



# Prince William 4-H

*Our Clubs, Our Community*



June 22, 2022

## Upcoming Events

- 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
- Nov 5** - PW 4-H Farmers' Market #5

## Inside this issue:

- [Farmers' Market](#) 2
- [PWC Camps](#) 3
- [VA 4-H Updates](#) 5
- [Start a 4-H Club](#) 6
- [Contacts & Recourses](#) 10

Click to Visit



## Citizenship in Action!



On June 11th, Trigger Time 4-H Shooting Education Club participated in the 23rd Annual Crush'n Clays event in Centerville, Virginia, to support St. Jude Children's Research Hospital. This event is hosted by the Virginia Shooting Sports Association (VSSA) and Arlington-Fairfax Izaak Walton League of America (IWLA). Crush'n Clays has raised over \$360,000 for St. Jude over the last 23 years.

Prince William 4-H supporter Mary Lou Malo sponsors a youth team consisting of Trigger Time 4-H members each year. This year's team participants were Ben Stewart, Mason Norris, Katie Saul, Noble Richter, William Kennedy, Chris Nevarr and Kira Lorenz. Trigger Time 4-H's advanced shotgun coach Ted Bradford also participated in the event.

[Click here for more event photos and information from the VSSA.](#)

## Final Board Room Workshop before Market Day



On June 15th, Prince William 4-H young entrepreneurs met one last time before market day. They each presented their business plan and received feedback from their fellow entrepreneurs. Elizabeth Long, owner of Color Puff Candy, was on hand to talk about her business and give feedback to the young new business owners.

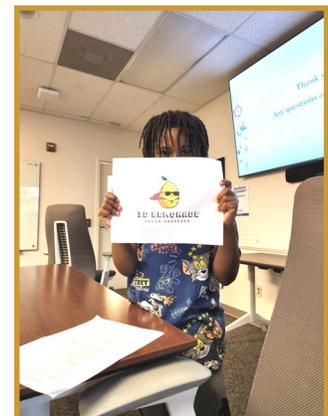


Our 4-H'ers are ready for their first Market on Saturday, July 2nd. This market will feature 4-H'ers Nisanur, Hannah, Diallo, Koa, Aisling, and Xanthie.

**Be sure to stop by and see all that we have to offer!**



**Date:** July 2nd  
**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 Fair Camp Workday Wednesdays

It's time to use your helping hands to earn your summer volunteer hours and ensure the success of the Prince William 4-H Fair Camp! The volunteer slots are from 10 am - 2 pm and volunteers can come and go as their schedule permits. Be sure to bring a lunch and water.

### Workday Wednesdays

**Dates:** Every Wednesday starting July 6th through August 10th

**Time:** 10 am - 2 pm

**Location:**

**July 6th** - Prince William Fairgrounds, Barn Cleanup (*wear clothes that can get dirty*)

**July 13th** - Prince William Fairgrounds, Barn Decorating

**July 20th to August 10** - Room 105 at the Prince William 4-H Office



**VOLUNTEER!**

[Click here to Sign Up!](#)

## 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-12:30 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!

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

## LAST REMINDER: Virginia 4-H Shooting Sports

### 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 Horse Program Updates



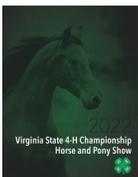
### Northern District 4-H Qualifying Clinic

**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.](#)



### 61ST VIRGINIA STATE 4-H CHAMPIONSHIP HORSE AND PONY SHOW

**Date:** September 8-11, 2022

**Location:** Virginia Horse Center, Lexington, VA

**Entries Due by July 18th.**

[Click here for the Horse Show Website](#)

[Click here for the Rulebook.](#)

### Connie Collier 4-H Scholarship

#### Application Due July 18th

[Click here to apply.](#) (due date on application is incorrect)

The Connie Collier 4-H Scholarship Award will provide monies to Virginia 4-H Horse Program participants who have met the 4-H horse program requirements and pursue post-secondary education before the age of twenty-five. Applicants must be enrolled in 4-H at the Senior Level (14 – 19) and must be enrolled in their second year of the 4-H Horse Program. Recipients shall be chosen by the Virginia 4-H Horse Program Scholarship Fund Committee through a competitive process based on the information requested in the application guidelines. Top candidates may be invited to interview as deemed necessary by the awards committee.

## 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.

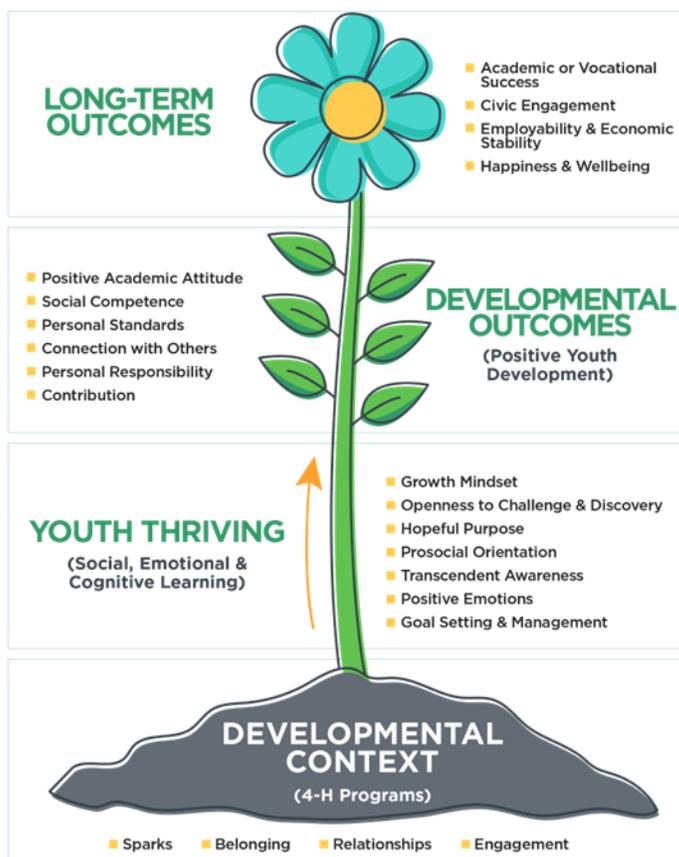
4-H Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM. Research-based curriculum and activities are readily available through Prince William 4-H on topics including animal science, careers & economic education, citizenship, communications & expressive arts, family sciences, 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 Lamb & Goat Symposium

**Date:** Saturday, June 25th

**Location:** APEX in Wytheville, VA

**Entries due Thursday, June 23rd.** Late entries and day-of entries will be accepted.

[Click here to Enter.](#)

This event is a comprehensive lamb and goat show that includes an educational Skillathon contest, showmanship for each species, and type classes for Market Lambs, Commercial Ewes, Market Goats, and Commercial Does. Virginia 4-H and FFA members between the ages of 9 and 19 (as of September 30, 2022) are eligible to participate in this event.

Entry fees are \$20/head through Thursday, June 23rd and late entries are accepted through check-in day of show for \$30/head. All entries, even day of entries, must be submitted using the FairEntry system and must be completed prior to arriving for check-in. All exhibitors will be pre-entered in Showmanship, based on birth date/age, but may scratch the day of, if they choose.

\*This show is a Qualifying Show for the Virginia Showmasters Circuit and showmanship placings will be forwarded to the VSC for points accumulation for those youth who are registered VSC members

\*\*It is a VIRGINIA-ONLY show and there is not a PeeWee Division.



## Investing Webinar for Youth

**Date:** Wednesday, June 29th

**Time:** 6 pm

[Click here to register.](#)

As our 4-H'ers are heading into the summer, many of them will be earning income from livestock auctions, farmers markets, part time jobs, or other youth entrepreneurship projects. Compound interest is a very powerful thing – especially when they start investing at a young age. Check out this unique opportunity for them to learn about investing and help them on their journey to creating wealth.

Youth age 9 and up and their parents are invited to attend Foundations of Investing. Al Penksa, a financial advisor for Edward Jones, will teach participants about the benefits of investing and review investment options for youth investors including 529 accounts and Custodial Roth IRA's. This is a great opportunity for 4-H'ers involved in livestock auctions, farmers markets, or part time jobs to learn more about investing their income.



## VA Agricultural Research and Extension Center Field Days

### 12th Annual HRAREC Turfgrass Field Day plus Pesticide Recertification

**Date:** Thursday, June 23rd

**Location:** 1444 Diamond Springs Road, Virginia Beach, VA 23455

[Click here to register](#) (required to attend)

Pesticide recertification credits will be available for categories 3A, 3B, 5A, 6, 8, 10, and 60. The trials will be informative for golf course superintendents, sports turf managers, lawn care professionals, landscapers, parks and recreation employees, extension personnel, and others in the turf industry.



### 2022 Southern Piedmont AREC's Annual Field Day

**Date:** Thursday, July 28th

**Location:** 2375 Darvills Road, Blackstone, VA 23824

[Click here to register.](#)

Two concurrent tours of tobacco and forage/livestock research field trials are available following dinner. VDACS Commissioner Joseph Guthrie is the guest speaker.



## 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](#).

## Fun Activities from National 4-H

### Virtual 4-H Summer Camp

[Click here to access free curriculum and activities.](#)

Let the adventure begin! This summer, bring the 4-H camp experience to your backyard with Virtual 4-H Camp. Explore nature, wildlife and even have a campfire sing-a-long. Topics include STEM, animal science, environmental science, and gardening with free curriculum for grades pre-K to 12.



#### Wonderful Wildlife

- 4-H Pollinators
- Classify Animals
- Signs of Wildlife



#### Explore Your Environment

- Leave No Trace
- Wonderful Wetlands
- Water Pollution Cleanup



#### Get Growing

- Bean in a Bottle
- Intro to Composting
- Growing Gardens

### Let's Get Cheesy

[Click here to access the free activity.](#)



Make your own delicious cheese at home! To celebrate Dairy Month, let's get cheesy with this delicious make-your-own activity brought to you by University of Alaska Fairbanks Cooperative Extension Service and Heritage Farm & Ranch in Kodiak, AK.

In this activity, kids will learn how to make cheese from milk, plus they'll compare milk that comes from a cow and a goat. If you can, try this process with both types to compare!



**Free summer webinar series**

Registration is open for "Eat More Fish," a free Virginia Cooperative Extension program for anyone hungry to learn how incorporating more fish into meals can support a healthy lifestyle. Join Extension experts and seafood industry members as they demystify enjoying seafood at home and help attendees build confidence to purchase, handle, and cook with fish.

In a series of four live webinar sessions, participants will explore the science behind the benefits of including more fish in our diets, the status of the seafood industry in Virginia, and how to safely and deliciously prepare fish at home.

**2022 PROGRAM DATES**

- June 29
- July 6
- July 13
- July 20

**For more info and to register, go to:**  
<https://bit.ly/392edtW>

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## 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!

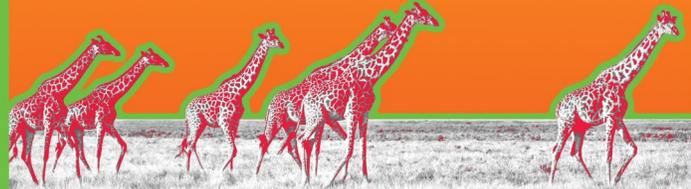
Teens will also enjoy a variety of interactive, team-building social events, to include a glow stick game, talent show, and the Amazing Race, "Safari" style.

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**

   **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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**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

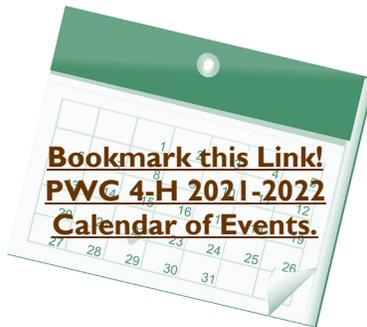
Samantha Whysong, President  
Kayla Dixon, Vice President  
Alexis Cox, Treasurer  
Secretary - Vacant

### 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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You shop. Amazon gives.

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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