



# Prince William 4-H

## *Our Clubs, Our Community*



September 7, 2022

### Upcoming Events

- Sep 8-11 - VA State Horse Show
- Sep 9-11 - VA 4-H State Shoot
- Sep 18 - Leader Kickoff
- Sep 23 - Oct 2 - State Fair of Virginia
- Sep 30 - Portfolios Due
- Oct 1 - **NEW 4-H YEAR!**
- Oct 1 - PW 4-H Farmer's Market #4
- Oct 1 - All Star App Due
- Oct 5-16 - TSC Paper Clover Campaign
- Nov 5 - PW 4-H Farmer's Market #5

### Fabulous Turnout for the Young Entrepreneurs Farmer's Market

Seven young entrepreneurs represented Prince William 4-H at last Saturday's Manassas Farmer's Market. They were excited to see so many friends stop by to learn more about their businesses. Fair warning - you have only 2 more opportunities to come out and see what all of the buzz is about! Prince William 4-H'ers will be at the Manassas Farmer's Market next on **Saturday, October 1st from 8 am to 1 pm**. Come see how much we've grown!



### Inside this issue:

- [PW & VA 4-H Updates](#) 2
- [From Our Friends](#) 6
- [PW 4-H Activities](#) 8
- [PW 4-H Teens](#) 11
- [4-H Project Ideas](#) 12
- [School Enrichment Presentations](#) 15
- [Contacts & Recourses](#) 18

Click to Visit





## Important Prince William 4-H Dates

- **SEPTEMBER 18: Prince William 4-H Club Leader Kick-Off!** Our meeting is for all adult volunteers, leaders and anyone interested in starting or joining a Prince William 4-H Club. Make connections, share ideas, review the calendar, and get ready to have fun with 4-H. This annual meeting is one not to miss!
- **SEPTEMBER 30: 4-H Project Records, Portfolios & Outstanding Member Forms Due!** It's time to finalize your portfolios and submit them to the Prince William 4-H office. We look forward to seeing how you and your 4-H Story has grown! Please contact [MaryBeth Lerch](#) with questions. [Click here for links to forms.](#)
- **OCTOBER 1: Virginia 4-H All Star Applications Due!** We know Prince William 4-H has many outstanding youth that have served in leadership roles and truly promote "Making the Best Better." Membership in this honor and service organization is the highest recognition that a 4-H'er in Virginia can achieve. [See Page 3](#) for more information and application link.
- **OCTOBER 7: Virginia Youth in Action Applications Due!** Prince William 4-H has amazing teen leaders! This program recognizes four confident young leaders in our core pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM, giving pillar winners the chance to share how 4-H changed their lives and how they have used the skills they gained in 4-H to change the lives of others. Please consider applying! [See Page 5](#) for more information.

## #Opportunity4All - National 4-H Week is October 2 - 8!

## 2022 State Fair of Virginia Updates



### 2022 State Fair of Virginia 50th Anniversary State 4-H Dog Show

**Date:** September 25th

**Entries due September 9th.** [Click here for the details and rules in the Premium Guide.](#)

This event is open to any Virginia 4-H youth member that has an interest in dogs, wants to learn more about dog exhibition, or has experience showing dogs – enrollment in the 4-H Dog Project or membership in an Official 4-H Dog Club or previous experience is NOT required.

In addition to the actual canine training events, there will also be a Project Record Book Competition, Educational Poster Contest, Art Contest, and 2023 T-Shirt Design Contest – youth may participate in these events without entering the training events and can submit those items in absentia, although we do hope that everyone will make plans to attend the show and broaden their knowledge about the State 4-H Dog Show.

### 2022 State Fair of Virginia 4-H and FFA Hippology Contest

**Date:** Friday, September 30th. **Register by September 15th**

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

The purpose of the State Fair of Virginia 4-H/FFA Hippology Contest is to stimulate the study of and interest in equine science selection, management and production through the agricultural education curriculum, and to provide recognition for those who have demonstrated skills and competencies as a result of interest and instruction in equine science.

### 2022 State Fair of Virginia Junior Dairymen's Contest

**Date:** September 23rd. **Register by September 16th.**

[Click here to register.](#) | [Click here for the competition guide.](#)

This contest provides an educational program for Virginia youth who are interested in improving and testing their knowledge of the dairy industry.

## 4-H Shooting Education Sports Updates

### 16th Annual 2022 R.L. Harris Jr. Memorial 4-H Shotgun Championship

**Date:** September 24th

**Location:** Brushy Mountain Gun Club, Gretna, VA

**Register by September 11th**

*200-Target Championship for Seniors: 75 American Skeet, 50 American Trap, 75 Sporting Clays*

*100-Target Event for Juniors: 25 American Skeet, 25 American Trap, 50 Sporting Clays*

This event brings together the top 4-H shotgun shooters from across the state in a 200-target format that includes the major shotgun disciplines. The youth that participate in the 4-H shooting programs across the state have fun learning and competing. Certified instructors and leaders teach life skills including self-confidence, personal discipline, responsibility, teamwork, self-esteem and sportsmanship. Contact [David Maddox](#) for more information, sponsorship information, and donations. Contact your 4-H Club Leader to register for the event.

### VA 4-H Shooting Education Instructor Certification Weekend

**Dates:** October 15-16

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

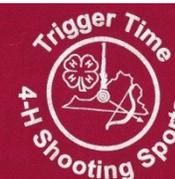
**Register by September 29th**

Contact Lynn Wheeless, VA 4-H State Shooting Education Coordinator, for more information and to register at (757) 778-1078 or [lynnwheeless1@vt.edu](mailto:lynnwheeless1@vt.edu).

*Certification Discipline Options: 1) Archery; 2) Coordinator; 3) Hunting; 4) Pistol; 5) Rifle; 6) Muzzleloader; 7) Basic Shotgun*

The Virginia 4-H Shooting Education Training Team offers instructor certification for adults and experienced teens ages 16 and older. First-time participants are required to complete on-line training by Tuesday, October 11. First-time participants who completed the online course in 2021 do not need to repeat the course.

The Training Team reserves the right to withhold certification. Participants will have an opportunity to demonstrate their teaching skills through a practicum and measure their knowledge through a written test. Positive Youth Development is the #1 goal of the 4-H Shooting Education Program!



Interested in learning more about 4-H Shooting Sports youth program in Prince William County?

[Click here to email Trigger Time 4-H Shooting Sports Club.](#)

The 4-H New Year starts October 1st!



**What is an All Star?** Virginia 4-H All Stars is an honor/service organization for teen and adult leaders who are actively involved in expanding and enhancing the 4-H programs in their communities and statewide. Membership with All Stars is the highest recognition that a 4-H'er in Virginia can achieve.

4-H All Stars contribute to positive youth development through service locally and statewide. 4-H members begin their story by gaining knowledge through trainings, experiences and information, and then utilize their knowledge to provide leadership and life skills to other 4-H participants. Members that have transitioned into applying their 4-H knowledge and skills into leadership roles and promote "Making the Best Better," can apply to become an All Star. Applicants should have at least 3 years experience with 4-H and be between 15 and 19 years-old.

**Together We Serve!** Members inducted into the Virginia Chapter of All Stars are dedicated to serving their local 4-H community. Working together as Virginia All Stars, youth make an impact in developing self-motivated youth and implementing interactive youth development education programs for all of Virginia. All Stars strive for better understanding, patience, dedication and unselfish service to fellow 4-H members and 4-H programs. Virginia All Stars may attend additional events and apply for additional scholarships specific to Virginia All Stars.

**You can be a Virginia All Star!** Join PWC 4-H Extension Agent MaryBeth Lerch for an information session on the application process for Virginia All Stars. You should attend if you are ready to apply, or if you are interested in learning the steps that you can be taking now to develop into leadership roles that lead to membership as a Virginia All Star.

**VA 4-H All Star Applications Due October 1st**

[Click here to learn more about Virginia 4-H All Stars](#)

| [Click here for the application.](#)



Prince William 4-H Young Entrepreneurs

# FARMER'S MARKET

Stop by the Manassas Farmer's Market and see how our skills have grown!

Our 4th Market Day will feature PWC 4-H'ers James, Jared, Hannah, Koa, Aisling, Xanthie, Katie, Alayjah, Diallo and John David.



OCTOBER 1st, SATURDAY

8 AM - 1 PM | Manassas Farmer's Market



## Virginia 4-H Food Challenge Cooking Camp - register by Sept. 9



**Dates:** September 24-25

**Location:** Southwest Virginia 4-H Center, Abingdon, VA

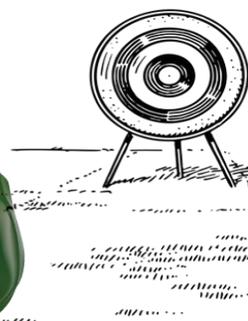
**Who Should Attend:** 4-H'ers ages 9-13 (4th - 8th Grade)

**Cost:** \$40

**Register by September 9th.** [Click here to register.](https://tinyurl.com/food-challenge-swva)

The Food Challenge Contest challenges teams of 4-Hers to create a dish using a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to judges.

During this camp, students will learn about food safety, how to prepare nutritious dishes, knife skills, and meal presentation. Guest speakers include a local chef and a Registered Dietician. The weekend will end with a mock Food Challenge Contest where students will have the opportunity to apply what they have learned (& parents will be invited to join to watch the competition!).



**Why couldn't the green pepper practice archery?  
He didn't habanero!**

## Virginia 4-H Youth in Action Application



**Applications due October 7th**

[Click here for more information.](#) [Click here for the application.](#)

**Every 4-H'er has a story, and those stories are worth telling!** Sharing the story of your 4-H member could earn him/her a \$500 mini-grant, and a scholarship to Virginia's State 4-H Congress! The program recognizes four confident young leaders in our core pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM (Science, Technology, Engineering & Mathematics), giving pillar winners the chance to share how 4-H changed their lives and how they have used the skills they gained in 4-H to change the lives of others.

Each of the four Pillar Winners will receive:

- A \$500 mini-grant to develop a significant community project.
- Recognition at a formal award ceremony.
- A full scholarship to attend Virginia 4-H State Congress the week in Summer 2023.
- An opportunity to be featured as the Virginia 4-H Youth Spokesperson for their pillar area.
- An opportunity to represent Virginia 4-H at the national summit for their pillar area.
- Support and mentorship to apply for the 2024 National 4-H Youth in Action Awards.
- An official reference letter from the Virginia State 4-H Program Leader, Jeremy C. Johnson.

One 4-H Youth in Action state winner will be selected from the four pillar winners and will receive further opportunities to serve as a spokesperson for Virginia 4-H. Awardees agree to comply with the requirements on the application and the Pillar Winner agreement sent by the State 4-H Office at the time of selection.

Prince William 4-Her's with questions - contact [MaryBeth Lerch](#).



## Job Opportunities: 4-H Center Program Director *(multiple locations)*

The Program Director's primary responsibility is to oversee 4-H Center programming -to plan, conduct, supervise and evaluate educational programs for youth and adults. All youth programs will be conducted in accordance with the Virginia 4-H Program guidelines, the Virginia Department of Education's Standards of Learning guidelines, and the American Camp Association's standards for camps and conference centers.

### Holiday Lake 4-H Educational Center – Program Director

[Details | 4-H Program Director, Holiday Lake 4-H Educational Center \(pageuppeople.com\)](#)

### Northern Virginia 4-H Center Director – Program Director

[Details | 4-H Program Director, Northern Virginia 4-H Educational Center \(pageuppeople.com\)](#)

## Virginia Beginning Farmer and Rancher Coalition

### VIRGINIA Beginning Farmer & Rancher COALITION PROGRAM



Starting a farm is difficult, and succeeding beyond the first few years may be even more so. Beginning farmers and ranchers nation-wide face unique challenges to achieve their farm goals and aspirations. The long-term goal of the Virginia Beginning Farmer & Rancher Coalition (VBFRC) is to improve opportunities for beginning farmers and ranchers to establish and sustain viable agricultural operations and communities in Virginia. To reach our goal, we support the development and enhancement of whole farm planning curriculum and training, online resources, and social networking. Unique to the VBFRC is its coalition of agricultural organizations and farm business that work together to develop and implement these aims.

[Click here to learn more.](#)

[Click here for the September Newsletter with Upcoming Events.](#)

**Virginia Soil Health Coalition**  
QUARTERLY MEETING

**KEYNOTE SPEAKER**  
**Dr. Henry Janzen**  
Soil health as metaphor: Illuminating or illusory?

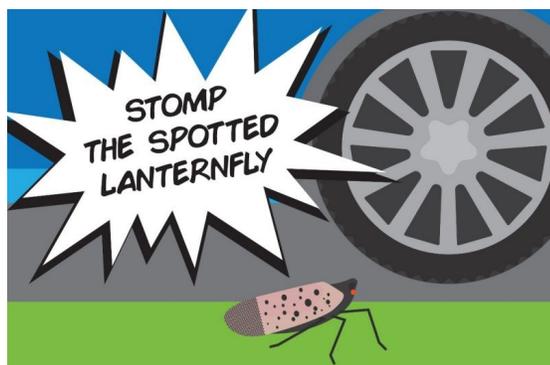
Thursday, September 15th, 2-4 PM

## VA Soil Health Coalition Quarterly Meeting

**Date:** September 15th from 2-4 pm via Zoom

[Click here for the agenda.](#) | [Click here to register.](#)

The Coalition receives backbone support from Extension and Virginia Tech and is honored to have Dan Goerlich as the welcome speaker for the meeting. We are also excited to have keynote speaker Dr. Henry Janzen join us. He is a well known biochemist/soil scientist from Canada and will discuss his recent publication, "The 'Soil Health' Metaphor: Illuminating or Illusory." There will also be a session to further discuss and get input on the strategic plan that we are working on for the Coalition.



## SQUISH IT! STOMP IT! SPRAY IT!

Squish it, stomp it, spray it - just stop the #SpottedLanternfly! Before you move your vehicle, check it to make sure you aren't transporting any invasive hitchhiking pests.

Read more about what you can do to help stop the spread of the spotted lanternfly at <https://vtx.vt.edu/articles/2022/09/cals-SLF.html>.

Learn more about the spotted lanternfly and how to identify it at <https://ext.vt.edu/agriculture/commercial-horticulture/spotted-lanternfly.html>.

## Hokie BugFest - Insect Collection Contest!

**Hokie BugFest 2022 Date:** October 8th from 10 am - 3 pm

**Location:** Squires Student Center in Blacksburg, VA.

**Insect Collection Contest Entry Forms due September 16th**

[Click here for contest rules and entry form.](#)

[Click here for more information on Hokie BugFest.](#)

**START COLLECTING TODAY!** Collect as many insects as you can and identify them as accurately as possible. Pin them or store them in your freezer until you are ready to pin them. Each collection should have a total of 50 specimens. Check your identifications with Bugguide.net.

Contest age groups are Junior Collectors (Ages 8-13) and Senior Collectors (Ages 14-18). Any individual, team, or group is eligible. Group or team entries are encouraged. See the entry form for details.

Hokie BugFest celebrates the fun and exciting science of entomology, and the Virginia Tech tradition of learning and discovery, through outreach and engagement.



## Every Kid Outdoors Program from the National Park Service



With the school year beginning, and the new 4-H year right around the corner, it's a great time to take advantage of the **Every Kid Outdoors Program from the National Park Service**. The program was created in 2015 in an effort to get more children and families to visit our national parks, and it has been renewed and expanded over the years to now include a wide variety of public lands.

**Free Passes!** The program is very simple: every 4<sup>th</sup> grade student (or home school equivalent) in the United States is entitled to get one Every Kid Outdoors pass which is valid from September 1 – August 31 (so it is valid all the way through next summer). The pass will admit that student, any other youth under the age of 16 in the party (other youth do not have to be 4<sup>th</sup> graders), and up to 3 adults free to any site which charges an entry fee. This does not cover other fees like parking fees, camping permits, etc. but covering the entry fees can represent a significant savings to families. Any eligible student/parent can visit <https://www.everykidoutdoors.gov> to print the free pass or to get more information.

**Opportunities for Club or In-School Programming!** Educators are also able to print out passes from the website for all of their 4<sup>th</sup> graders, plus there are activity guides that can be downloaded. **Extension Agents and club leaders ARE considered educators for the purposes of this program!** All you will need to do is visit <https://www.everykidoutdoors.gov/educators.htm>, download any activity guides you would like, and fill out the information to print out the passes. Enter "Virginia 4-H Program" in the box asking for a school or organization name.

The activity guides were developed by the National Park Service, and they are easily adaptable to in-school settings, or for clubs, etc. The four activity guides are: **Exploring Federal Lands & Waters, Environmental Stewardship, Our Nation's Native Peoples, and Citizen Science.**

**Where the Pass Can Be Used?** The pass can be used at most fee-based sites administered by the following federal agencies: National Park Service • Bureau of Land Management • Bureau of Reclamation • National Oceanic & Atmospheric Administration • United States Fish & Wildlife Service • United States Forest Service • United States Army Corps of Engineers

The beginning of the 4-H year is a great time to be thinking about visiting our national parks and recreation areas. Virginia alone has some 22 National Park Service sites which range from Revolutionary War battlefields and natural landmarks, to Civil Rights monuments and cultural heritage. You can find these online at <https://www.nps.gov/state/va/index.htm>.

Many parks also offer educational programming which support our 4-H pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM. Some of these lessons are available online for educators to use at the Teaching With Historic Places website: <https://www.nps.gov/subjects/teachingwithhistoricplaces/index.htm>.

Let's get **Every Kid Outdoors!**

**ATTENTION 4TH GRADERS!**

invite your friends to

# Come Grow with

**PWC 4-H** is a positive youth education program for youth ages 5-19. Our goal is to help young people grow into capable, responsible, confident members of our community by providing information, opportunities, activities and events that are educational, developmental and fun! Our motto is ***To Make the Best Better.***



We use our **Head, Heart, Hands and Health** when we participate in 4-H. We meet in clubs. We work on learning projects, community service projects, service

learning projects and so much more. Clubs elect officers, choose projects to complete together, and create individual portfolios to showcase their work and build their 4-H Story. 4-H'ers participate in annual competitions at the local and state levels. Competitions are about demonstrating competencies and working to improve new skills. PWC 4-H helps to develop our future community leaders using research-based curriculum resources to encourage youth to learn by doing. And it's **FUN!**

## CAMPS

PWC 4-H'ers have opportunities to participate in a number of camps. From PWC 4-H Summer Day Camp for our younger 4-H'ers to Junior 4-H Camp at the Northern Virginia 4-H Education Center, we have exciting camps for everyone! We offer special interest camps, such as Horse Camp, Wilderness Adventure Camp, Teen Weekends, and more, throughout the year for focused activities.

## ACTIVITIES

There's something for everyone in PWC 4-H!

- Virginia 4-H State Congress
  - Share the Fun
  - Presentation Day
- Shooting Sports & Archery
  - Fashion Review
  - STEM
  - Food Challenge
- Targeted Enrichment Activities such as *Wellness Wednesday!*, Cloverbud Club, and Young Entrepreneurs
  - Horse Programs
- County-wide enrichment programs such as Embryology, Tree Seedling, Safe at Home and Character Counts!

## RECOGNITION

We encourage our 4-H'ers to become community leaders and we celebrate their achievements through recognition programs and scholarships:

- PWC Youth Outstanding Member Award
- PWC Bernard Malo Scholarship
- PWC Joanne Guhl Scholarship
- Prince William-Fairfax County Farm Bureau Scholarship
- Virginia 4-H Ambassadors
- Virginia 4-H Horse Ambassadors
- Virginia 4-H Shooting Sports Ambassadors
- Virginia Youth in Action
  - Virginia 4-H All Stars
- National 4-H Youth in Action
  - National 4-H Congress



***I pledge  
my head to clearer thinking,  
my heart to greater loyalty,  
my hands to larger service,  
my health to better living,  
for my club, my community, my country  
and my world.***

## Invite Your Friends to Join 4-H!

**4-H is for EVERYONE!** Invite your friends to get involved and encourage them to grow with us.

**STEP 1:** Tell them YOUR 4-H Story! Tell them what 4-H means to you. What talents have you discovered? How have you grown? What are your favorite activities?

 Did you know that young people in 4-H report better grades, higher levels of academic competence, and an elevated level of engagement at school?  
We need SMART people as our future leaders and that starts with you!



**STEP 2:** Encourage your friends to contact the Prince William County 4-H Office at (703) 792-6286 or email [4HPWC@Pwcgov.org](mailto:4HPWC@Pwcgov.org) to learn more, get connected with a club and sign up to be a 4-H member.

**STEP 3:** Lead by example! Encourage new members to actively participate in projects, community service initiatives, and activities like Share the Fun or Presentation Day. Inspire them to pursue their interests, just like you, and cheer for their successes as they write their very own 4-H Story.

## Let's Grow Together!

Visit [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H) to learn more.

**4-H**   
**GROWS HERE**  
Prince William County 4-H

**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.

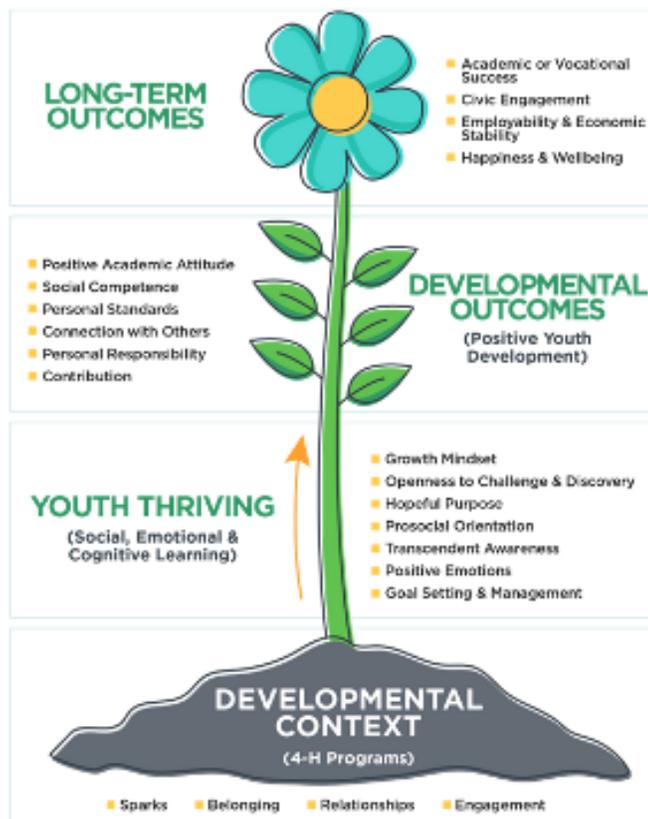
4-H Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM. Research-based curriculum and activities are readily available through Prince William 4-H on topics including animal science, careers & economic education, citizenship, communications & expressive arts, family sciences,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

**Interest Meeting: September 18th, 3-6 pm at the Prince William 4-H Office!**



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!*



Virginia Cooperative Extension programs and employment services are available to all regardless of age, color, disability, gender, gender identity, gender expression, cultural origin, political affiliation, race, religion, creed, orientation, genetic information, veteran status, or any other basis prohibited by law. An equal opportunity/affirmative action employer. Based in partnership of Cooperative Extension units, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Robert L. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg, VA. Roy McCreary, Administrator, 1800 Extension Program, Virginia State University, Petersburg.

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

## Prince William 4-H

# Teen Club

Discover your strengths and talents by joining the Prince William 4-H Teen Club!

There's no better way to culminate your 4-H experience and exemplify fancy terms like *positive youth development* than to provide opportunities and train **YOU** to take the lead!

### Who Should Participate

Prince William 4-H'ers ages 14 to 19 that have a desire to learn, lead and strengthen their talents with the support and network of Prince William 4-H.



### How to Participate

- Be a member of Prince William 4-H
- Actively participate in your 4-H Club
- Attend 1 designated PW 4-H Teen Club activity each month. Some meetings are specific to the club, while others are in conjunction with county, district and state programs and activities.



For more information or to join the **Prince William 4-H Teen Club**, please contact:

MaryBeth Lerch  
[mblerch@vt.edu](mailto:mblerch@vt.edu)

Learn more about Prince William 4-H at  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H).

### Skills Development

The PW 4-H Teen Club provides opportunities through training sessions, seminars, camps, and activities to grow into who **YOU** are meant to be! We'll focus on communicating effectively, positive interactions with others, growing your desire to continue to learn, how to approach decision making and strategies to solve problems, managing resources, and bringing people together to reach a common goal.

### Team Building

Demonstrate and improve your leadership skills by participating in team activities throughout the year. The PW 4-H Teen Club provides opportunities to try many different team roles to help **YOU** discover your strengths. We'll also have meetings to practice our skills and learn how to work as a team.

### Leadership

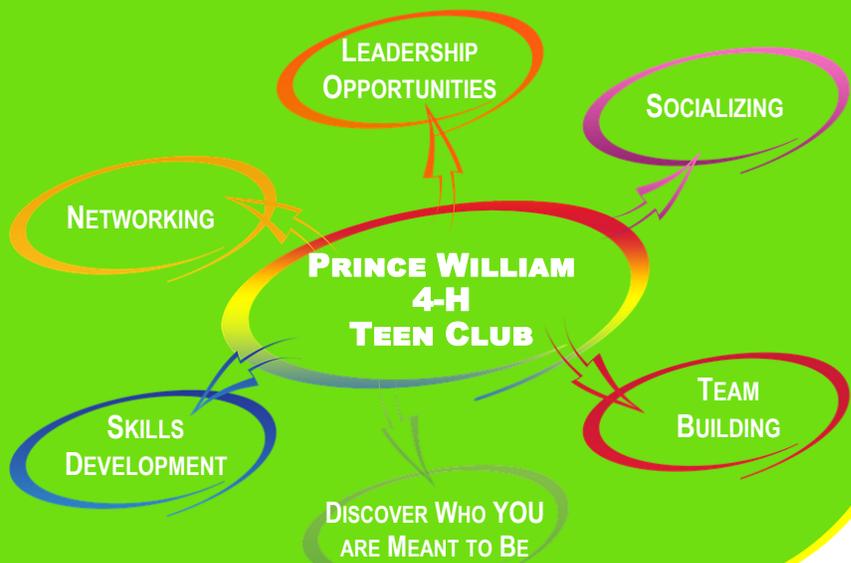
Test yourself by volunteering for one of the many leadership opportunities available just for **YOU**! Challenge your skills of identifying problems and developing action plans. Take ownership of the plan and follow through to reach the goals.

### Networking

Build your understanding of opportunities available by networking with your peers. Learn about 4-H programs such as Ambassadors and All Stars. Discover scholarship opportunities, leadership opportunities, community service programs, and many more resume-building activities that will ultimately build **YOU**!

### Socializing

The PW 4-H Teen Club fosters life-long friendships through meaningful, positive and productive activities. We'll have a lot of laughs, challenge ourselves in team building games, and encourage you to **discover who YOU are meant to be!**



# SPARK

## FIND YOUR

## WITH A PWC 4-H PROJECT

*Project Ideas with Curriculum Available through Virginia 4-H:*



**Agriculture:** All Agriculture project activities including by not limited to: Acres of Adventure, Ag in the Classroom, Agriculture Education Field Days, etc.

**Aquatic and Marine Science:** All Aquatic and Marine Science project activities to include but not limited to: Fishing, Project WET, etc.

**Beef:** All Beef project activities, to include but not limited to: Market Beef, Beef Heifer, Non-ownership Beef, Beef Challenge, Cattle Working, Beef Educational Activities, Youth Beef Shows, etc.

**Career Exploration and Awareness:** All Career Explorations and Awareness project activities.

**Citizenship:** All Citizenship project activities to include, but not limited to: Citizenship Washington Focus, National 4-H Conference, International Exchange, Civic Engagement, etc.

**Companion Animal:** All Companion Animal project activities to include, but not limited to: Dogs, Cats, Birds, Mice, Guinea Pigs and Other Exotic Species kept by humans, State Dog Show, Virtual Dog Show, etc.

**Cloverbud:** All Cloverbud project activities. This project area is limited to Cloverbud members only.

**Communications:** All Communications project activities to include, but not limited to: Discussion Meet, Extemporaneous Speaking, Presentation, Public Speaking, Radio Spot, Science Fair, etc.



**Consumer Science:** All Consumer Science Education project activities including but not limited to: Fashion Revue, LifeSmarts, etc.

**Creative Arts:** All Creative Arts project activities to include, but not limited to: Adobe Youth Voices, Filmmaking, Video, Photography, Visual Arts, etc.

**Culture:** All Culture project activities.

**Dairy:** All Dairy project activities, to include, but not limited to: Dairy Heifers, Dairy Cows, Non-ownership Dairy, Judging Contests, Quiz Bowl, June is Dairy Month Posters, Dairy Educational Activity, Dairy Shows, etc.

**Earth Science:** All Earth Science project activities to include but not limited to: Geology, Meteorology, Astronomy, etc.

**Energy:** All Energy project activities to include, but not limited to: Electric Energy, Wind Energy, etc.

**Engineering:** All Engineering project activities to include, but not limited to: Engineering Design Challenge, etc.



**Entomology:** All Entomology projects activities, including but not limited to: Beekeeping, Hokie BugFest, Butterflies, etc.

**Environmental Science:** All Environmental Science project activities, including but not limited to: Environmental Education, Natural Resource Weekend, etc.

**Expressive Arts:** All Expressive Arts project activities to include, but not limited to: Table Setting, Storytelling, Theatre Arts, Global Dance, etc.

**Family Science:** All Family Science project activities including but not limited to: Child Care, Babysitting, etc.

**Financial Education:** All Financial Education project activities including but not limited to: Kids Marketplace, Reality Store, Entrepreneurship, etc.

**Forestry:** All Forestry project activities, including but not limited to: Tree Identification, Forestry Educational Contests and Activities, etc.

**Food and Nutrition:** All Food and Nutrition project activities, including but not limited to: Choose Health, Food Challenge, Teen Cuisine, Healthy Weights for Healthy Kids, etc.

UNDERSTANDING

FUN

LOGIC

COMMUNITY

CAREERS

PERSEVERANCE

WORK ETHIC

LIFE SKILLS

COMPASSION

GIVING BACK

HEALTHY HABITS



**Goat:** All Goat project activities, to include, but not limited to: Breeding Goat, Dairy Goat, Fiber Goat, Market Goat, Non-ownership Goat, Market Goat Shows, Dairy Goat Shows, Goat Skillathon, etc.

**Healthy Living:** All Health Living project activities, including but not limited to: Health Rocks, Yoga for Kids, etc.

**Horse and Pony:** All Horse & Pony project activities, to include, but not limited to: Horse, Pony, Horseless Horse, Non-ownership, 4-H Horse & Pony Shows, Hippology, Horse Judging, Horse Quiz Bowl, Horse Communications Contest, VA Horse Ambassador, etc.

**Leadership:** All Leadership project activities to include, but not limited to: 4-H Day at the Capitol, 4-H Congress, iCongress, National 4-H Congress, Teen Excellence in Leadership Institute (TELI), Teen Leader, etc.

**Livestock Education:** All Livestock Educational project activities, to include but not limited to: B&B Contests, Stockmen's Contests, Skillathons, Meat Judging, Judging Camps & Clinics, Beef Challenge, Pork Challenge, etc.

**Outdoor Adventure:** All Outdoor Adventure project activities

**Other Animal:** All Other Animal project activities not specifically listed. This could include, but not limited to: Alpacas, Llamas, Other Animal Non-ownership, etc.

**Plant and Soil Science:** All Plant and Soil Science project activities including, but not limited to: Jr. Master Gardener, Horticulture, Garden, School & Community Gardens, etc.

**Personal Development:** All Personal Development project activities to include, but not limited to: Character Counts!, Overnight Camping programs, Service Learning, etc.

**Poultry:** All Poultry project activities, to include but not limited to: Market Poultry, Breeding Poultry, Poultry Judging, Embryology, Poultry Educational Activities, Non-ownership Poultry, etc.

**Rabbit:** All Rabbit project activities, to include but not limited to: Breeding Rabbit, Meat Rabbit, Show Rabbit, Non-ownership Rabbit, etc.

**Robotics:** All Robotics project activities to include, but not limited to: Junk Drawer Robotics, LEGO Robotics, etc.

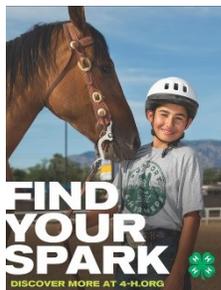
**Science Inquiry:** All Science Inquiry project activities to include but not limited to: Mission to Mars, etc.

**Sheep:** All Sheep project activities, to include but not limited to: Breeding sheep, Market lambs, Sheep Educational Activities, Non-ownership Sheep, Sheep & Goat Symposium, Sheep Shows, etc.

**Shooting Education:** All Shooting Education project activities, including but not limited to: Air Rifle, Shotgun, BB, Archery, Skeet, Spring Air Match, State Shoot, State Archery Match, Shotgun Championships, VA Shooting Sports Ambassador, Shooting Camp, etc.

**Swine:** All Swine project activities, to include but not limited to: Breeding Hog, Market Hog, Non-ownership Swine, Swine Shows, Pork Challenge, VT Swine Day, Swine educational activities, etc.

**Technology:** All Technology project activities to include, but not limited to: Aerospace, Computers, Drones, Makey-Makey, etc.



**Vet Science:** All Vet Science project activities including but not limited to: The Normal Animal, Animal Diseases, Animal Health and Our World, Airedales to Zebras, etc.

**Wildlife:** All Wildlife project activities to include, but not limited to: Wildlife Habitat Education Program (WHEP) program, etc.



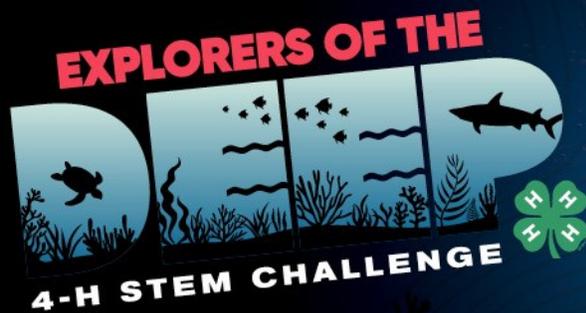
**PWC 4-H Resources for Curriculum Materials**

[Click here to search curriculum materials available through Virginia 4-H](#)

[Click here to access Virginia 4-H Resources for School Enrichment](#) (short survey to access materials)

[Click here for a list of Special Curriculum Presentations available to PWC 4-H Clubs through the VA 4-H Speakers Bureau](#)

[Click here for Curriculum Available from National 4-H](#)



# DIVE INTO THE ABYSS

## AVAILABLE NOW: EXPLORERS OF THE DEEP

The 2022 4-H STEM Challenge Kit, Explorers of the Deep, is officially here!

Developed by Rutgers University, the three activities in this kit will take kids ages 8-14 on an underwater adventure no matter where they live, all while offering them a hands-on way to explore different aspects of STEM career pathways.

Get ready to dive into deep-sea mysteries and tackle some of the same questions that today's top ocean scientists and engineers are investigating!

## DIVE IN: SEE WHAT'S INSIDE THE KIT

### 1. OCEAN ROBOT TEST TANK



Prepare your mini ocean robot for a research mission, using a waterproof household container to act as your test tank! Follow the mission cards to learn how ocean robots work through the concepts of density and buoyancy.

This activity will also cover topics like climate change and its impact on ocean systems!

### 2. OCEAN EXPEDITION



Play an immersive board game (with optional trivia cards) that will help you explore the mysteries of the ocean. Watch as augmented reality features bring the game to life!

You'll learn about typical experiences that ocean robots encounter, identify how you're connected to the sea no matter where you live, and find out how much more we still have to discover about our ocean.

### 3. OCEAN COMMUNICATOR



Create your very own ocean-related billboard or advertisement! Topics you can explore include the relationship between ocean challenges and climate change, impact on human and animal life, and how science is being used to address these issues.

Take what you've learned from the 4-H STEM Challenge and share with others in your community the ways we can help protect the ocean.

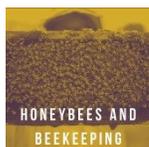
 [Click here for more information and to order.](#)

# Virginia Cooperative Extension Speakers Bureau

**PLAN  
AHEAD!**

## ELEMENTARY ENRICHMENT PRESENTATIONS

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**HONEYBEES AND BEEKEEPING:** Phil Blevins, Agriculture and Natural Resources Extension Agent will teach students the importance of honeybees and an overview of beekeeping. This presentation is for students in grades K-5 and is 30 minutes long.



**LEARN TO SPEAK DOG:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over how dogs communicate, what their warning signals are, and how to stay safe around dogs. This presentation is for students in grades K-5 and is 30 - 45 minutes long.



**GOODS FROM THE WOODS:** In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



**AFRICULTURE:** Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



**VIRGINIA WILDLIFE:** Using furs, skulls, and live animals, Bonnie Tillotson, 4-H Extension Agent will help youth learn about Virginia Wildlife. Youth will learn about native species, predators vs. prey, how skulls differ between herbivores, omnivores, and carnivores, and what wildlife need to survive. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



**SIMPLE MACHINES WE USE EVERY DAY:** Ruth Wallace, 4-H Extension Agent, will guide students through a discussion of simple machines that we use all the time without realizing how much help they give us. The presentation involves going through the simple act of making chocolate pudding and discussing each simple machine used. This presentation targets VA Science SOL 3.2 and is 15 minutes long.



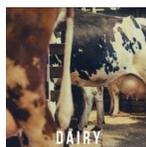
**EXPLORING WATERSHEDS:** Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



**TEACHING YOUR DOG AND YOUR FRIENDS WITH KINDNESS:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over in simple terms how to use rewards (positive reinforcement) to train dogs to do tricks and behave better. She will also tie this into how we can interact with other humans better using these same approaches--telling people what we like about what they do, saying thank you etc. There will be plenty of dog videos! This presentation is for students in grades K-5 and is 30 minutes long.



**BLINK! THINK! MAKE YOUR CHOICE; USE YOUR VOICE:** When we place children in the care of other adults, we trust they will be safe; but we know we cannot be totally sure. When a supposedly trusted authority figure tells a child to do something wrong, it is a confusing and potentially dangerous experience. Dr. Eric Kaufman, Professor at Virginia Tech, will introduce students to an age-appropriate strategy for intelligent disobedience. The intention is to teach the children how to make sensible decisions about instructions that they are given by adults. This presentation is for students in grades K-5 and is 15 - 30 minutes long.



**DAIRY:** Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



**THE WORLD AS AN APPLE:** Mandi Dolan, 4-H Extension Agent, will help students examine soil horizons and investigate best management practices for soil conservation through this interactive lesson targeting SOLs 3.10 and 4.9. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



**SOIL SCIENCE:** Ruth Wallace, 4-H Extension Agent, teaches students about soil components, organisms in soil, and the importance of soil as a natural resource. This presentation targets VA Science SOL 3.6 and 3.8 and is 15 - 30 minutes long.



**SUGAR BUSTERS:** Erin Morgan, 4-H Extension Agent, will help students compare the serving sizes and added sugar content of foods served at meals and various family celebrations. This presentation targets Health Education SOL 4.2 and is 30 minutes long.



**SOILS FOR THE GARDEN AND THE FARM:** Tim Ohlwieler, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.

# Virginia Cooperative Extension Speakers Bureau

**BOOK  
NOW!**

## MIDDLE SCHOOL ENRICHMENT PRESENTATIONS

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**GOODS FROM THE WOODS:** In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



**AFRICULTURE:** Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



**EXPLORING WATERSHEDS:** Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



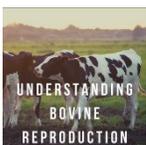
**COVER CROPS:** Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to cover crops and their importance to soil health. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



**OIKOS - ENVIRONMENTAL STEWARDSHIP & ECONOMIC POLICY:** Dr. Michael Ellerbrock, Virginia Tech Professor in the Department of Agricultural and Applied Economics will help teachers address economic literacy with their students. Dr. Ellerbrock can adapt a lesson for grades 6 - 12 that is 30 minutes - 60 minutes long.



**PUBLIC SPEAKING 101:** Carter Humphries, 4-H Extension Agent, will teach students the basics of public speaking in order to effectively develop and deliver a message that informs, influences or entertains an intended audience. They will how to plan and deliver a speech with an effective beginning, middle and conclusion. This presentation addresses English SOL 6.2, 7.1, 7.2, 8.2, 9.1, 10.1, 11.1, 12.1 and CTE Competency - deliver a speech or presentation. This presentation is for students in grades 6 -



**UNDERSTANDING BOVINE REPRODUCTION:** Reproductive biology is a fascinating field that includes physiology, anatomy and biotechnologies. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss basic anatomy and physiology in the bovine as well as how reproductive biotechnologies work. This presentation is for students in grades 6 - 12 and is 45 - 60 minutes long.



**INTRODUCTION TO HORSE JUDGING:** Kayla Dixon, Virginia 4 -H Horse Ambassador, will teach students the basics of horse judging skills. This presentation is for students in grades 6-12, addresses Equine Science Competencies 106-113, and is 60 minutes long.



**SOILS FOR THE GARDEN AND THE FARM:** Tim Ohlweiler, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.



**DAIRY:** Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



**USING SOIL HEALTH CARDS:** Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to the New South Wales Soil Health Card as a hands-on way to monitor soil. Teachers can also use this to as a basis for long-term monitoring the soil at their school. This presentation can be adapted for students in grades 6 - 12 and can be 20 - 60 minutes long.



**ENTOMOLOGY:** Tim Ohlweiler, Horticulture Extension Agent, will introduce students to insects and explain their role in our world. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



**WHAT'S IN YOUR WATER:** Water Quality Extension Associate, Erin Ling will provide an overview of drinking water quality concerns, groundwater basics and private water supplies. This presentation is for students in grades 6 - 12 and targets SOLs for Earth Science, biology and chemistry. This presentation is 30 minutes long.



**VALUES & GOALS - YOUR MONEY MINDSET:** Money is emotional. Financial Counselor, Joanne Bilotta will discuss how values and goals set us up for future planning and spending. Knowing these in advance and planning for large purchases as well as having a reasonable spending plan sets youth up for success. This presentation is for students in grades 6 - 12 and is 30 - 45 minutes long.



**HEY MA! WHAT ABOUT GOATS?** Jim Hilleary, Agriculture and Natural Resources Extension Agent reviews several considerations for buying goats or holding off on that decision. This presentation is for students in grades 6-12 and is 60 minutes long.



**HEY MA! WHAT ABOUT CHICKENS?** Jim Hilleary, Agriculture and Natural Resources Extension Agent discusses considerations for starting a backyard chicken flock (or not). He explains reasons why a backyard flock may or may not be a good idea. This presentation is for students in grades 6-12 and is 45 minutes long.



**CANINE BEHAVIORAL SCIENCE - ASKING THE DOGS WHAT THEY LIKE:** Dr. Erica Feuerbacher, Professor at Virginia Tech, will discuss how to use simple research procedures to ask dogs about what they like and don't like and how information learned can be used to improve our interactions with our furry companions. This presentation is for students in grades 6-12 and is 30 minutes long.

# Virginia Cooperative Extension Speakers Bureau

**FUN  
IDEAS!**

## HIGH SCHOOL ENRICHMENT PRESENTATIONS

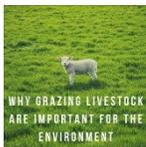
Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**INTERNATIONAL BEEF PRODUCTION:** Beef production is a multifaceted and dynamic global business. The goal is the same, but production systems vary tremendously depending on the region of the world. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will help students explore the similarities and differences among the major beef production countries in the world. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**BEEF CATTLE REPRODUCTION:** In the past decades several advancements were made on the reproductive technologies that are available for beef producers. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss these technologies and how to apply them to improve beef cattle productivity. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**WHY GRAZING LIVESTOCK ARE IMPORTANT FOR THE ENVIRONMENT:** In this presentation, Carl Stafford, Animal Science Extension Agent, will share with youth the role of grazing livestock in removing carbon dioxide from earth's atmosphere. This presentation is for students in grades 9 - 12 and is 30 minutes long.



**AN OVERVIEW OF THE VIRGINIA PORK INDUSTRY:** Mark Estienne, Swine Research Physiologist, will teach students about the history of raising pigs in Virginia; modern production and management; and how the pork industry is an important component of the Commonwealth's Agricultural Industry. This presentation is for students in grades 9 - 12 and is 45 minutes.



**INTRODUCTION TO ENTERPRISE BUDGETS:** Jim Hilleary, Agriculture and Natural Resources Extension Agent, introduces students to the enterprise budget as a farm financial tool. The presentation supports the 8008 Series Curriculum: Introduction to Animal Systems and can be delivered to students in grades 9 - 12 in 45 minutes.



**DO I WRITE IT OR TYPE IT? HOW TO PREPARE A COVER LETTER AND RESUME:** Mandi Dolan, 4-H Extension Agent, will lead this open-ended Q&A style lesson to provide an opportunity for students to create their own basic resume and cover letter. General examples and guidance are provided throughout to assist in the professionally creative process. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.



**LOANS AND GRANTS:** Financial Counselor, Joanne Bilotta will help students understand the world of loans - auto, student, and home. Students will also learn why credit is important and how to maintain it. This presentation is for students in grades 9 - 12 and is 45 minutes long.



**CAN I WEAR PAJAMA PANTS? HOW TO PREPARE FOR VIRTUAL INTERVIEWS:** Is it appropriate etiquette to wear pajama pants during a virtual interview? Mandi Dolan, 4-H Extension Agent, will help your students explore the expectations of today's job culture through activities highlighting the general application process, different types of interviews, and the proper attire for various professional settings. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long. application process, different types of interviews, and the proper attire for various professional settings. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.

### THESE PROGRAMS ARE ALSO AVAILABLE TO HIGH SCHOOL STUDENTS, AS WELL AS A WIDER AUDIENCE:

- Goods from the Woods (*Grades K-12*)
- Africulture (*Grades K-12*)
- Dairy (*Grades K-12*)
- Soils for the Garden and the Farm (*Grades 3-12*)
- Using Soil Health Cards (*Grades 6-12*)
- Cover Crops (*Grades 6-12*)
- Entomology (*Grades 6-12*)
- Oikos - Environmental Stewardship & Economic Policy (*Grades 6-12*)
- What's in Your Water (*Grades 6-12*)
- Values & Goals - Your Money Mindset (*Grades 6-12*)
- Public Speaking 101 (*Grades 6-12*)
- Hey Ma! What about Goats? (*Grades 6-12*)
- Understanding Bovine Reproduction (*Grades 6-12*)
- Hey Ha! What about Chickens? (*Grades 6-12*)
- Introduction to Horse Judging (*Grades 6-12*)
- Canine Behavioral Science - Asking the Dogs What They Like (*Grades 6-12*)

**Virginia  
Cooperative  
Extension**

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



## 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

### MaryBeth Lerch

4-H Extension Agent  
[mblerch@vt.edu](mailto:mblerch@vt.edu)  
703-792-4536

### 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

amazon

smile  
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.



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



Virginia Cooperative Extension 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, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.