



# Prince William 4-H

*Our Clubs, Our Community*



June 29, 2022

## Upcoming Events

- Jul 2 - PW 4-H Farmers' Market #1
- 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

## Prince William 4-H at the Manassas Farmers' Market - SATURDAY!



**Our first market day is finally here!**

We've planned, learned, experimented, and prepared. We're ready to test our skills this Saturday and the Manassas Farmers' Market. We hope you'll stop by and support our new businesses!



Check out this promo video from Nisanur showcasing her wheat grass microgreens! [Click here to watch.](#)

### Prince William 4-H at the Manassas Farmers' Market

**Date:** July 2nd

**Time:** 8 am - 1 pm

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

This market will feature Prince William 4-H'ers Nisanur, Hannah, Diallo, Koa, Aisling, and Xanthie.

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## Workday Wednesdays Start July 6th



**We need your helping hands!**

Youth volunteers come together on Workday Wednesdays to clean the Children's Barn, decorate the barn, prepare crafts, organize activities, get ready for Prince William 4-H Fair Camp...and have fun reconnecting! This year, we're also planning a 4-H Night at the Fair Show Barn with exciting family activities.

We need lifters, crafters, decorators, cutters, pasters...just about any talent that you have, we can put to work! Adult volunteers and staff can sign volunteer hour forms needed for school, clubs, and 4-H.

**Our first Workday Wednesday is July 6th starting at 10 am.** We're meeting at the Children's Barn at the Prince William Fairgrounds. Be sure to wear clothes that can get dirty, bring a water bottle and pack your lunch.

[Click here to sign up!](#)

Click to Visit

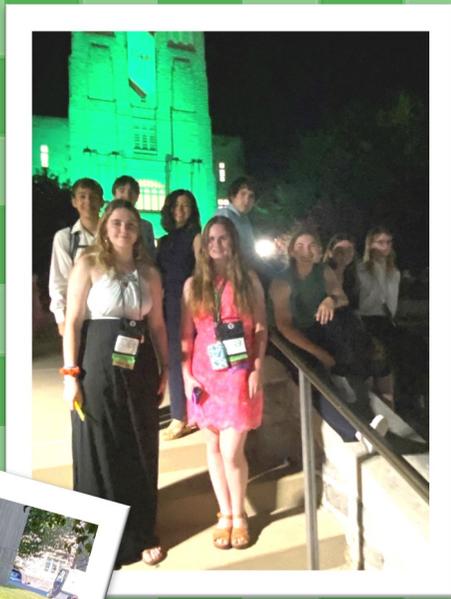


# Virginia 4-H State Congress



4-H  
GROWS HERE

# Celebrating 100 Years



**A special thank you to our volunteers for chaperoning: alumni and past club leader Betty Anne, alumni David, and 4-H parent Merrienne!**



## Virginia 4-H All Stars

# Tapping Ceremony

Congratulations to Prince William 4-H'ers Ryan Nguyen and Samantha Whysong! Sam was tapped as a Virginia 4-H All Star in 2020. Ryan was tapped as a 2022 Virginia 4-H All Star. 4-H All Stars is an honor and service organization. Membership in 4-H All Stars is the highest recognition that a Virginia 4-H'er can achieve. [Click here to learn more about Virginia 4-H All Stars.](#)



Prince William 4-H Young Entrepreneurs



# Farmer's Market

Saturday, July 2nd

**THIS SATURDAY!**

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!

## 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.

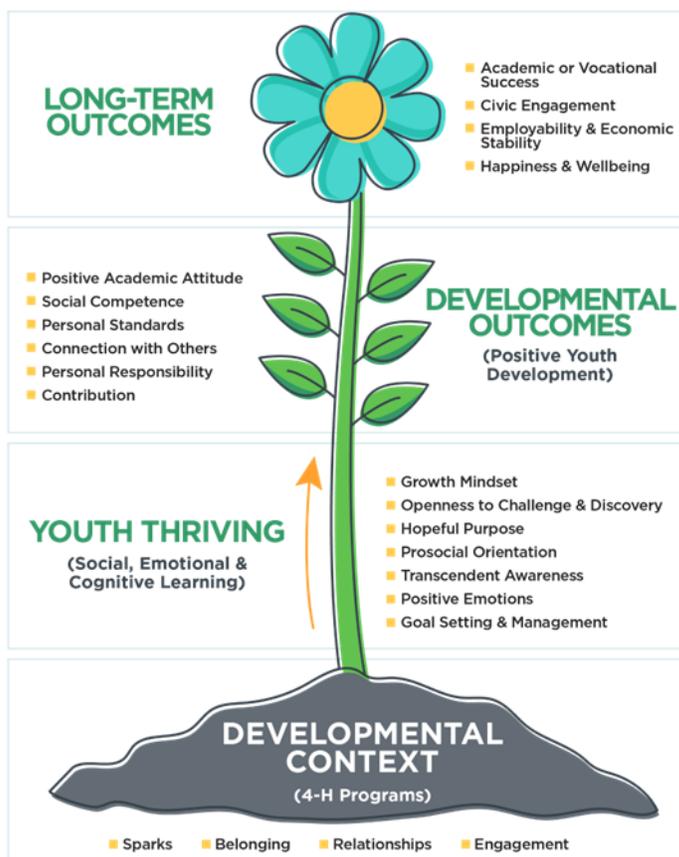
4-H Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM. Research-based curriculum and activities are readily available through Prince William 4-H on topics including animal science, careers & economic education, citizenship, communications & expressive arts, family sciences,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

## 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

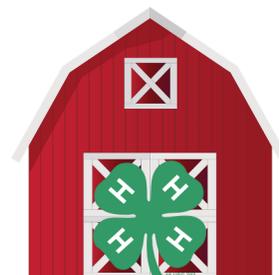
**Time:** 10 am - 2 pm

**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!



## Virginia 4-H Shooting Education Program Updates

### 2022 4-H State Shoot

**Date:** September 9th – 11th

**Location:** Holiday Lake 4-H Educational Center

**Registration Deadline: August 15th.** [Click here for more information and to register.](#)

Please carefully review the Match Program rules as there are numerous changes this year, especially in Archery, Muzzleloading, and the newest competition -- Hunting and Outdoor Skills.

### Virginia 4-H Shooting Education Ambassador Program

**Application Deadline: September 5th by 5pm.**

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

The Virginia 4-H Shooting Education Ambassador Program offers teens the opportunity to demonstrate and build upon their skills in citizenship, leadership, and public speaking as they travel around Virginia serving as advocates and spokespersons for 4-H Shooting Education. The function of this group is to help build the shooting education program in Virginia and to help its members increase their knowledge of the sport.



Virginia 4-H Horse Program

## Virginia 4-H Horse Program Updates

- [Alumni Showmanship Form](#) - due at show
- [Art Entry Form](#) - due at show, Sept. 8
- [Cloverbud Camp Entry Form](#) - due July 18
- [Connie Collier Scholarship App and Reference Form](#) - due July 18
- [District Challenge](#) (Hippology, Horse Judging, Horse Bowl) - enter at show
- [Drill Team Entry Form](#) - due July 18
- [Hall of Fame Nomination form](#) - due July 18
- [Health History Form](#) - due July 18 (if updated, bring to show office)
- [Horse Show Hero Information & Sponsor Form](#) and [Excel Summary Form](#) - due July 18 (may continue to fundraise after date)
- [Jumper Qualifying Entry Form](#) - due July 18
- [Leg Up Nomination Form](#) - due July 18
- [Orientation Report Form](#) - due July 18
- [Photography Entry Form](#) - due at show, Sept. 8
- [Portfolio Entry Form](#) - due July 18
- [Record Book Entry Form](#) - due July 18
- [Senior Stampede Entry Form](#) - due July 18
- [Trail Qualifying Entry Form](#) - due July 18

### 61st Virginia State 4-H Championship Horse and Pony Show

**Date:** September 8-11

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

**Entries Due by July 18th.**

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

[Click here for the Rulebook.](#)

[Click here for information on the Virginia 4-H Horse Show Hero Program.](#)

[Click here for the video recording of the VA State 4-H Horse Show Open House.](#)

[Click here for the Fair Entry Tutorial Video.](#)

### 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.

### Southern Regional 4-H Horse Championships

**Date:** August 3-7

**Location:** Perry, GA

**Entry Deadline: July 8th.** Virginia is allowed 70 entries and entries are still available.

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



The Southern Regional 4-H Horse Championships is a 12 state horse and educational event for 4-H members. Please note that in all classes, Juniors and Seniors compete together as do horses and ponies. The pony jumping classes are adjusted for height. Youth/horse combos can enter only one showmanship and one conformation class, but may enter as many of the under-saddle classes as the horse can perform.

## Virginia 4-H Pork Challenge

**Date:** Saturday, August 27th

**Location:** Smithfield Foods Innovation Center, 401 North Church Street, Smithfield, VA

**Registration due August 5th.** [Click here for contest rules and registration.](#)

This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient. I hope you will encourage your food challenge teams to participate. If financial help is needed to practice for this contest or establish a team to participate in this contest, please contact me as grant funding is available. This contest is limited to 10 teams.



## Get Ready for the 2022 4-H STEM Challenge: Explorers of the Deep

[Click here to preorder Explorers of the Deep STEM Kits by August 1st!](#)

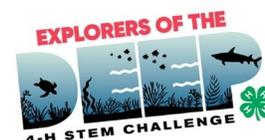
Designed by Rutgers University, Explorers of the Deep, focuses on the mysteries and adventures of ocean exploration—with robots! Ocean exploration helps scientists prepare for and adapt to changing ocean conditions. Many of these changes in ocean conditions are affecting the environment, such as melting glaciers, increasing ocean temperatures, declining fisheries and an increase in frequency and severity of storms. Since Earth is an ocean planet, these impacts affect humans and organisms all around the world, regardless of their proximity to the ocean.

The three activities develop observational and critical thinking skills while exploring the interconnected nature between the ocean and humans, regardless of where they live. Youth will learn about the incredibly complex relationship between Earth's oceans and the global climate. According to a recent survey, 84 percent of teens would like to be involved with shaping the future of our environment and Explorers of the Deep can help empower young people to innovate and take action to drive positive change.

**Ocean Robot Test Tank:** Get your ocean robot ready for a research mission! Youth learn how to “ballast” their ocean robot by adding weights to create the sinking and floating behavior of a real ocean robot. They will investigate data collected by ocean robots and learn about the value of ocean exploration.

**Ocean Expedition:** Playing an ocean-inspired board game, youth navigate their ocean robot around the world while learning key ocean concepts such as aquaculture, climate change, technological innovation, human impact and the ocean ecosystem.

**Ocean Communicator:** Youth investigate challenges that ocean scientists, engineers and technologists are currently exploring. Each challenge requires innovations and technical solutions that inspire public action.



## 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](#).





VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

# Feeling Good in the Garden

Join us for a workshop on body awareness and injury prevention for gardeners. In this workshop, we'll demonstrate adapted garden tools and share ideas for improving comfort and safety in the garden.

**When:** July 13th, 6-7 pm

**Where:** Hale Community Garden  
at the end of Maywood St,  
Blacksburg

**No registration required**

Contact Garland Mason for more information:  
[garlandmevt.edu](http://garlandmevt.edu) or 540-231-4582

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Garland Mason at 540-231-4582/TDD (800) 828-1120 during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.



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# ARE YOU HELPING A RELATIVE WHO HAS DEMENTIA?

*Are you the grandchild, brother, sister, niece, nephew, or step-kin of this relative?*

We invite you to share your caregiving story with us



Compensation Offered  
**\$110**

## Time Commitment:

1 Initial telephone Interview (~70 mins)  
15-20 min. telephone interviews on 8 consecutive evenings

CareEx is a research project. We conduct telephone interviews to learn about extended family caregivers, their service use, and needs.

You may be eligible for CareEx if you are:

- ✓ 18 years and older
- ✓ Live in Virginia
- ✓ Providing help to a relative who has dementia
- ✓ Your relative does not live in a nursing home or assisted living



Interested? Call us today!

**540-231-9250**



CareEx@vt.edu

CareEx.isce.vt.edu

VT IRB# 20-742

**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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**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](#)

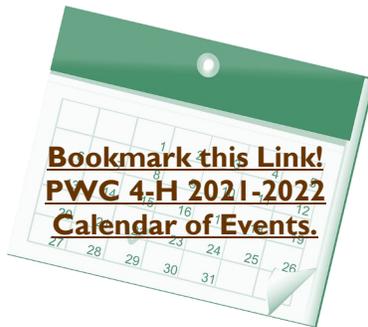
**Prince William 4-H**

[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



**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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