



# Prince William 4-H

Our Clubs, Our Community



June 15, 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

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Click to Visit



## 4-H'ers Field Trip to the Farmer's Market



### At Prince William 4-H, we learn by doing!

Last Saturday, the Prince William 4-H young entrepreneurs visited a local Farmer's Market. They had two activities to complete and gather take-away ideas for their business.

The first activity was a scavenger hunt. 4-H'ers looked for items similar to their products, pricing, packaging, table displays, and what the customers were actually picking up and buying.

The second activity was to interview a vendor. Each 4-H'er found a business that sells a similar item to their new business. The youth asked questions to gain

insight into where the vendor got the idea for their business, how to prepare for market, best selling items, marketing strategies, and their business challenges. Youth ended the interview by asking for specific advice that the vendors would give to youth as they launch their new businesses.

The 4-H'ers enjoyed exploring the market and gained an understanding of how to setup their tables and showcase their products to bring in customers and increase sales.



At tonight's workshop, each young entrepreneur will be presenting their business plan. Elizabeth Long, owner of [Color Puff Candy](#), will be coming in to talk about her own business and give feedback on each business plan.



And then, it's off to market!

### SAVE THE DATES!

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

Time: 8 am - 1 pm

Location: Commuter Car Park

9024 Prince William St., Manassas



Prince William 4-H Young Entrepreneurs



# Farmer's Market

Saturday, July 2nd

9024 Prince William St., Manassas

8 am to 1 pm



## Bring Family & Friends

Stop by the Manassas Farmer's Market on July 2nd and support our Prince William 4-H'ers as they showcase their products and new business skills at their first Farmer's Market!

## 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!

## NOVEC Donates Scholarships for Prince William 4-H Camps



Through the generosity and support of NOVEC, Prince William 4-H was able to award all scholarship requests for 2022 4-H Summer Camps. Business partnerships like this provide opportunities for youth to develop skills and grow into capable, responsible, confident members of our community. If your business is interested in contributing to the Prince William 4-H camp and activity scholarships, please email [MaryBeth Lerch](mailto:MaryBeth.Lerch).

**Thank you, NOVEC!**

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 Alumni Social at Congress - Register by June 21st

We're counting down the days to the 100th Virginia 4-H State Congress!

### Virginia 4-H Alumni Social

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](mailto:calsadvancement@vt.edu) or 540-231-5532

## Air Force Military-Connected Youth 4-H Event Scholarships

### DUE TODAY!

The Air Force 4-H Military Partnership Outreach & Support Project for Virginia is providing a limited number of 4-H event scholarships for youth ages 5 to 18 of Air Force Military-Connected families living in Virginia. These scholars will be awarded on a first-come, first served basis. Eligible youth may live on or near an installation or live in communities across the state. Scholarships awarded can be used to assist with cost to participate in Virginia 4-H camping opportunities, State 4-H Congress or Youth Voices for Change (Formally i-Congress).



For complete guidelines and scholarship application, please contact Louetta Jones - 4-H Military Club Director, at [lojones@vt.edu](mailto:lojones@vt.edu) or call 804-712-8467.

## ONE MORE DELGATE to Place in the Exchange Program

Virginia 4-H is looking for one more amazing family to host a male Japanese delegate from July 25-August 16. No prior 4-H experience is required. Families should have a young man in their family in the 9-18 age range to serve as a host sibling. No special activities need to be planned. Please just roll this young person into your everyday summer plans with the young people in your own family. Screening is required and a host family orientation will be provided.

You will need to pick up your delegate and attend an arrival orientation at the DoubleTree Richmond Airport on the afternoon of July 25. The departure debrief is planned for the same location on the evening of August 16.

We are on a tight timeline as plane tickets are being purchased very soon. If your whole family is agreeable to hosting, please submit your application by the end of this week (June 17). Please visit this website for information and to apply: <https://www.states4hexchange.org/>

Feel free to contact Wendy Herdman at [wherdman@vt.edu](mailto:wherdman@vt.edu) or 804-238-5396 to ask questions. Thank you for your consideration and quick turnaround!



## Prince William 4-H Clubs provide a place where youth can belong and grow!

4-H Clubs are open to youth ages 5-19. They can be established in-school, after school, or as independent clubs, and can be teacher or volunteer led.

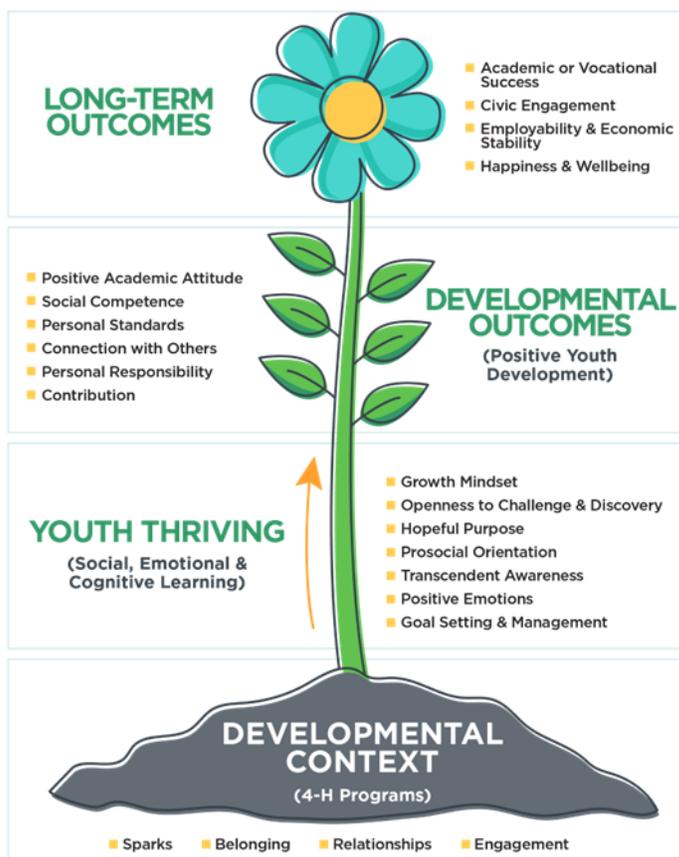
4-H Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM. Research-based curriculum and activities are readily available through Prince William 4-H on topics including animal science, careers & economic education, citizenship, communications & expressive arts, family sciences, nutrition & health, leadership, natural resources & environmental education, plants & soil, entomology, STEM, and more.

4-H youth participate in annual competitions at the state and local level, build portfolios, complete projects, engage in community service, conduct elections, attend camps and teen weekends, and have fun exploring their interests and growing into who they are meant to be. 4-H is for everyone!



# Help Prince William Youth THRIVE!

# STARTING A 4-H CLUB



Dedicated volunteers, like YOU, help Prince William County youth develop new interests, make new friends, practice decision-making skills, and gain leadership skills through 4-H.

### You can start a 4-H Club in 4 EASY STEPS:

-  **STEP 1: Contact the Prince William County 4-H Office** and attend the September leadership training session. [4HPWC@pwcgov.org](mailto:4HPWC@pwcgov.org), (703)792-6286, <https://www.pwcva.gov/4-H>.
-  **STEP 2: Tell the 4-H Story** and invite families to join the new club by promoting the opportunities available through 4-H. Encourage adult volunteers to assist in specific club responsibilities.
-  **STEP 3: Conduct 4-H Club Meetings** and encourage youth to create a club name, establish meeting times, develop an annual plan, organize projects, and elect youth club officers.
-  **STEP 4: Keep the 4-H Club Strong** by conducting regular meetings, establishing good communications, getting involved in local, state and national 4-H activities, recognizing achievements, participating in community service, and building community relations.

*Start a 4-H Club Today!*



4-H'ers are...

**4X**

more likely to give back to their communities

**2X**

more likely to make healthier choices

**2X**

more likely to participate in STEM activities

## 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@va4h.org), 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](mailto: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

### Northern District Qualifying Horse Shows

**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](mailto:Lisa.Powers@va4h.org)

### Southeast District Qualifying Horse Shows

**June 18** (rain date July 16) Location: Bloxom, VA Contact: [Marcus Riley](mailto:Marcus.Riley@va4h.org)

### Northern District 4-H Qualifying Clinic

**June 25 - 26 - [Dressage Qualifying Clinic](#)** Location: Hunters Valley Riding Club, Vienna, VA Contact: [Jeannette Townsend](mailto:Jeannette.Townsend@va4h.org)

### Southwest District Qualifying Clinic

**June 26 - [Flat Work / Horsemanship Skills](#)** Location: Roanoke, VA Contact: [Leslie Prillaman](mailto:Leslie.Prillaman@va4h.org)

## 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.](#)



## VCE: Bringing Apples to Life

**New to VCE's YouTube Channel! [Bringing Apples to Life: A Story of Perseverance, Collaboration, and Innovation](#)** features how Virginia apple growers and cider-makers bring apples to life and how their businesses continue to evolve to meet market demand and adapt to emergent opportunities. The video highlights the experiences and insights of Adam's Apples and Herbs, Glaze Apples, Marker-Miller Orchards Farm Market, Old Town Cidery, Rinker's Apple Cider, and Woodbine Farm Market.

Click here to watch [Bringing Apples to Life: A Story of Perseverance, Collaboration and Innovation](#) brought to you by USDA-AMS Local Food Promotion Program grant, Catalyzing Agricultural and Educational Resources to Move the Local Food Value Chain Needle in the Shenandoah Valley and Northern Piedmont Regions of Virginia.





## 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.



## Virginia 4-H & Manna Pro 2022 Calling All Champions Photo Contest

**From June 15th – July 31st**, current 4-H members and alumni can submit a photo in their 4-H gear with one or more of their animals for a chance to win their local 4-H club a \$1,000 donation from Manna Pro plus the chance to win \$100 worth of Mann Pro products! Manna Pro will also be donating \$10 per photo submission to 4-H with a guaranteed donation of \$50,000. 50% of those funds will go back to state 4-H programs. Winners will be selected based on a random drawing.

Click here to learn more about the [Manna Pro and 4-H Partnership](#).

Click here to [Submit a Photo for the Calling All Champions Photo Contest](#).

## PWC - Cooking and Baking Instructor Needed for Camps

Prince William County Parks and Rec is in immediate need of an instructor for the Creative Cuisine Cooking and Sweet Tooth Baking Camps at the Pat White Center at Ben Lomond. If you are interested in serving as the instructor for these camps, please contact Jane England, Recreation Supervisor, at [jengland@pwcgov.org](mailto:jengland@pwcgov.org) to discuss the possibility further. The camp details are:

#### Creative Cuisine Cooking Camp @ Pat White Center at Ben Lomond

July 5 - 8

Ages 5-7: 10:30am-12:00pm

Ages 8-11: 1:00pm-2:30pm

#### Sweet Tooth Camp @ Pat White Center at Ben Lomond

August 1-5

Ages 8-11: 9:30am-12:00pm

Ages 12-15: 1:00pm-3:30pm

**PART-TIME JOB OPPORTUNITY**



## YOVASO Summer Leadership Retreat

**Dates:** July 14th—17th

**Location:** James Madison University, Harrisonburg, VA

**Who Should Attend:** 4-H'ers who are rising 9th through 12th Graders

**Register by June 26th.** [Click here for more information and to register.](#)

The four-day, three-night retreat offers a variety of educational and hands-on activities designed for teens who want to learn how to be safer drivers and passengers, as well as teens who want to train as leaders for youth traffic safety. The Retreat is sponsored by Youth of Virginia Speak Out About Traffic Safety (YOVASO), a program of the Virginia State Police (VSP).

The cost is \$15 per teen to attend and includes overnight accommodations, meals, sessions, and all materials needed to participate in the Retreat. Participants will also receive a retreat-themed t-shirt, backpack, lanyard, and water bottle. Community youth groups, church youth groups, and school clubs are also encouraged to register and may register up to 6 students and 1 adult advisor for a discounted fee of \$75.

The retreat provides a unique experience for teens interested in community service or careers in health and safety, law enforcement, or teaching. Teens will leave the retreat prepared to lead peer-to-peer programs in their schools or through community youth groups to promote safe teen driving and help prevent motor vehicle crashes among teens. Additionally the retreat offers a variety of educational and hands-on activities.

### Some highlights of the retreat include:

- Motivational speaker, Fletcher Cleaves on "The SKY is Not the Limit"
- A live simulated crash and mock trauma bay presented by VCU Health's Project IMPACT
- Personal stories by crash victims and family members who've lost a loved one to a crash
- Workshops on public speaking and the power of advocacy
- A multi-media Tjohne Trivia Game Show

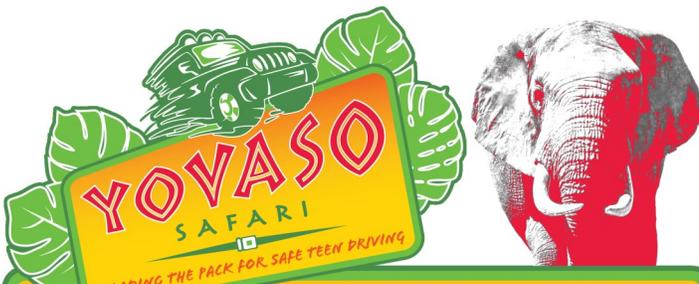
### There will be interactive safety sessions by:

- Virginia State Police's Crash Reconstruction Team
- Virginia State Police's K-9 Unit
- Virginia State Police's Distracted Driving Simulator Program
- American Trucking Association
- VDOT on Work Zone Safety
- Operation Lifesaver on railroad safety
- And many more!

Teens will also enjoy a variety of interactive, team-building social events, to include a glow stick game, talent show, and the Amazing Race, "Safari" style.

Registration will close on June 26. Teens who register for the retreat and refer a friend to attend (who registers) will be entered into a drawing for a \$25 Amazon gift card!

The Retreat is sponsored by YOVASO, VSP, and the Virginia Department of Motor Vehicles in partnership with State Farm Insurance. YOVASO is Virginia's Peer-to-Peer Education and Prevention Program for Teen Driver and Passenger Safety. Membership in YOVASO is free and open to all Virginia high schools, middle schools, and youth groups.



**Join Us for the**  
**2022 Summer Leadership Retreat**  
**July 14 - 17, 2022 at James Madison University**  
**\$15 Registration Fee**  
**Deadline to Register: June 26, 2022**




[Twitter](#) [Facebook](#) [Instagram](#) [YOVASO.ORG](https://www.yovaso.org)

## PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,  
Manassas, VA 20109

### Click to Visit Online:

[PCW 4-H](#)  
[Virginia State 4-H](#)  
[National 4-H](#)



## Your Dedicated PWC 4-H Staff

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703-792-4536

**Lara Profitt**  
4-H Youth Educator  
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**Ashley Isaacson**  
4-H Youth Educator  
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703-792-4761

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

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

[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

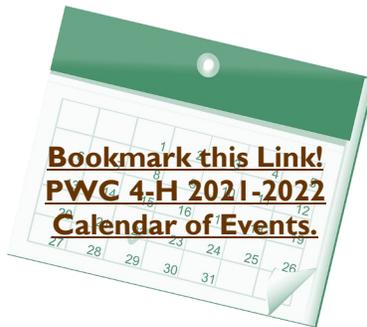
Samantha Whysong, President  
Kayla Dixon, Vice President  
Alexis Cox, Treasurer  
Secretary - Vacant

### 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



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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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