



Prince William 4-H

Our Clubs, Our Community



October 19, 2022

Upcoming Events

- Oct 26** - PW 4-H New Member Meeting
- Nov 5** - PW 4-H Farmer's Market
- Nov 8** - Food Challenge Training
- Nov 9** - PW 4-H Association Meeting
- Nov 12** - Cloverbud Club
- Nov 14** - Officer Training & Teen Club
- Dec 1** - Embryology Registration Opens
- Dec 4** - PW 4-H Recognition Night & Holiday Celebration
- Dec 7** - Portfolio Training
- Dec 10** - Clover(bud) Club
- Dec 13** - PW 4-H Teen Club
- Dec 17** - Wreaths Across America

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Meet Your Prince William 4-H Dedicated Staff!



We're off to an exciting year at Prince William 4-H "Headquarters." We've got an enthusiastic staff that's eager to learn, share, and grow by using our Head, Hearts, Hands and Health to serve our county youth. Feel free to reach out and say hi, volunteer, offer suggestions, and join in the fun at Prince William 4-H!

MaryBeth Lerch, Associate Extension Agent, 4-H

MaryBeth Lerch is heading into her 12th 4-H year on staff and is thrilled to be working with this new team of enthusiastic and creative 4-H professionals. After raising three children in the 4-H program, MaryBeth has seen firsthand the benefits of project work in life skill development and joins her children and husband in the honor organization of 4-H All Stars. She credits the love for her job to the amazing youth, volunteers, and community partners we have the privilege to work with each day.

Pam Hardin, 4-H Youth Educator

Pam is super excited to be joining the Prince William County 4-H team. She looks forward to being out and about in the PWCS system and the local community spreading the word about 4-H. In her free time, Pam loves spending time with her family and being active outside. She looks forward to meeting you at a 4-H event soon.

DeeAnn Strand, 4-H Youth Educator

DeeAnn has been a PWC 4-H volunteer for the past two years and recently joined our staff team. Their military family moved to Northern Virginia in 2020 where all 4 Strands are actively involved in Trigger Time 4-H Club. DeeAnn enjoys cheering for her two kids at their sports and 4-H events, the outdoors and kayaking, stained glass making, and spending time with family and friends. Be sure to give her a warm welcome as she is looking forward to getting to know everyone and helping with all the wonderful things 4-H has to offer!

Candi Helmlinger, 4-H Program Specialist, Newsletter

Candi joined our 4-H Team in September 2020 and has been busy compiling the weekly newsletter, updating the website and sharing our events and activities on social media. She has lived in the Northern Virginia area for 25 years and has been actively involved in raising 3 terrific kids, volunteering in school, church, and swim programs, and enjoys visiting National Parks. Be sure to send her your 4-H photos and club updates!

Prince William 4-H New Member Meeting



PLEASE REGISTER!

Date: October 26th

Time: 7:30 pm

Location: McCoy Conference Room (upstairs), Sudley North 4-H Office

Who Should Attend: Anyone who joined 4-H since 2020 and is interested in learning about opportunities beyond project work. The meeting is geared towards parents and leaders, but youth are welcome to attend. [Click here to register.](#)

Click to Visit



Virginia
Cooperative
Extension
Virginia Tech • Virginia State University

Prince William 4-H Important Dates and Reminders



PRINCE WILLIAM 4-H YOUNG ENTREPRENEURS FINAL FARMER'S MARKET

Date: November 5th

Time: 8 am - 1 pm

Location: Manassas Farmers Market

Who Should Attend: All Prince William 4-H'ers! Stop by our final market day of the season and see how much we've grown!



PRINCE WILLIAM 4-H CLOVER(BUD) CLUB

Date: November 12th

Time: 10 am-12 pm

Location: 4-H Children's Barn, PWC Fairgrounds

Who Should Attend: All PWC youth ages 5-8 with an interest in 4-H

[Click here to register.](#)



PRINCE WILLIAM 4-H TEEN CLUB

Date: November 14th, held in conjunction with Officer Training

Time: 6:30 -8:30 pm

Location: McCoart Building

Who Should Attend: All PW 4-H'ers ages 14-19

[Click here to register.](#)



PRINCE WILLIAM 4-H YOUTH OFFICER TRAINING

Date: November 14th

Time: 6:30 - 8:30 pm

Location: McCoart Building, Woodbridge

Who Should Attend: All new 4-H Youth Club Officers and all PW 4-H teens ages 14-19

[Click here to register.](#) (same registration as Teen Club Meeting)

This in-person meeting is an interactive meeting for current youth officers, newly elected youth officers, anyone interested in becoming an officer, or anyone interested in learning about the roles of 4-H youth officers in clubs, county, district and state levels. All PW 4-H Teen Club members should participate.



PLEASE RE-ENROLL IN 4-H ONLINE TODAY!

****ONLY 4-H'ers RE-ENROLLED AS OF NOV. I WILL RECEIVE THE NEWSLETTER!****

We're finding that it's really important to re-enroll as soon as possible. The online membership system helps us keep our records accurate. It's also where we send out all of our information on camps and activities. We use the membership system to send out our weekly newsletters. We don't want to send the same email twice to members, so after November 1st, we will only be able to send the newsletter to members enrolled for the 2022-2023 year.

[Click here for the 4-H Online Re-Enrollment Tip Sheet](#)

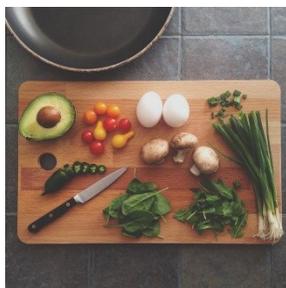
[Click here to access 4-H Online](#)

Prince William 4-H Food Challenge Contest Training

SAVE THE DATE!

Date: November 8th

Location: Zoom. *Link will be emailed upon registration.*



It's time to pull together your teams! Join us on Zoom for an orientation to the county, district, and state 4-H Food Challenge Contests. The meeting will have a quick overview of the opportunities available this year, updates on changes to the rules, and helpful hints and tips on what to expect. All Prince William 4-H'ers interested in participating in the challenges should attend. **Registration coming soon!**



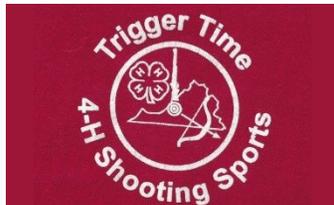
Trigger Time 4-H Shooting Education Club defeats Pueblo West AJROTC

October 4, 2022 - Trigger Time 4-H Shooting Education Club defeated Pueblo West AJROTC 1089.6 to 996.8 in the second week of the National Air Rifle League. Their second win in a row putting them in seventh place overall and first place within their 'Junior Rifle Club' conference. They currently have a 2 - 0 record. Trigger Time 4-H Shooting Education Club was led by, Noah Richter with a 278.1, Samantha Erick with a 272.8, Grace Richter with a 270.6, and Samantha Seagle with a 268.1.



Saint Thomas Academy defeats Trigger Time 4-H Shooting Education Club

October 11, 2022 - Shooting their highest score of the season, Saint Thomas Academy narrowly edged out Trigger Time 4-H Shooting Education Club 1099.3 to 1086.2 in the third week of the National Air Rifle League. Snapping a two game win streak Trigger Time 4-H Shooting Education Club was led by Grace Richter with a 281.4, Samantha Seagle with a 275.7, Noble Richter with a 267.0, and Noah Richter with a 262.1. With a 2 - 1 record Trigger Time 4-H Shooting Education Club is in eleventh place overall and second place in the Junior Rifle Club Conference.



**Trigger Time
Youth Officers
2022-2023**

Congratulations!

Noah Richter, President

Lexi Strand, Vice President

Nora Wallschlaeger, Secretary

Kira Lorentz, Treasurer

Equipment Officers: Ben Stewart, Kira Lorentz, William McPherson, Jubi Richter,
and Jacob White

Colin White, Safety Officer



American Legion Post 290 defeats Trigger Time 4-H Shooting Education Club

October 15, 2022 - Trigger Time 4-H Shooting Education Club participated in the 2023 US Army Junior Air Rifle Championship Sectional Qualifier Match in Stafford Virginia. There were five Northern Virginia teams that participated in this match. At the end of the day Stafford's own American Legion Post 290 edged out Trigger Time by two points. Trigger time finished with a score of 1986 with 33 bulls eyes. Great job team!

Press Releases Submitted by Trigger Time 4-H Shooting Education Club

For more information on the league, including complete standings, visit <https://www.national-leagues.com/>

[Click here for Trigger Time 4-H Shooting Education Club Team Page](#)



Trigger Time 4-H Shooting Education Club is Prince William 4-H's longest running club. Started in 1993, Trigger Time uses shooting as a vehicle to teach youth ages 9 to 19 life skills such as responsibility, self discipline, and teamwork. Firearm Safety and marksmanship are also taught using the disciplines of archery, muzzleloading, pistol, rifle, and shotgun.

The focus of all 4-H programs is the development of youth as individuals and as responsible and productive citizens. The activities of the program and the support of caring adult leaders provide young people with opportunities to develop life skills, self-worth, and conservation ethics.

Interested in learning more about Trigger Time 4-H Shooting Education Club? Contact Alan Lerch at trigger_time@verizon.net.



 **PRINCE WILLIAM 4-H**



FINAL

FARMER'S MARKET

November 5th

ENJOY THE FAMILY-FRIENDLY ACTIVITIES

AT THE MANASSAS FARMERS MARKET

8 AM - 1 PM



FEATURING PWC 4-HERS NISANUR, JAMES, JARED, HANNAH, KOA, AISLING, XANTHIE, KATIE, DIALLO, AND JOHN DAVID!

FOR MORE INFORMATION ABOUT PRINCE WILLIAM 4-H:

Come Grow with Us!

www.PWCVA.gov/4-H



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**Civic
Engagement**

Prince William 4-H Cloverbuds are youth ages 5 to 8 that are interested in learning more about 4-H.

Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in subject areas such as civic engagement, STEM, healthy living and agriculture. All 4-H projects are research and curriculum-based. We lay the foundation of knowledge to help develop our

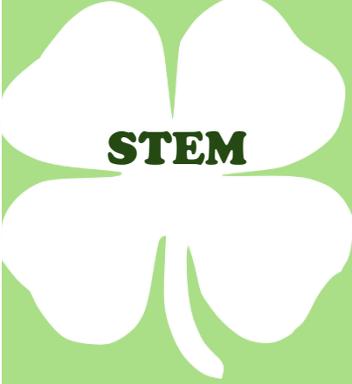
future community leaders!

What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. 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 and fun! Through clubs throughout Prince William County, our youth conduct youth-led meetings to complete projects, community service projects, and participate in local and state government events.

Come Grow with Us!

Attend our next **Clover Club!** You can also learn more at www.pwcgov.org/4-H.



STEM



**Healthy
Living**



Agriculture

PWC 4-H
4HPWC@pwcgov.org
(703) 792-4536



4-H
GROWS HERE



A 4-H Club for Youth Ages 5-8

(parent or guardian must be present)

FREE!
**4-H Children's Barn
PWC Fairgrounds**

10624 Dumfries Rd.
Manassas, VA 20112

**2 HOURS OF 4-H
FUN!**

**Saturdays
10 am - 12 pm**

next meeting dates:
**November 12
December 10**

[Click here to register.](#)



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VT Block and Bridle Club Horse Judging Clinic



Date: Sunday, November 13th

Location: Alphin-Stuart Arena, Virginia Tech.

Cost: \$10 (includes lunch)

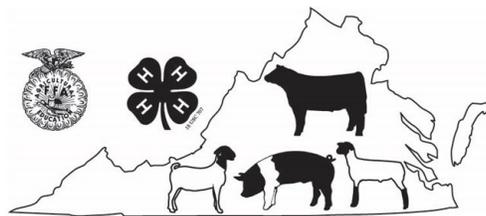
Register by November 6th.

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

The Virginia Tech Block and Bridle Club is hosting a Horse Judging Clinic for 4-H and FFA youth. Participants will work in groups with similar experience levels as they learn to evaluate balance, quality, breed type, movement, and other aspects of horse judging. Practice judging classes and training/practice in preparing and delivering oral reasons will take place after lunch.

Block and Bridle Horse, Livestock, and State Meats Evaluation Contests

VIRGINIA YOUTH LIVESTOCK PROGRAMS



"Don't limit your challenges. Challenge your limits" Jerry Doss

The Youth Animal Science Google Calendar is available online. Be sure to save the dates into your calendars! Here are some key events:

B & B Hippology and Horse Judging Weekend

Dates: Friday, February 10th (Hippology) and Saturday, February 11th (Horse Judging)

Location: Alphin-Stuart Arena, Virginia Tech

B & B Stockman's and Livestock Judging Weekend

Dates: Friday, February 24th (Stockman's) and Saturday, February 25th (Livestock Judging)

Location: Alphin-Stuart Arena, Virginia Tech

State 4-H and FFA Meats Evaluation Contest

Date: Saturday, March 4th

Location: Litton Reaves Hall and the Food Science and Technology Building, Virginia Tech

Updated rules and entry systems will be available early December.

[Click here to access the full calendar.](#)



SAVE THE DATE!

Virginia 4-H 2023 State Congress
June 27 -30, 2023
Blacksburg, VA

National 4-H Allergen-Free Baking for Kids

Just about everyone loves delicious baked goods, but some people are allergic to the standard gluten-based flour used in most recipes. These simple alternatives from Kristin Osika, the 2021 4-H Youth-in-Action Winner, leave out the gluten but pack all of the scrumptious taste.

Curriculum for Grades 6-12

EASY COFFEE CAKE

Estimated Time: 15 minutes

[Click here for recipe.](#)

Treat yourself to a perfectly portioned serving of coffee cake, and pair it with your breakfast or enjoy it as a sweet treat after dinner. This sensational cinnamon dessert is baked in a microwave and designed to be single-serve, but that doesn't mean you can't double the recipe and bake a second for someone else in your family.



COOKIES-AND-CREAM BROOKIE

Estimated Time: 15 minutes

[Click here for recipe.](#)

Good luck keeping this single-serve treat to yourself. Made with gluten-free Oreos, cookie dough, and delightfully fudgy brownie, you might find that this simple recipe completely alters your nightly dessert experience. This layered recipe marries everything you love in both a brownie and a cookie. While the cookie dough layer stays perfectly doughy, the brownie is baked to fudgy perfection.



CHOCOLATE STRAWBERRY LAVA CAKE

Estimated Time: 15 minutes

[Click here for recipe.](#)

There's no better way to use fresh strawberries than by incorporating them into a chocolate strawberry lava cake! With its rich, chocolate base and bursts of strawberry flavor, this gluten-free dessert boasts an oozing chocolate center that melts in your mouth, and pairs perfectly with chocolate-covered strawberries.



National 4-H "Clover" for Educators and Club Leaders

CLOVER by 4H. Helping All Youth Find Their Spark



CLOVER by 4-H creates opportunities for all youth with a curriculum from over 100 Universities, interactive hands-on learning activities, and the supportive 4-H community – available anytime, anywhere – helping young people discover their passions and build the life skills to thrive.



CLOVER by 4-H will launch in early 2023. [Click here to sign up to receive updates.](#)

Click here for more information on [National 4-H.](#)



Webinar Series for Ag Educators

Webinar Dates: October 17th – 21st

Time: 1pm - 2 pm

[Click here for more information and to register.](#) Register once to sign up for all 5 webinars.

[AgriSafe Network](#) is offering 5 free webinars for **Invest in Your Health Week: Tools for Ag Educators**. This week-long event is designed for adults who work in educational and supervisory roles with youth. Each day we will present one of our train-the-trainer curriculums, where a content expert will share information and tools you can use with your students or young employees. After each session, you will receive a training video, an instructor guidebook, student activities, and evaluation tools. (Note: you must participate in the session to receive the materials.)

Here are the daily webinar topics:

- **Monday:** Say What? Protecting Your Hearing
- **Tuesday:** Cultivating a Healthy Mind – Mental Wellness for Youth
- **Wednesday:** Stop Zoonosis in its Tracks – Prevention of Zoonosis
- **Thursday:** Where Y'at – Using Mapping to Define Hazards in Agriculture
- **Friday:** Cover Up! Head to Toe Personal Protective Equipment

Hot Topics in the Southeast - Webinar Series



All webinars will be held at 12:00 to 1 PM EST

Registration is FREE!!

Webinars will be recorded and available early 2023.

October 5 - New updates on over the counter antibiotics?

Dr. Lew Strickland - Dept. of Animal Science - Univ. of Tennessee

Register at: go.ncsu.edu/otcdrugs

October 19 - Safeguarding the Future of Animal AG

Casey Kinler - Director Membership and Marketing - Animal Agriculture Alliance

Register at: go.ncsu.edu/animalag

November 9 - The Asian Longhorn Tick

Dr. John Currin - VA-MD College of Veterinary Medicine - Virginia Tech

Register at: go.ncsu.edu/alt

December 14 - Cow size and Efficiency

Dr. Ryon Walker - McGregor Research Center - Texas A&M Agrilife Research

Register at: go.ncsu.edu/cowsize

Questions? Please contact:

Dr. Ashley Edwards, Louisiana State University (AKEdwards@agcenter.lsu.edu)

Dr. Deidre Harmon, North Carolina State University (ddharmon@ncsu.edu)

Dr. Katie Mason, University of Tennessee (kmason21@utk.edu)

Dr. Vitor Mercadante, Virginia Tech (vrgm@vt.edu)

[Click here to learn more about ASAS.](#)





Season 2 *A Taste of Farming*

October 2022–March 2023

Are you aspiring to farm or just starting out with farming? If so, this “learn as you go” online series is for you! It is designed to help you get a taste of different farming practices and concepts so you can explore your interests, gain a basic understanding of different farming topics, avoid common pitfalls, and get to know the Extension professionals in Virginia here to assist you.

Season 2 runs from October 2022 to March 2023. Each month, we will release two new Taste of Farming videos for you to watch! A few weeks after a moderated Q & A session will be held with the presenters where you can hear more from them and have your questions answered. Our schedule is listed below and videos and registration links are available on our website:

vabeginningfarmer.alce.vt.edu/TasteofFarming.html

Please reach out to Sarah Sharpe at seweaver@vt.edu or Katie Trozzo ketrozzo@vt.edu if you have questions.

NOVEMBER Q& A SESSION: NOV 10 FROM 7-8PM ET

- Nicole Shuman, Goochland County VCE Ag Agent on "How to Interpret a Soils Test"
- Mike Parrish, Dinwiddie County VCE Ag Agent on "Information for New Pesticide Applicators"

DECEMBER Q& A SESSION: DEC 8 FROM 7-8PM ET

- Erin Small, Prince Edward VCE Ag Agent on "Floriculture"
- Beth Sastre, Loudoun VCE Ag Agent, on "Vineyard Establishment"

JANUARY Q& A SESSION: DATE TBD

- Kevin Spurlin, Grayson County VCE Ag Agent, and Ashley Edwards, Carroll County VCE Ag Agent on "Christmas Tree Farming"
- Speaker TBD on "Tree Fruit Production"

FEBRUARY Q& A SESSION: FEB 23 FROM 7-8PM ET

- Mandy Fletcher, VSU Small Farm Outreach Program Assistant SW VA Region on "Sheep and Goat Production"
- Sarah Sharpe, Greene VCE Ag Agent, on "Direct Marketing Meat"

MARCH Q& A SESSION: DATE TBD

- Tracy Porter, VSU Small Farm Outreach Program Assistant, Northern Neck, Middle Peninsula, Eastern Shore Region on "Poultry Production"
- Jeremy Daubert, Rockingham County VCE Ag Agent, and Cynthia Martel, Franklin County VCE Agent on "Starting a Small Dairy (Cows and Goats)"

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Katie Trozzo at 540-231-4582 during business hours of 9 a.m. and 5 p.m. to discuss accommodations at least 5 days prior to the event.

VIRGINIA
Beginning Farmer & Rancher
COALITION PROGRAM

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PRINCE WILLIAM 4-H
MAKING THE BEST BETTER

Become a 4-H Club Leader

Want to make a positive, lasting change in our community?

We invite you to become a 4-H Club Leader and help us provide safe, enriching programs where young people can explore a universe of interests, make new friends, develop leadership skills and gain life skills. 4-H clubs belong to the families within our community and focus on curriculum-based programs in the areas of citizenship, health living, STEM and agriculture. We "learn-by-doing." Our volunteers bring their unique knowledge, experiences, and skills to the 4-H program. You don't need to be an expert. You do need to be enthusiastic about learning and have a desire to work with youth.



We Provide the Content

- New Leader Training
- On-going Support and Training
- Annual Leader Kick-Off Meetings
- Volunteer Manuals
- Curriculum-Based Project Resources
- Networking with 4-H Club Leaders
- Special Activities and Camps at the county, district, state and national levels



You Provide YOU

- Tap into your unique talents and perspectives
- Share your knowledge and interests
- Engage youth as a mentor, advisor, teacher, role model, and more
- Create a community club or specialized club for project work
- Participate in community service



We Grow Together

- Guide youth in hands-on learning experiences that build skills and confidence
- Accomplish more with 4-H resources
- Meet new people and network
- Work with youth on key, relevant issues
- Build strong families and communities in our area
- Discover something new about yourself and others
- Have fun while you share your talents, skills and knowledge
- Increase your interpersonal, parenting and professional skills
- Be a positive, committed adult role model that is truly making a difference

4-H GROWS HERE

What are you waiting for? Prince William youth need YOU to help THEM find their own special talents, build confidence and gain life skills. Volunteering in 4-H doesn't depend on the amount of knowledge you have about a project. It relies on your willingness to help youth learn.

For more information, contact



MaryBeth Lerch
Prince William 4-H Extension Agent
4HPWC@pwcgov.org

CHECK OUT OUR NEWSLETTER!

www.pwcva.gov/4-H



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www.ext.vt.edu



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Be a leader in your **COMMUNITY** by joining a **4-H CLUB**

4-H is a community of young people ages 5-19 across America who are learning leadership, citizenship and life skills, while pledging their heads, hearts, hands, and health to better living for their club, community, country and world. **WE LEARN BY DOING!** Using research-based curriculum resources, we participate in community service projects, contests, skills-based projects, and so much more. Our motto is ***"To Make the Best Better."***

CITIZENSHIP  HEALTHY LIVING  STEM  AGRICULTURE



4-H IS FOR EVERYONE!

Invite your friends to join 4-H:

Step 1: Tell YOUR 4-H Story

Step 2: Encourage your friends to contact your club leader and attend a meeting

Step 3: Lead by example! Encourage new members to actively participate in projects, activities, community service, camps and more. Inspire them to pursue their interests, just like you, and cheer for their success as they write their very own 4-H Story!

Prince William 4-H

MaryBeth Lerch, 4-H Extension Agent
8033 Ashton Ave.
Manassas, VA 20109
(703) 792-6286
4HPWC@pwcva.gov



www.pwcva.gov/4-H



**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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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

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[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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