



Prince William 4-H

Our Clubs, Our Community



September 6, 2023

Upcoming Events

- Sep 7-10 - VA 4-H State Horse Championship
- Sep 8-10 - VA 4-H State Shoot
- Sep 12 - PW 4-H BINGO Planning
- Sep 22 - Oct 1 - 2023 State Fair of Virginia
- Sep 23 - VA 4-H Shotgun Championship
- Sep 30 - PW 4-H Open House
- Oct 1 - Happy New 4-H Year!
- Oct 3 - PW 4-H BINGO Planning
- Oct 4-15 TSC Paper Clover
- Oct 7 - Market Day #5
- Oct 14 - Cloverbud Club
- Oct 17 - New Project Leaders' Training
- Oct 19 - PW 4-H Teen Club - Leadership
- Oct 25 - Returning Project Leader Professional Development
- Nov 13 - Youth Officer Training
- Nov 24-28 - National 4-H Congress

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Click to Visit



Learn How YOU Can THRIVE with 4-H



Join us on September 30th for an exciting day exploring Prince William 4-H clubs, activities, events, and camps and learn how you can THRIVE with 4-H!

The Prince William 4-H Clubs & Activities Open House will feature hands-on activities and displays for youth ages 5-19. Discover opportunities in the 4-H Pillars of Citizenship, STEM, Healthy Living, and Agriculture and explore how to grow from Cloverbud to Virginia 4-H All Star. In 4-H, you'll discover your talents and interests while developing life-long friendships.

All Greater Prince William area youth are invited, including those interested in 4-H, new members, and returning members. See [Page 4](#) for more information and registration link.

For returning members, the Open House is the perfect time to turn in your 4-H Portfolio! All portfolios are due by October 1st to the Prince William 4-H Office. We're excited to see how much you've learned with 4-H Projects and grown with 4-H. New members can see [Page 5](#) to get a better understanding of 4-H Projects and Portfolios.

Participating in 4-H Competitions is an important part of demonstrating growth. Project Records and Portfolios are part of our how we Learn by Doing. They are also a form of learning competitions where youth are scored against a rubric. District, county, and state shows are doing competitions. See [Page 6](#) for more information on contests.

Upcoming Virginia State Shows & Competitions

- September 7th-10th – VA State Horse Show
- September 8th-10th – VA State Shoot
- September 22nd-Oct 1st – State Fair of Virginia
- September 23rd - R.L. Harris Jr. Memorial Shotgun Championship

How has YOUR 4-H Story grown? All due October 1st.

- **Virginia 4-H All Star Applications** are due to Prince William 4-H. [Click here for more information and the nomination form.](#)
- **4-H Portfolios** are due to Prince William 4-H.

Prince William 4-H Training Dates

- October 17th - New Project Leaders' Training
- October 25th - Returning Project Leaders' Volunteer Development
- November 1st - Prince William 4-H Youth Presentations & Contest Workshop
- November 13th - Prince William 4-H Youth Office Workshop
- January 30th - Prince William 4-H Youth Portfolio Workshop



4-H GROWS HERE

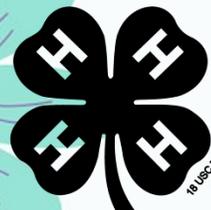


18 USC 707

a glimpse into Prince William 4-H Fair Camp Part 3...



4-H
GROWS HERE



18 USC 707



THRIVE WITH 4-H



4-H
GROWS HERE



PRINCE WILLIAM 4-H

YOUNG ENTREPRENEURS

MARKET DAY 4 WAS A SUCCESS! WE'RE SO PROUD OF OUR PRINCE WILLIAM 4-H'ERS AYDEN & LEXI, TONCHI, KOA, XANTHIE & AISLING, DIALLO, LYRA & CORA, AND NISAUR.

SAVE THE DATE FOR THE FINAL MARKET DAY: OCTOBER 7TH!

your ticket to

THRIVE

in 4-H

Prince William 4-H Clubs & Activities Open House



Saturday, September 30th



10 am - 2 pm



**Prince William 4-H
McCoy Conference Room
8033 Ashton Ave., Manassas, VA**



Explore our clubs, activities, events, and camps!



Learn how to grow from Cloverbud to Virginia 4-H All Star!



Discover your talents and interests in the 4-H Pillars of Citizenship, STEM, Healthy Living, and Agriculture.



Develop life-long friendships.

Grab your 4-H ticket and have it stamped as you travel around the **Prince William 4-H Open House** to learn about how you can not just grow in 4-H, but **THRIVE!**

Participate in hands-on activities and displays for youth ages 5-19. Explore our clubs, programs, events, and activities and discover the opportunities for **YOU** in 4-H. Turn in your stamped ticket for a free gift!

- **Cloverbuds (ages 5-8):** Focus on Social Learning
- **Juniors (ages 9-14):** Focus on experiences at the county level
- **Seniors (ages 15-19):** Focus on experiences and leading at both the county and state levels
- **Parents:** Focus on volunteer opportunities at the club and county levels

This event is for EVERYONE: new members, returning members, parents, and club leaders alike! Space is limited. There is not cost to attend, but registration is required. [Click here to register.](#)

THRIVE!

* These materials are neither sponsored nor endorsed by PWCS.



4-H PROJECTS & PORTFOLIOS

A creative method for youth to document their experiences



Prince William 4-H

LEARN BY DOING



HEAD

Prince William 4-H'ers document their experiences and work each year by using age-appropriate 4-H Project Record Forms. These records are submitted to Prince William 4-H for review and are eligible to compete at the Prince William County Fair and county and state 4-H competitions. Projects begin October 1st and 4-H Project Records are due by the following September 30th. 4-H'ers may choose to submit a record of an individual project (Project Record) or their entire life history (Portfolio).



HEART

Ultimately, your 4-H Project Records will form an excellent summary of your 4-H career. You will use information in the 4-H records to complete 4-H resumés, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. Your 4-H Portfolio may become a personal scrapbook which will be cherished for many years.

STEPS FOR A 4-H PROJECT

1. Select at least one annual project based on interests.
2. Complete at least 6 learning experiences/ activities (*typically found in published 4-H project books*).
3. Record and analyze your learning experience by tracing your progress and emphasizing life skills gained by using the 4-H Project Record form.
4. Submit the completed Project Record to Prince William 4-H for review and scoring against a rubric to see how much you've grown!

WHAT IS A 4-H PORTFOLIO?

Portfolios are a record of the life achievement of a 4-H'er. They create a record of accomplishments which can be very helpful when youth are applying for college and scholarship opportunities. They may include material not directly related to 4-H and should be organized by year. Portfolios consist of multiple years of work (*except for first time submissions*).

Some projects, such as animal projects, shooting education, and archery, have specialized 4-H Project Books that must be completed and submitted prior to participating in 4-H contests for those activities in order to establish basic knowledge, level of experience, and safety.



HANDS



HEALTH



Gain Life Skills



Develop Your Resumé



Grow Your 4-H Story

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



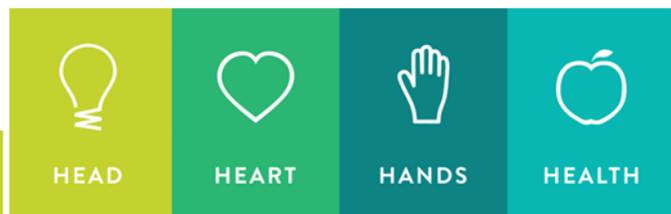
4-H GROWS HERE

Learn more at www.pwcva.gov/4-H



PRINCE WILLIAM 4-H COMPETITIONS

Through Prince William 4-H, youth are provided opportunities to develop their unique talents and capabilities. In 4-H, we "Learning by Doing." 4-H provides opportunities for both training (learning) and practice (doing). Through competitions, 4-H'ers develop life skills that are relevant now and in the future. Youth who develop life skills become self-directed, productive, contributing citizens.



A variety of 4-H competitions and events are available for youth to practice and perfect the life skills they learn through their projects.

LEARNING COMPETITIONS

4-H programming with youth is guided by an experiential learning process that includes goal setting, cognition, practice, and performance. The performance stage is when members demonstrate what they have learned through various 4-H activities and events, including competitions. Youth are scored against a published rubric. Competition experiences enhance positive youth development and prepare youth with positive competitive knowledge, skills, attitudes, and aspirations that can lead to success through life.

SHARE THE FUN & PRESENTATIONS

Share-the-Fun and Presentation Day are our most popular competitions and encourage 4-H'ers to display their talents in expressive arts and develop presentation skills and confidence performing in front of an audience. Judges evaluate 4-H performers based on talent, audience response, creativity, showmanship, and use of costumes/props. The goal is to help participants develop their talents in a creative and constructive manner, develop research and writing skills, learn computer skills, and improve communication skills. Competition categories include: presentations, extemporaneous speech, public speech, drama, dramatic reading, table setting, fashion review, science fair, radio and public address, and vocal-instrumental-combo performance.

PROJECT RECORDS & PORTFOLIOS

4-H Project Records form an excellent summary of a 4-H'ers career. Youth will use information in the 4-H records to complete 4-H resumé's, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. 4-H Portfolios combine all 4-H experiences over the lifetime of the member. Both Project Records and portfolios are submitted annually to Prince William 4-H for scoring. Special interest clubs, such as horse and shooting education, require project records and portfolios prior to competing.



DOING COMPETITIONS

Team competitions provide opportunities for youth to develop the interpersonal, leadership and cooperative skills necessary to be successful in our interdependent and global society. Teams and individuals may progress from local to district, state, and national competitions.

-  **4-H Food Challenge:** 4-H teams learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and key concepts of healthy living. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers.
-  **4-H Shooting Education & Sports:** This program uses shooting as a vehicle to teach youth life skills such as responsibility, self discipline, and teamwork. Firearm Safety and marksmanship are also taught using the disciplines of shotgun, skeet/trap, air pistol, air rifle, BB, small bore, muzzleloader, and archery.
-  **4-H Horse Competitions:** Virginia's 4-H horse program emphasizes project based learning about equine selection, nutrition, management, riding, recreation, fun, competition, horsemanship, and sportsmanship. Competitions focus on hippology and horsemanship.
-  **4-H Livestock Competitions:** This animal science project enables youth to develop their interests in beef cattle, sheep, meat goats and swine. 4-H'ers learn about selection, care and feeding of livestock, animal health, and the importance of good record keeping. Competitions are available in livestock judging and stockmen's contests, and livestock shows.

PRINCE WILLIAM COUNTY FAIR

Share your 4-H experiences and growth with the county! The PWC Fair is held every August and youth have opportunities to submit their work and demonstrate their knowledge in everything 4-H! Most youth competitions are free to enter and are great portfolio building experiences.

STATE FAIR OF VIRGINIA

4-H'ers can share their knowledge and 4-H experiences at the state level, too!

4-H COMPETITION LEVELS

Prince William 4-H
Northeast District 4-H
Virginia 4-H
National 4-H

Prince William 4-H • 8033 Ashton Ave. #105, Manassas, VA 20109 • (703) 792-6286 • 4HPWC@pwcva.gov
www.pwcva.gov/4-H





Grow Your Resume with Prince William 4-H

Gain Work Related Experience

YOUR NAME HERE
4-H YOUTH

ABOUT 4-H

When you participate in 4-H, you have opportunities to grow personally and professionally. Here are some examples of life skills and leadership opportunities that you may develop through hands-on experiences in Prince William 4-H.

EDUCATION

High School Graduate

CONTACT

Prince William 4-H
8033 Ashton Ave., #105
Manassas, VA 20109
4HPWC@pwcva.gov
www.pwcva.gov/4-H

- **Prince William 4-H Camp Counselor/Counselor in Training:** as a camp counselor, you are a caring leader. You have **concern for others**, develop **empathy** and the ability to **nurture relationships**. You understand the importance of **sharing** to give everyone an opportunity to thrive.
- **Prince William 4-H Association Leadership:** In a leadership role within the Prince William 4-H Association, you learn to **work in a team** of youth and adults, are **self motivated**, and learn **marketable business skills** such as communicating, negotiating, computer office programs, accounting, and marketing.
- **Prince William 4-H Club Leadership:** In a club leadership role, you become an experienced manager. You **set goals, plan and organize, budget resources**, and **keep records**. You learn **resiliency** and how to rework or overcome obstacles.
- **Service Learning Projects & Community Service:** As a community service volunteer, you learn the value of giving by **contributing to a group effort**, the importance of **responsible citizenship**, and develop **leadership** skills.
- **4-H Projects:** 4-H Projects develop key thinking skills such as **service learning, critical thinking, problem solving** and **decision making**. You **learn how to learn** by exploring interests through project work.

Earn Awards & Honors

- **National 4-H & Virginia 4-H Ambassador for Citizenship, Healthy Living, STEM and Agriculture, Virginia 4-H Ambassadors, Horse Ambassadors, and Shooting Sports Ambassadors:** As an elected representative of 4-H, your job is to relate to youth and encourage them to thrive in 4-H. You are an **effective communicator**, work in **cooperation** within the youth and adult network of 4-H, develop strong **social skills**, become savvy at **conflict resolution**, and learn to **accept differences**.
- **Virginia 4-H All Stars:** When nominated into Virginia 4-H All Stars, you represent the best in 4-H. You grow in **self esteem, responsibility**, and **character**. Through **self discipline**, you have thrived in 4-H and are ready to be an engaged community leader.
- **Prince William 4-H Scholarships and Virginia 4-H Horse Scholarships:** Earning a scholarship in 4-H recognizes your contributions and successes in 4-H and is an investment in you as a future leader.



WILLIAM PRINCE

WILLIAM

YOUNG ENTREPRENEURS



Saturday
October 7th

Manassas Farmer's Market
9024 Prince William St.
Manassas, VA

8 am - 1 pm

Stop by and see our Young Entrepreneurs at their final market day! Prince William 4-H'ers Ayden, Lexi, Koa, Xanthie and Aisling, Amari, Zaynab, Diallo, Lyra and Cora, and Nisaur will be there selling their creations and demonstrating how local youth

THRIVE with 4-H!

PRINCE WILLIAM 4-H



WWW.PWCVA.GOV/4-H



4HPWC@PWCVA.GOV



Virginia 4-H Shooting Education Updates

THE 2023 R.L. HARRIS JR. MEMORIAL SHOTGUN CHAMPIONSHIP

Date: September 23rd

Location: Arrowhead Gun Club, 834 Arrowhead Rd, Victoria, VA

Entry Fee: \$70 Seniors, \$35 Juniors

Contact your club leader for more information and to register. **Entries due September 10th.**

- 200-target championship for Seniors: 75 American Skeet, 75 American Trap, 25 5- Stand and 25 Wobble Trap
- 100-target event for Juniors: 25 American Skeet, 25 American Trap, 25 5- Stand and 25 Wobble

SAVE THE DATE: INSTRUCTOR CERTIFICATION

Dates: October 14-15

Locations: Holiday Lake 4-H Center

Registration: Opens September 1st. Closes September 25th. **Registration will be through 4-H Online.*

The Virginia 4-H Shooting Education Council is hosting an Instructor Certification weekend. Meals and lodging will be available. First-time Instructor Candidates must complete an online training course by October 9th. *More information coming soon.*



State Fair of Virginia 2023: 4-H/FFA Contests

Dates: September 22nd - October 1st

Location: The Meadow Event Park, Doswell, VA

[Click here for the State Fair of Virginia website.](#)

[Click here for 4-H/FFA fair information.](#) **All registrations are due September 15th by 5 PM.**

HORTICULTURE EXHIBITS

[Click here for more information and to register.](#) ***Entry fees have been waived!**



National 4-H: 2023 STEM Challenge

[Click here to purchase the kit from National 4-H.](#)

Explore the exciting world of renewable energy with the 2023 4-H STEM Challenge, Power Protectors! Developed by 4-H educators from Cornell University, The University of Illinois, West Virginia University and Utah State University, Power Protectors teaches kids about the exciting world of renewable energy, how to address real-world issues and explore careers in energy.



POWER PROTECTORS STEM CHALLENGE KIT

The kit, perfect for individuals aged 8-14, includes three activities that are highly adaptable for afterschool programs, 4-H clubs, classrooms, home use and more.

- **Superhero Hideout:** Youth will be introduced to renewable energy concepts analyze and assess their own energy use, and design an electrifying Power Protector hideout .
- **Amped Up Engineering:** Youth will be able to explain the differences between renewable and non-renewable energy sources, and use the Engineering Design Process to create, build, test and improve a model of solar, wind or hydropower source.
- **Energy Island Adventure:** Youth will be able to describe three types of sustainable energy, address problems and create solutions, and collaborate and strategize to help Energy Island use renewable energy sources such as sun, wind and water.

INTERACTIVE WEBINAR FOR CLUB LEADERS

Thursday, September 14th., 2 PM

Register by Wednesday, September 13th. [Click here to register.](#)

Interested in learning how to use the Power Protectors kit activities in your STEM educational programming? Join us for a live interactive webinar and learn how the kit can be used to engage young people, support adult program volunteers, and teach teen leaders.

Do you want to make and sell food in Virginia?

You must have training in Current Good Manufacturing Practices and sanitation, so join us at The Carver Center for this two-day workshop to receive these certificates!

**Thursday,
10/5:**

Current Good
Manufacturing
Practices

8am - 5pm

**Friday,
10/6:**

Sanitation
and
Labeling

8am - 3pm

**To register, click
or scan this QR
code:**



FARM FINANCE & CONSERVATION PLANNING SEMINAR

Hosted by the Virginia Secretary of Agriculture and Forestry

Join this free networking event for beginner farmers to discover farm financing options and cost share conservation opportunities.

September 12, 2023
Germanna Community College
18121 Technology Drive
Culpeper, VA 22701
9:00 am to 2:15 pm

Presentations by:

- ▶ Farm Credit of the Virginias
- ▶ Farm Service Agency
- ▶ First Bank & Trust
- ▶ Natural Resource Conservation Service
- ▶ Oak View National Bank
- ▶ Virginia Cooperative Extension
- ▶ Virginia Soil & Water Conservation District

REGISTER TODAY



Please register by September 8th, 2023

rebecca.paramore@governor.virginia.gov



**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](#)

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](#)



**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
Mary McDonald, Secretary

Committee Chairs

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



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