



Prince William 4-H

Our Clubs, Our Community



January 18, 2023

Upcoming Events

- Jan 18 - 4-H Day at the State Capitol
- Jan 20 - Camp Counselor Applications Due
- Jan 26 - PW 4-H Contest Training
- Jan 31 - Embryology Registration Ends
- Feb 11 - Clover(bud) Club
- Feb 15 - PW 4-H Teen Club - Healthy Living
- Feb 18 - PW 4-H Contest Day
- Feb 25-26 - TALT Weekend
- Feb 27-28 - Embryology Project Egg Pickup
- Mar 11 - Cloverbud Club
- Mar 18 - PW 4-H Food Challenge
- Mar 21 - PW 4-H Association Meeting
- Mar 24/30 - Chick Drop-off

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Click to Visit



Our Youth Have Powerful Voices!



Last Thursday, our Prince William 4-H teens met to explore citizenship and prepare for Virginia 4-H Day at the Capitol. We started with an exciting game of *Heads-Up*, giving clues to various historical figures and government terms. Then we discussed citizenship, how to become a citizen, and we even tested ourselves using the 100 questions on the US Citizenship & Immigration Services naturalization sample questions ([click here and see how you would do!](#)) We had a lot of dialog on selective service and why Virginia is a commonwealth.

We also went into detail on what is a bill, how to write a bill, watched "I'm Just a Bill" video, and learned about Virginia 4-H youth Harper Miller and her successful journey to pass a bill in favor of excused absences for Virginia 4-H activities. Our 4-H'ers had great ideas on bills they would like to see passed and questions for our legislators.

Finally, 4-H'ers worked on their 4-H Story, shared their speeches, practiced eye contact and handshaking, and worked on presentation skills. We can't wait to use our skills on January 18th talking to our delegates and senators! See pictures of the fun on [Page 2!](#)

One Group's Ideas

- What is your position on more funding for public schools?
- Don't ban TikTok!
- What is your opinion on selective service?
- What is your position on workers having to use all of their vacation hours each year.

Prince William 4-H Association Welcomes Youth Board



The Prince William 4-H Association is proud to announce our new Youth Board for 2022-2023. These dedicated leaders will be serving as ambassadors to the Prince William 4-H Clubs to promote the value of 4-H, opportunities within 4-H, and the importance of volunteering and supporting the Association. Thank you for volunteering!

- Samantha Whysong - President
- Sam Seagle - Vice President
- Samantha Erick - Treasurer
- Lexi Strand - Secretary



The Association has a vacant Secretary (adult) position that needs to be filled, as well as volunteers to help on the Fund Raising and Recognition committees. Please get involved! The Prince William 4-H Association provides critical leadership support to our greater Prince William county 4-H program. Contact [MaryBeth Lerch](#) to learn more about the volunteer opportunities.

At the meeting last night, members also reviewed the financials, discussed ways to host a silent auction for fundraising and community awareness, talked about how to bring more participation to Recognition Night, and proposed a county-wide spring picnic to bring our 4-H community together.

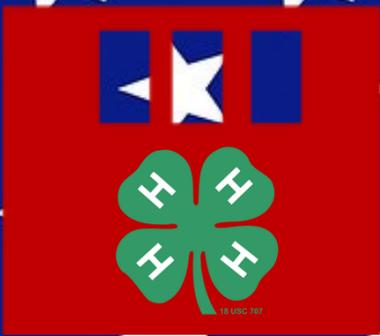
Please join us for the next Prince William 4-H Association Meeting on March 21st at 6pm.

We look forward to seeing you there!



Citizenship Night

PRINCE WILLIAM 4-H TEEN CLUB





The Prince William 4-H Cloverbuds spent their Saturday morning touring the 4-H Office and discovering typical office equipment and supplies. They completed a fun activity discovering careers and drew pictures and presented what they want to be when they grow up.

the office

Prince William 4-H



Prince William 4-H

Virginia 4-H

4-H Entrepreneurship

- 4/17 Workshop
- 4/24 Workshop
- 5/1 Workshop
- 5/8 Workshop
- 5/15 Workshop
- 5/22 Workshop
- 5/29 Workshop
- 6/5 Workshop
- 6/12 Workshop
- 6/19 Workshop
- 6/26 Workshop
- 7/3 Workshop
- 7/10 Workshop
- 7/17 Workshop
- 7/24 Workshop
- 7/31 Workshop
- 8/7 Workshop
- 8/14 Workshop
- 8/21 Workshop
- 8/28 Workshop
- 9/4 Workshop
- 9/11 Workshop
- 9/18 Workshop
- 9/25 Workshop
- 10/2 Workshop
- 10/9 Workshop
- 10/16 Workshop
- 10/23 Workshop
- 10/30 Workshop
- 11/6 Workshop
- 11/13 Workshop
- 11/20 Workshop
- 11/27 Workshop
- 12/4 Workshop
- 12/11 Workshop
- 12/18 Workshop
- 12/25 Workshop

Market Schedule

- 4/18 Market
- 4/25 Market
- 5/2 Market
- 5/9 Market
- 5/16 Market
- 5/23 Market
- 5/30 Market
- 6/6 Market
- 6/13 Market
- 6/20 Market
- 6/27 Market
- 7/4 Market
- 7/11 Market
- 7/18 Market
- 7/25 Market
- 8/1 Market
- 8/8 Market
- 8/15 Market
- 8/22 Market
- 8/29 Market
- 9/5 Market
- 9/12 Market
- 9/19 Market
- 9/26 Market
- 10/3 Market
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- 11/21 Market
- 11/28 Market
- 12/5 Market
- 12/12 Market
- 12/19 Market
- 12/26 Market

Prince William 4-H Important Dates for Your Calendars



DUE FRIDAY!

JAN 20: CAMP COUNSELOR APPLICATIONS DUE

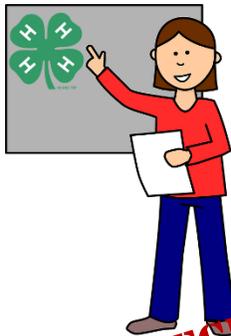
[Click here to apply.](#)

Prince William 4-H Teens ages 14 and up are encouraged to apply for a camp counselor position for Prince William/Stafford 4-H Junior Camp summer of 2023! Before applying, please consider carefully why you want to be considered for this role. If you are selected, you will be expected to work hard and demonstrate mature and responsible behavior throughout the entire week of camp. You must be willing to set a good example with your actions and attitude. You will not have a lot of free time to only socialize with your friends, but you will have plenty of time to get to know your campers and mentor and lead them. You can expect to learn a great deal about yourself and others and acquire skills that will serve you for a lifetime. You will also be expected to have some fun!

Applications are due by January 20th. Teens selected as counselors are expected to attend monthly leadership sessions in addition to camp training in July. All dates will be announced upon final staff selections.

- **Teen Counselor:** must turn 14 by Jan 1, 2023, and have previously attended camp as a CIT
- **Counselor-in-Training:** must as least turn 14 by July 31, 2023

Prince William 4-H Junior Camp is July 23-27 at the Northern Virginia 4-H Education Center, Front Royal, VA.



PLEASE REGISTER!

JAN 26: PRINCE WILLIAM 4-H PRESENTATION & CONTEST TRAINING

Date: January 26th, 6:30 pm

Location: Prince William 4-H, McCoy Conference Room, 8033 Ashton Ave., Manassas

Who Should Attend: All Prince William 4-H'ers (including Cloverbuds!)

[Click here to register.](#)

Be the expert! Giving a 4-H presentation is a good way to share with others, learn new things, and have fun. By doing presentations, you will increase your self-confidence and ability to speak in front of a group. 4-H presentations can help you to plan, research, organize thoughts, create visuals, teach, develop confidence, and practice communication skills.

Check out these resources:

[Click here for the Virginia 4-H Presentation Guide](#)

- [Virginia 4-H Presentation Scoring Sheet](#)
- [Virginia 4-H Information for Scoring Share the Fun Acts](#)
- **4-H Extemporaneous Practice Questions:** Extemporaneous Speaking challenges contestants to think quickly and prepare a speech on an assigned topic with little preparation. Participants will draw three possible topics, choose one, prepare for 15-30 minutes, and then deliver a 2-5 minute speech response. [Click here to check out these practice questions](#) and challenge your extemporaneous speaking skills!
- [Resources for Virginia 4-H Competitions](#) (guides, score sheets, and more)



SAVE THE DATE - FEB 18: PRINCE WILLIAM 4-H CONTEST DAY

Start preparing today! Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions. Registration coming soon! Categories include: Presentations • Extemporaneous • Table Setting • Drama • Public Speech • Dramatic Reading • Vocal, Instrumental or Combo • Fashion Revue



SAVE THE DATE - MAR 18: PRINCE WILLIAM 4-H FOOD CHALLENGE

Nutrition...Cooking Skills...Teamwork...Public Speaking...Safety...Careers...Fun!

This challenge is an exciting opportunity for youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. Teams will work to create a dish using only a predetermined set of ingredients within 40 minutes. Challenge your culinary skills at the Prince William 4-H Food Challenge! [Click here for the updated 2022-23 Virginia 4-H Food Challenge Rules](#) and the [Texas 4-H Food Challenge Rules](#) and start practicing today!

Saturday, February 18th, 2023

McCoart Building, Woodbridge

Time TBD

PRINCE WILLIAM 4-H

Showcase your
talents!



CONTEST DAY

SAVE THE DATE

START PREPARING TODAY! Prince William 4-H Contest Day is an exciting event where 4-H'ers have an opportunity to teach, entertain, and tell others about a topic that they have explored. 4-H Contest Day helps youth gain confidence in public speaking, develop research and writing skills, learn computer skills, and improve communication skills. Participants are judged according to a rubric to help individual members improve their skills and move on to the district and state competitions.

Registration coming soon!

Presentations ★ Extemporaneous ★ Table Setting ★ Drama ★ Public Speech ★ Dramatic Reading ★ Vocal, Instrumental or Combo ★ Fashion Revue

[Virginia 4-H Presentation Guide](#)

[Virginia 4-H Presentation Scoring Sheet](#)

[Virginia 4-H Information for Scoring Share the Fun Acts](#)

[Resources for Virginia 4-H Competitions](#)



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its 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, military status, or any other basis protected by law.

4-H 
GROWS HERE



PRINCE WILLIAM 4-H

Embryology Project



The "**Beginning of Life**" 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. These educational materials address Standards of Learning (SOLs) for math, science, English, life science, and computer technology. 4-H will provide fertilized eggs, guide you through training, support you during the hatch, and then collect the chicks to be sent to a local farm.

[Click here to register your 4-H Club or PWCS, Manassas City, or Manassas Park school class.](#)



IMPORTANT DATES

Embryology Registration
Dec 1st - **Jan 31st**

In-Person Leader Training
TBD

Incubator Pickup (*if rented from 4-H*)
PW4-H, 8033 Ashton Ave, #105
Feb 21 or Feb 22, 1-4pm

Egg Pickup
PW4-H, 8033 Ashton Ave, #105
Feb 27 3-6 pm
Feb 28 9 am-12 pm

Hatch Days: March 19th- 21st!

Chick Drop Off
PWC Fairgrounds
Mar 24 2 pm - 6 pm
Mar 30 12 - 3 pm

CONTACT INFORMATION

DeeAnn Strand
4-H Youth Educator
dstrand@pwcva.gov
703-792-4762
www.pwcva.gov/4-H



[Prince William 4-H Embryology Project](#)
[Prince William 4-H](#)



Virginia 4-H Horse Program Updates



INTRO TO EQUISMARTZ (NE District and Surrounding Areas)

Date: January 28th, 9:30 am - 4 PM

Location: Hanover Extension Office, Ashland, VA

Cost: \$10/person at the door. Pizza lunch provided.

[Click here to register by Jan. 23](#)

Learn horse judging, practice hippology, experience Horse Bowl, leader orientation...plan for Equismartz 2023!

REMINDER:

Members wishing to show at the State 4-H Championship in September must be enrolled by Feb. 1st!

SAVE THE DATE! EQUISMARTZ 2023

Dates: March 31st – April 2nd

Location: Lexington, VA

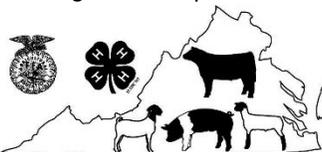
Entry deadline: March 15th

[Click here for more information.](#)

EquiSmartz is the 4-H qualifying event for regional and national contests. Please review the rules on the information page.

RESOURCES

- [The Horse, 3rd edition, by Evans, et al.](#), has been adopted as a new Senior reference. This book has several purchase options including an e-book rental option and a read aloud source.
- [Equine Science by Griffiths](#) will no longer be a Senior reference but will continue to be used as a Junior reference. It also has a digital rental option.



2023 VT BLOCK AND BRIDLE SPRING HORSE AND LIVESTOCK CONTESTS

Horse Contests

[Click here for the Horse Contests Entry System](#)

- B&B Hippology Contests, Friday, Feb 10th, **Entry Deadline: Jan 31st**
- B&B Horse Judging Contests, Saturday, Feb 11th, **Entry Deadline: Jan 31st**

Livestock Contests:

[Click here for the Livestock Contests Entry System](#)

- B&B Stockman's Contests, Friday, Feb 24th, **Entry Deadline: Feb 10th**
- B&B Livestock Judging Contests, Saturday, Feb 25th, **Entry Deadline: Feb 10th**
- State 4-H/FFA Meats Evaluation Contests, Saturday, Mar 4th, **Entry Deadline: Feb 10th**

[Click here for the 2022-2023 4-H Horse Program Calendar of Events.](#)

Virginia 4-H Shooting Sports Updates



- **SUMMARY OF RULE CHANGES FOR 2023** is now available from the VA 4-H Shooting Education Council. [Please click here to review changes.](#)
- **SPRING AIR** will be held on March 18-19. Registration information coming soon.
- **7-YEAR RECERTIFICATION FOR INSTRUCTORS** is February 25th. The deadline for registration is February 6th. Please contact Lynn Wheless, VA 4-H State Shooting Education Coordinator, (757) 778-1078 or lynnwheless1@vt.edu for registration information.
- **VIRGINIA 4-H SHOOTING EDUCATION CAMP** has moved to **July 30th through August 3rd**. This is a unique camp open to boys and girls ages 12 to 16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen discipline and consisting of such topics as Shooting Safety Education, Shooting Fundamentals and Theory, and Marksmanship Instruction, and each will have the opportunity to participate in one or more competitive shoots. All instructors are certified through 4-H, VDWR, NRA, NAA and other National Organizations. Limited registration is still available. [Click here for more information.](#)



National 4-H Council Presents *Ignite by 4-H*

Dates: March 9th - 12th

Location: Washington, DC

[Click here for more information and registration.](#) **Registration closes February 10th.**

Spark your imagination and passion! Ignite by 4-H is an inclusive high-school-aged teen event held in Washington, DC, for four days of inspiring and engaging speakers, workshop sessions, entertainment and creating amazing connections. Explore the best 4-H offers in STEM, Agriscience, Healthy Living and Emotional Well-Being. Discover exciting career paths and create an actionable plan to help make real change in your community. It's an experience you won't want to miss.

Virginia 4-H scholarships to attend may be available for those with an interest in STEM or Computer Science and meet certain outreach objectives. Please email [MaryBeth Lerch](#) for more information.

IGNITE BY 4-H VIRTUAL INFORMATION SESSION

Learn about this year's premier 4-H event for youth, Ignite by 4-H. Register today to attend this virtual information session on January 25th from 12:30 to 1:30 PM ET. Learn about the new event format and get all your questions answered. [Click here to register.](#)

How Can We Help? with VCE Director Dr. Michael Gutter

Date: Wednesday, January 25th

Time: 2-3 pm

[Click here to register and receive online meeting link.](#)

Dr. Mike Gutter joined Virginia Cooperative Extension on Nov. 1 as the new director and associate dean of the College of Agriculture and Life Sciences. With the understanding that Virginia Cooperative Extension (VCE) brings science-backed information to everyone they can reach within the commonwealth, Dr. Gutter wants VCE to continue to ask "How can we help?"

Join us on Jan. 25 to hear Dr. Gutter discuss his vision for Virginia Cooperative Extension to become the go-to partner for community-engaged work, technology transfer, workforce development, rural community social issues and much more.

A Zoom link will be provided upon registration for the event. This event is brought to you by Virginia Cooperative Extension.

VCE Virginia Snake Identification Overview & Discussion

Date: Saturday, January 21st

Time: 10 am - noon

Location: Old Manassas Courthouse, 9248 Lee Ave., Manassas

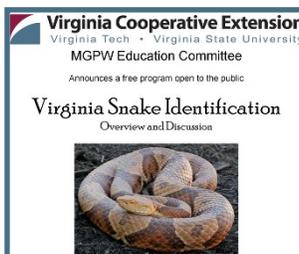
[Click here to register.](#)

Prince William County Master Gardener Association Education Committee is sponsoring Bill Crisp, Wildlife Control Operator (Virginia), Snake Intervention & Education, a free in-person program, open to all. Bill will show us how to accurately identify local snake species, review best practices on how you can limit snakes from coming onto your property and/or into your house, and talk about the venomous snakes of Virginia.

VASWCD 2023 Photo Contest - ends August 1st

Theme: "Conservation: Small Actions, Big Impacts"

The VASWCD is committed to the conservation of natural resources through stewardship and education programs and we want to see it through your eyes. Capture those vibrant moments and express what conservation looks like through your lens! You can submit up to 10 photos. All photographs must be taken within the Commonwealth of Virginia. [Click here for more information, contest rules, prior winning photos, and to submit your photos.](#)



4-H Digital Ag Workshop Series - FREE!

[Click here to apply.](#)

Applications due Wednesday, January 25th.

A free educational series from our friends at Illinois Extension! In collaboration with the University of Illinois Center for Digital Agriculture, the Department of Animal Sciences, and the Department of Crop Sciences, Illinois 4-H will be hosting virtual learning sessions focused on Digital Ag for High School students.

Topics & Activities Include:

- Introduction to Digital Agriculture Concepts
- Fundamentals of Programming I & II
- Introduction to Machine Learning
- Fundamentals of App Development
- Introduction to Design Thinking
- Guest Lectures from Crop Science, Animal Science, and Engineering Faculty

Sessions will take place via Zoom after school from January - July 2023.

Sessions will be led and facilitated by students and faculty from the University of Illinois at Urbana Champaign. High School participants will be eligible to attend the 2023 Digital Agriculture Summer Training Course at the UIUC campus in late July - early August 2023.

INTRODUCING
**U OF I
DIGITAL AG
WORKSHOP
SERIES**

Supported by:
U of I Center for Digital Agriculture
Dept. of Crop Sciences
Dept. of Animal Sciences
Illinois 4-H

**Aferschool Zoom Sessions
Open to High-School Students
January - July, 2023**

Monthly Sessions on:

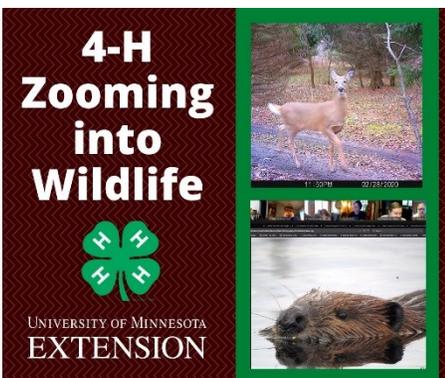
- Machine Learning
- Block-based coding
- Python (Beg. & Adv)
- Digital Image Processing
- Precision Ag
- App Development

REGISTER BY JAN. 25
at
<https://go.illinois.edu/4HDigAgWorkshops>



**Illinois
Extension**

2023 4-H Zooming Into Wildlife Sessions



Dates: Select Mondays & Tuesdays from Feb 13th - Mar 21st (see link for specific dates and times)

Location: Sessions will be recorded and recordings will be sent to all registered participants. Consider registering even if you know you can't attend one or more sessions. [Click here for more information and to register.](#)

Trail cameras are a great way to explore wildlife habits and learn about the environment outdoors. This unique series will give youth the opportunity to use a trail camera while meeting weekly over Zoom to share their

captured footage and hear from guest speakers. This program is open to all 4-H members in Minnesota 4-H with an "active" enrollment status, as well as 4-H members from other states. The Zooming In on Wildlife 2023 series is geared towards youth in grades 4 and up, but younger 4-H members can participate with parental guidance.

A trail camera is not a requirement to participate. Youth can register to just participate in the Zoom sessions to hear from the speakers. If you already have a trail camera or just want to participate in the Zoom sessions without a trail camera, there is no cost. If you wish to purchase a trail camera, the cost is \$45.00.

CHECK OUT MORE 4-H RESOURCES TO STUDY WILDLIFE

- [Virginia 4-H Wildlife Habitat Education Program](#)
- [National 4-H Wildlife Science Curriculum Collection](#)
- [California 4-H Wildlife Project](#)
- [Kansas 4-H Wildlife Project Ideas & Resources](#)
- [Purdue 4-H Wildlife Project](#)
- [Minnesota 4-H Wildlife Biology & Management Project](#)



Buzzy BODY & BITES for Teens

Buzzy



Setting Realistic and Attainable Resolutions for the New Year

Written by: Meghan McGee, 2022-23 Healthy Living Ambassador

Have you ever made a New Year's resolution, done it successfully for a week or two, and then quit? If so, don't feel guilty. Studies show that approximately 80 percent of New Year's resolutions get abandoned by February. The big issue people have, when making resolutions, is their goals are not attainable. For example; say one of your resolutions is to lose weight and get in shape. An unrealistic way to address that resolution is to go from a sedentary lifestyle to working out every day for two hours. The key to setting attainable goals is to make a few small changes at a time. Instead of starting with two-hour workouts every day, you can dance to your favorite music, go for a walk, jump rope, or try yoga for 10 minutes each day. After two weeks of doing shorter intervals of a chosen activity, increase your exercise time, and/or up the intensity of your workout.

Also, just because people on social media claim to have lost lots of weight quickly, or achieved rock hard abs in two weeks, doesn't mean you can, or should, do these things. Keep in mind that a lot of these people generally have more resources than the average person, and often seek unconventional, and/or unhealthy methods to achieve their goals. Have patience and kindness with yourself when you make these resolutions; try not to let social media warp your view of reality. Happy New Year!

BITES



Healthy Charcuterie Board

Written by: Alice Milton,
2022-23 Healthy Living Ambassador

Charcuterie boards have skyrocketed in popularity. Whether it is filled with sweet treats or savory goodies, the possibilities for a charcuterie board are endless! The board pictured to the right is a healthy and diet-inclusive take on the trend. Here are some examples to lead you in creating a charcuterie board that is pleasing to the eye and nourishing to the body! First, start off with some fruits! My board features kiwis, blueberries, and raspberries! Next, get some veggies on your board;



such as celery and sliced red pepper. If you don't particularly enjoy the taste of veggies alone, dip them in a protein-based spread like peanut butter! Dairy can be a little tricky with allergies, so do not be afraid to substitute or try something new! This board features a small wheel of mozzarella and vegan feta cheese. To include fiber on your board, add some crackers or toasted whole-grain bread. If you are gluten-free, try an alternative such as rice thins. Your bread can be somewhat boring without a spread, so I encourage you to try a new jelly or jam; such as red pepper jelly, which paired very well with the rice thins!

Find more recipes at
eatsmartmovemore.org

Exercise Your Mind



Making a Vision Board

Written by: Alice Milton, 2022-23 Healthy Living Ambassador

A vision board is a collage of images and words representing a person's wishes or goals. This board is intended to serve as inspiration or motivation. Making one of these collages is a great way to mentally prepare us for the new year. To make a vision board start by setting goals. This could include a better exercise routine, a healthy diet, doing better in school, etc. After you have your goals in place, find inspiration for how you would like your board to look. Remember, this is a representation of you and your goals, so make it just as unique as you are! After you complete your search for inspiration, map out your board with pictures or quotes to motivate you throughout 2023! After all of this is complete, let the vision board do its job for you! Use it as a reference throughout the year and stay on top of your goals!

BODY

Ways To Move More During The Winter Months

Written by: Becca Lantz,
2022-23 Healthy Living Ambassador

- ✧ Bundle up and take a nature walk—enjoy winter's beauty. If the cold isn't for you, be sure to take advantage of any warm days that come your way.
- ✧ If you're stuck inside, get moving by walking around while on the phone, cleaning up your living space, doing a workout with items around the house, or standing up while reading a book.
- ✧ Try an at-home exercise video. Visit: <https://eatsmartmovemore.org/more/exercise-videos/>.

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

www.facebook.com/VaFNP

Editors: Tonya Price, PhD; Rebecca Wilder, MEd; Helen Leslie

Peer Reviewers: Trinity Pamplin; Seriyah Nickens; Alice Milton; Becca Lantz; Meghan McGee; Lidija Westfall, Ellie James, Eleni Kasianides; Gloria Jamerson

PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



Your Dedicated PWC 4-H Staff

MaryBeth Lerch

Associate Extension Agent, 4-H
mblersch@vt.edu
703-792-4536

Pam Hardin

4-H Youth Educator
phardin@pwcva.gov

DeeAnn Strand

4-H Youth Educator
dstrand@pwcva.gov

Candi Helmlinger

4-H Program Specialist, Newsletter
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](#)

Prince William 4-H

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[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](#)



2022-2023 PWC 4-H Association Officers

Youth Officers

Samantha Whysong, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

Susan Wolf, President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Secretary - Vacant

Committee Chairs

Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff

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You shop. Amazon gives.

Support the Prince William County 4-H Association while You Shop!

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app
5. Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you.



Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu



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