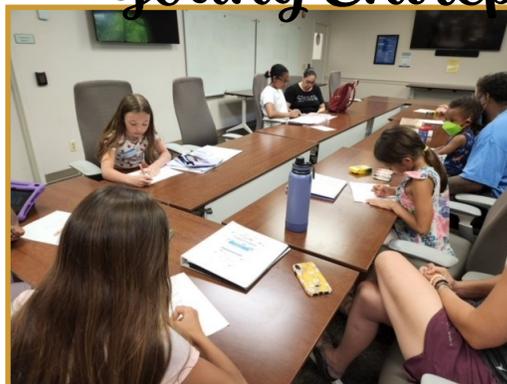


Creating marketing materials.



Practicing product display and promotion.

Young Entrepreneurs at Work



KOA WOOD



Hi! I'm Koa Mintz(13). I enjoy woodworking and I'm learning more and more skills from my Dad. These boards are repurposed trees from the local area. Use them for cutting or serving food. Bon appetite!



Come visit me at the Manassas Farmer's Market on July 2nd, August 6th, September 3rd, October 1st, and November 5th. Orders can also be placed by email at koa.mintz@gmail.com

9024 Prince William St, Manassas

Aisling's Creations

Hi, I'm Aisling Mintz (11). These bookmarks are made from flowers from our local area. I chose the flowers, pressed them, and designed the bookmarks. I hope you enjoy my creations.



Come visit me at the Manassas Farmer's Market on July 2nd, August 6th, September 3rd, October 1st, and November 5th.

9024 Prince William St, Manassas

Here's a sneak peak at some of our budding entrepreneurs!

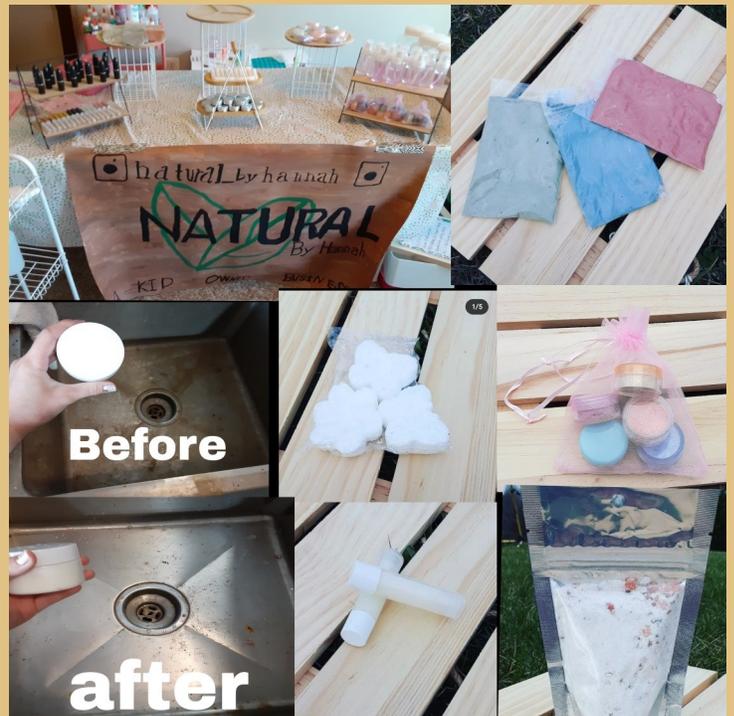
A NEEDLE PULLING THREAD

Hi! I'm Xanthie Mintz (8). I like to sew. Heat your rice pocket for 30 seconds and keep your hands warm, or freeze it, to soothe sore muscles or bruises. Enjoy!



Come visit me at the Manassas Farmer's Market on July 2nd, August 6th, September 3rd, October 1st, and November 5th.

9024 Prince William St, Manassas



Hi I'm Hannah a teen girl from Stafford, Virginia I have PANS/PANDAS which means I can't have chemicals on my skin, but all the beauty stuff I can find all has chemicals. And if it's chemical-free it's SO expensive! So that's why I started a chemical free business, where I sell home and beauty products. All products are natural with no chemicals! If you have any questions just ask! My Instagram is [natural_byhannah](https://www.instagram.com/natural_byhannah)

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. **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

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.](#)

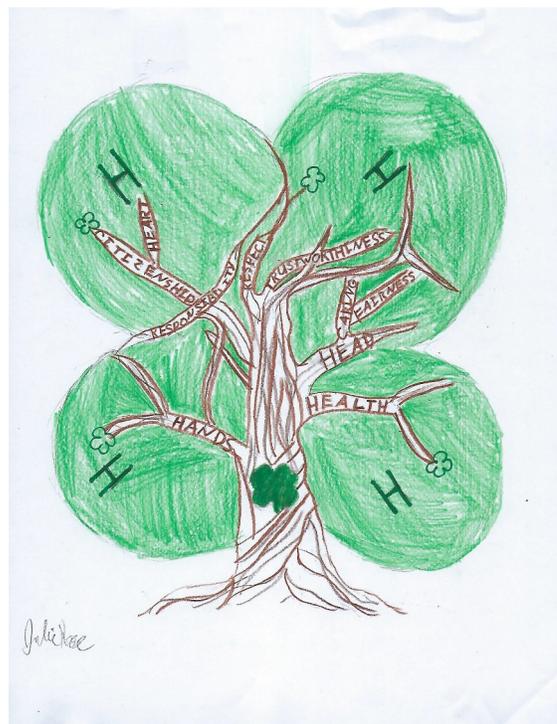
4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

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!

Congratulations Julie Stogran!

Your design has been selected for our Prince William 4-H Fair Camp T-Shirt!



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

Virginia 4-H 100th State Congress



Just in time for our 100th 4-H State Congress!

Virginia 4-H is pleased to announce that a Virginia Historical Highway Marker has been installed to celebrate this century old event. The marker has been placed at the Southgate entrance to the Virginia Tech campus, just off of US 460, alongside other markers for VT, Smithfield, and FFA. The marker was approved by the Board of Historic Resources in 2020, but the local VDOT in Montgomery County worked with Virginia 4-H to postpone the installation until the 100th Congress.

The State 4-H Office is very appreciative of the VT Division of Campus Planning, Infrastructure, & Facilities' Campus Planning who were happy to support having this new highway marker on campus. We're also appreciative to VDOT for taking care of the location, transportation, and installation. A very special thanks is due to our State 4-H Leader Emeritus, Dr. Bob Meadows, who provided the source materials used to write the marker's text.

Stop by and take a look on your way to Congress! VDOT has created a pull-off in front of all four markers so it is easy to stop and see them without blocking any traffic.

Plus, if you're out and about around the state, please be sure to see some of the other Virginia Historical Highway Markers regarding 4-H, including:

- Origins of 4-H in Virginia – McKenney Highway, Dinwiddie County
- T.O. Sandy, First Farm Demonstration Agent – W. Colonial Trail, Nottoway County
- Historic Holiday Lake 4-H Club & WPA Camp – Holiday Lake 4-H Educational Center

Thank YOU for your support of Congress! You are an important part of the history of Congress.

Virginia 4-H and FFA flags to fly over Burruss Hall in June

In honor of the 100th State 4-H Congress, the Virginia 4-H and FFA flags will fly over Burruss Hall the last two weeks of June. The Virginia 4-H flag will be raised on Friday, June 17, and lowered on Friday, June 24, for State Congress held June 21-24.

[Click here to read the full article.](#)



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: \$150. Registration due by July 14th. Full time students (high school/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 Alumni Events at Congress

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

Virginia 4-H Shooting Sports Updates



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).



VA 4-H Qualifying Horse Shows and Clinics

Central District Qualifying Horse Shows

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

NEW! June 11 - 2022 VRS Open Circuit Show (makeup for May SED 4-H Qualifying Show), Dorey Park, Henrico, VA Contact [Pinky Dowdy](#)

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](#)

Northern District 4-H Qualifying Clinic

NEW! June 25 - 26 - [Dressage Qualifying Clinic](#) Location: Hunters Valley Riding Club, Vienna, VA Contact: [Jeannette Townsend](#)

Southwest District Qualifying Clinic

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



VIRGINIA 4-H HORSE SHOW HERO PROGRAM

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! Units raising the most funds by July 18th have first choice for their barn stabling preference at the State 4-H Championship Horse and Pony Show this September 8-11! [Click here for more information.](#)



TRIGGER TIME 4-H SHOOTING SPORTS



Trigger Time is a Prince William 4-H Shooting Education program that uses shooting as a vehicle to teach youth ages 9 to 19 life skills such as responsibility, self discipline, and teamwork. Firearm Safety and marksmanship are also taught using the disciplines of archery, muzzleloading, pistol, rifle, and shotgun.

Trigger Time 4-H Club is a sub-account of the Prince William 4-H Association, a volunteer-led 501c3 organization supporting the 4-H Positive Youth Development Program in Prince William County, Manassas and Manassas Park, VA.

UPCOMING COMPETITIONS

2022 4-H SHOOTING SPORTS NATIONAL CHAMPIONSHIP

June 26th - July 1st, Grand Island, Nebraska

4-H youth from across the country will compete in compound archery, recurve archery, air rifle, air pistol, .22 rifle, .22 pistol, shotgun, muzzleloading, and hunting skills. One rifle team consisting of members from Trigger Time 4-H Club will represent Prince William and Virginia 4-H in this national shooting competition.

DAISY NATIONAL BB GUN TEAM MATCH

June 29th - July 3rd, Rogers, Arkansas

This event is Sanctioned and Sponsored by the National Rifle Association. One BB team consisting of members from Trigger Time 4-H Club will represent Prince William and Virginia 4-H in this national shooting competition.



The focus of all 4-H programs is the development of youth as individuals and as responsible and productive citizens. 4-H Shooting Education programs use shooting as a vehicle to teach youth ages 9 to 19 life skills such as responsibility, self discipline, and teamwork.

Youth learn marksmanship, the safe and responsible use of firearms, the principles of hunting, archery, muzzleloading, pistol, rifle, and shotgun. The activities of the program and the support of caring adult leaders provide young people with opportunities to develop life skills, self-worth, and conservation ethics.



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

Date: Monday, June 27th (Day I 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!

FINAL REMINDER: Youth Resumes for National 4-H Congress due JUNE 10th

Outstanding youth will be selected to represent Virginia 4-H at the National 4-H Congress in Atlanta, Georgia, November 25-29, who are able to demonstrate achievement as a 4-H member in the areas of leadership, citizenship, and personal development.

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

Click here to learn more about [National 4-H Congress](#).



Virginia 4-H Scholarship Opportunity - DUE JUNE 20th!

Virginia 4-H Farm Credit and Associations Regions Bank Scholarship
Due: June 20th

[Click here to apply.](#) Five \$1,000 scholarships available.

Farm Credit Associations and regions bank have been very supportive of youth and their interest and education in the field of agriculture. Through the Virginia 4-H Foundation, they are happy to provide scholarships for youth to pursue their dreams of higher education.

Applicants must:

- Be a participant of Virginia 4-H.
- Be pursuing a secondary education at Virginia Tech or another accredited educational institution, enrolled or to be enrolled.
- Preference given to 4-H members who are also enrolled in FFA and/or have competed in Virginia State Fair competitions.
- Attach a type written essay up to 500 words: How has your involvement in 4-H contributed to your personal growth and influenced your choice to attend VT/chosen field of study?
- Include a letter from the 4-H agent or volunteer leader describing member's contribution to the local community and the 4-H program.





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



Buzz BODY & BITES for Teens

Buzz



Eye Health

Author: Samantha Whysong

The following vitamins/nutrients and associated foods play a big role in good vision and are important components to a teen's diet:

Vitamin A

- Beef liver
- Chicken liver
- Cod liver oil
- Milk
- Eggs
- Colorful fruits and vegetables

Vitamin C

- Oranges
- Orange juice
- Red and green bell peppers
- Grapefruit
- Strawberries
- Broccoli
- Kale

Vitamin E

- Sunflower seeds
- Almonds
- Hazelnuts
- Peanut butter
- Spinach
- Avocados
- Olive oil
- Whole grains

Carotenoids

- Kale
- Spinach
- Leaf lettuce
- Carrots
- Bell peppers
- Tomatoes
- Tomato juice
- Sweet potatoes
- Broccoli
- Squash
- Watermelon
- Pink grapefruit
- Apricots

Bioflavonoids

- Berries
- Grapes
- Apples
- Oranges
- Grapefruit
- Yellow onions
- Soy foods
- Legumes
- Teas
- Dark chocolate

Taking care of your eyes should be an important part of your daily life. Although it may seem difficult to maintain good eye health, there are easy ways to incorporate it into your daily routine. The first step is to eat well balanced meals. Your meals should include nutrients like omega-3 fatty acids, zinc, and vitamins A & E. Incorporating these nutrients into your diet is an easy way to maintain good eye health. These nutrients can be found in foods like green leafy vegetables, tuna fish, oranges, eggs, and more. Another simple way to maintain good eye health is to wear sunglasses. When your eyes are constantly exposed to UV rays you are more susceptible to cataracts and macular degeneration. Finally, you should also take breaks from looking at your phone and computer screens. This will help prevent blurry vision, eye strains, dry eyes, headaches, and more. When it comes down to it, taking care of your eyes is quite simple and extremely important to your health.

Sources: [6 Tips for Eye Health and Maintaining Good Eyesight \(webmd.com\)](http://www.mind.com)

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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP), and was supported by Expanded Food Nutrition Education Program (USDANIFA).

PRINCE WILLIAM COUNTY

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I AM



4-H PROUD

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[VCE COVID-19 Updates](#)

[4-H Online Information](#)
[The 4-H Foundation](#)
[Educational Resources](#)
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[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

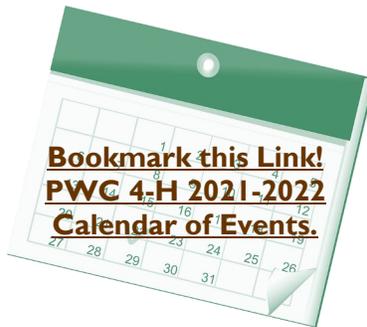
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Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

Adult Officers

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

Committee Chairs

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



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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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