



# Prince William 4-H

*Our Clubs, Our Community*



October 27, 2021

## Upcoming Events

- Oct 29** - VA Youth in Action Nominations Due
- Nov 1** - Presentation Training
- Nov 2** - Food Challenge Orientation
- Nov 9** - 4-H Association Board Meeting
- Nov 10** - District All Star Form Review
- Nov. 20** - Clover Club
- Dec 4** - Clover Club
- Dec 5** - 4-H Recognition Night
- Dec 8** - Health Living Community Night (ages 14 & up)
- Dec 9** - Healthy Living Community Night (ages 9-13)
- Dec 18** - Wreaths Across America

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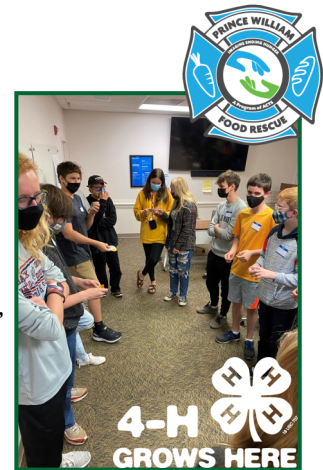
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## Find Your SPARK at 4-H Citizenship Night

PWC 4-H has launched a new focus on developing character traits for the 2021-2022 4-H Year. We began the initiative with our October Community Night focusing on Citizenship. The meeting opened with an interactive presentation by guest speaker [Aaron Tolson of Prince William Food Rescue](#). He talked about the importance of citizenship and how we can work together through volunteer efforts to improve our community. MaryBeth Lerch, PW 4-H Extension Agent, continued engaging the youth in an interactive exploration of citizenship, what it means to be a good citizen, and how we can participate in the community and truly be active, engaged citizens. Our amazing youth discovered many possibilities and have further reached out to 4-H on how to formulate their ideas. We can't wait to see what their **SPARK** will ignite!

**NEXT UP:** 4-H Healthy Living Community Night, December 8th



## 4-H Speaker Resources for Your Club

The 4-H program has an abundance of research-based educational resources at the national, state, and local levels, all available to your 4-H Club to help promote positive youth development. As club leaders strive to facilitate experiential learning, it's helpful to have experts in the field available to further engage our youth.

Consider inviting a speaker from the Virginia Cooperative Extension Speakers Bureau to your next meeting! Many of our PWC Clubs have chosen their projects for the year. Consider brining in a VCE expert to help get our youth engaged and ready to explore! And even better - the program is free!

[Click here to learn more about the program and presentations that are available.](#)



## VT Ag Tech Program Open House - November 6th

4-H'ers are invited to come learn more about Virginia Tech's ONLY 2-year program at our upcoming Open House on November 6th. Students specialize in agribusiness, crop production, landscape management, livestock production, or turfgrass management, livestock production, or turfgrass management. Agricultural Technology students earn an Associate of Agriculture Degree from Virginia Tech and gain confidence to be a leader in their field!

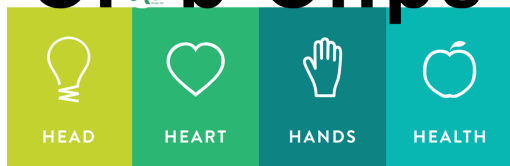
- ✓ Hands-on learning
- ✓ Small class sizes
- ✓ Work experience
- ✓ VT lab and research facilities
- ✓ Experienced faculty
- ✓ Accelerated 2 years
- ✓ High job placement



[Click here to learn more and register!](#)

# Club Clips

## ISO 4-H Club Updates



Prince William County 4-H

We want to celebrate **YOU!**

Our 4-H Clubs in Prince William County are off to a great 4-H New Year. We're finally able to get together in person, work as a team, learn new life skills and grow into the next generation of community leaders. It's time to share what you've been up to, your new officers, your plans for the year, upcoming community events that we all can support, and any exciting news from your club.

Please ask your youth club historian, secretary, or president to email club updates and fun photos that you'd like to share to Candi Helmlinger at [chelmlinger@pwcgov.org](mailto:chelmlinger@pwcgov.org) by **November 8th** to be featured in the November 10th PWC 4-H Newsletter.



### 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 Box Score](#)

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



### Trigger Time 4-H Shooting Education Club Narrowly Defeats Timber Beasts

**October 24, 2021** - Shooting their highest score of the season, Trigger Time 4-H Shooting Education Club edged out Timber Beasts 1029.2 to 1009.6 last week in the National Air Rifle League. Their fourth win in a row. With the win, Trigger Time 4-H Shooting Education Club is in sixth place overall and second place within their 'Junior Rifle Club' conference. They currently have a 4 - 0 record. Trigger Time 4-H Shooting Education Club was led by, Samantha Seagle who shot a 271.3. The remaining contributing members were Grace Richter, Samantha Erick, and Noah Richter. Trigger Time 4-H Shooting Education Club is from Nokesville, VA, and is coached by Alan Lerch.

Snapping a three game win streak Timber Beasts currently has a 3 - 1 record. After the loss they are in eighth place overall and third place within their 'Junior Rifle Club' conference. Timber Beasts was led by, Jessamy Winkler who shot a 260.0. The remaining contributing members were Carter Halvorson, Irene VanDyke, and Emily Heller. Timber Beasts is from Cornelius, OR, and is coached by Lonnie Winkler.

Next up Trigger Time 4-H Shooting Education Club will compete against Warren Central MCJROTC from Indianapolis, IN. Warren Central MCJROTC currently has a 2 - 1 record. While Timber Beasts will compete against Loveland AJROTC from Loveland, CO. Loveland AJROTC currently has a 2 - 1 record.

These two teams are competing in the Distinguished Division of the Orion National Air Rifle League. Sponsored by the Orion Scoring System, the league is a national team league for high school teams and junior rifle clubs. The league has two parts. An 8 week regular season going on now, followed by a single game Conference Title Game for the top two teams in each conference.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoot 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.



## November Training Opportunities - **NEW Signup Links!**



### Prince William 4-H Virtual Presentation Training Monday, November 1st, 4 pm

[Click here to signup](#) - Zoom link will be sent after registration



QR Code for  
Presentation  
Training  
Registration

Zoom in for an interactive session on 4-H Presentations! A 4-H Presentation can be a demonstration, which shows how to do something, or an illustrated talk, which provides information through speech and visual aids. In this important training session, youth will learn how to create a presentation, the research process, how to organize information, and tips on how to present to an audience and capture their attention. Rules for competing at the local, district and state levels will also be reviewed along with scoring sheets. And the best part - **it's being led by PWC 4-H'ers Ryan and Aiden!**



### Food Challenge Training

**Tuesday, November 2nd, 4:30 pm**

[Click here to register](#) - Zoom link will be sent after 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. Anyone interested in participating in the challenges should attend!



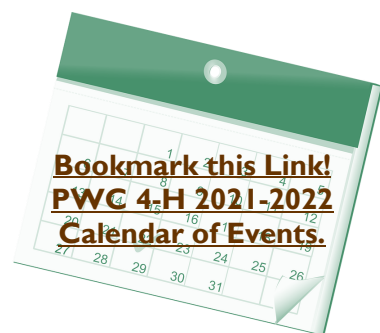
### Youth Officer Training

**Monday, November 15th, 7 pm**

McCoart Building, 1 County Complex Ct, Woodbridge

[Click here to register to attend.](#)

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.



## Crocheting for a Cause

**All we need are 6 chapsticks and 12 travel size hand lotions to complete our Service Learning Project!** 4-H'ers will be organizing the toiletry bags within the next couple of weeks. Please email [Kristin Saul](#) to donate or to help assemble the bags for donation.



**Kayla's**   
SERVICE LEARNING PROJECT

# Move it Monday!



Using our head, heart, hands and health for physical, social and mental fitness.

**Date:** Every Monday!  
**Time:** 5 pm  
**Location:** PWC Fairgrounds

Be sure to dress in layers and bring a water bottle!

## 2021 November

DON'T FORGET TO BRING A WATER BOTTLE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>01</b> Start a 4-week move more challenge!! Pick up your challenge tracker!	<b>02</b> Set a goal How many days will you be active this month. Write it here: _____	<b>03</b> Star Jumps - Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat	<b>04</b> Mindful Snack - Pick something healthy!	<b>05</b> Hydration - Every time you have a glass of water, record a tally mark	<b>06</b> Spend time in Nature! Take a hike with an adult and listen to the sounds that are around you.	<b>07</b> Rest Day
<b>08</b> Hula Hoop - spinning, push, hop and build an igloo! (Add to your tracker)	<b>09</b> Prep Do- prepare for tomorrow. Examples: - Pack your bookbag - Check your homework - Pick out your clothes	<b>10</b> Jump rope to music! Can you jump to an entire song without stopping	<b>11</b> Rest Day	<b>12</b> Device Detox - Can you go without your phone, tablet, TV or internet? Try it for 2 hours!	<b>13</b> Walking Race- Pick a distance and challenge a friend to a speed walking race. No running!	<b>14</b> Help around the house without being asked to do anything.
<b>15</b> Obstacle Course fun/race!! (Add to your tracker!)	<b>16</b> Just play! Hide-and-see, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>17</b> Work your legs! Complete: 10 squats, 10 lunges 9 squats, 9 lunges 8 squats, 8 lunges	<b>18</b> Wild Arms - 10 arm circles, 10 Forward punches & 10 Raise the Roofs, repeat 3 times.	<b>19</b> Rest Day	<b>20</b> Create a Dance- Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin	<b>21</b> Family Walk- Take the family out for a walk together.
<b>22</b> Balloon volleyball, beanbag relay & a walk around the fairgrounds! (Add to your tracker)	<b>23</b> Try Something New Today! Was it challenging? Would you do it again? Why is it good to try new things?	<b>24</b> Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.	<b>25</b> Think about what you are thankful for. HAPPY THANKSGIVING!	<b>26</b> Pause for Thanks -Stop during the middle of a busy activity to name 5 things you are thankful for.	<b>27</b> Rest Day	<b>28</b> Clean Up Race - Set a timer or put on a song and see how quickly you can clean up a room in the house.
<b>29</b> Let's see how much moving we did this month! Bring your tracker to share!	<b>30</b> Crabby Clean Up- Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
<b>06</b>	<b>07</b>	Notes:				



[Click here for a monthly calendar with activity ideas to keep kids moving!](#)



Turn your miles into a donation to PWC food banks!

- ♥ Download the [Charity Miles App](#)
- ♥ Choose Feeding America
- ♥ Join Team **#Pwc4h**



Shopping early for the holidays? Support the Prince William County 4-H Association!

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.



## Save the Date! VA 4-H Teen Summit

**Registration Opens November 5th, 4-H Online**

**Date:** December 10th - 12th

**Location:** W.E. Skelton 4-H Center, Wirtz, VA

**Cost:** \$50

The 4-H Teen Summit is an in-person event planned for teens by teens and will focus on social justice and equity and inclusion issues such as racial justice, LGBTQ+ rights, mental health, the environment, and teen voice and empowerment. Registration will be released via 4HOnline on November 5 and will close on November 19. There is a \$50.00 registration fee for the weekend which includes meals, lodging, snacks, and supplies.

All state and 4-H COVID guidelines for in person and overnight programs, as well as Virginia Health Department guidelines for camps, will be followed. COVID mitigation guidelines necessary for attendance will be included in the registration packet.



**Virginia 4-H Teen Summit**  
December 10th - 12th  
W.E. Skelton 4-H Center  
\$50

Focused on social justice and equity + inclusion issues such as mental health, racial justice, LGBTQ+ issues, the environment and more!

**For Teens, By Teens!**

**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

## Virginia 4-H: Youth In Action Nominations - DUE FRIDAY!



**PWC 4-H Teens - apply today for the Virginia 4-H Youth in Action Awards!**

Virginia 4-H has opened up their request for nominations for their annual Virginia 4-H Youth in Action Awards. This year's process is different, in that the youth themselves may apply directly for the award. However, they are now required to obtain a letter of reference from their Extension

Agent (or the VCE professional responsible for 4-H in their Unit). Youth are asked to apply in the pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM. One pillar winner will be chosen from each area, as well as an overall state winner from the four pillar winners. Any 4-H member in Virginia ages 15-18 is eligible to be nominated.

Each of the four 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 of June 20, 2022, in Blacksburg, VA.
- 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 2023 National 4-H Youth in Action Awards.
- An official reference letter from the Virginia State 4-H Program Leader, Jeremy C. Johnson

Previous winners are not eligible, but a nominee that was not selected last year may apply again.

**Applications are due Friday, October 29th.**

[Click here for details on how to apply/nominate.](#)

[Click here for the online nomination form.](#)



### CONGRATULATIONS TO THE 2022 NATIONAL 4-H YOUTH IN ACTION WINNERS!

National 4-H Council is proud to announce the 2022 Youth in Action Pillar winners: Tashina Red Hawk (Agriculture, sponsored by Bayer), Brianna Attey Mouanjo (Civic Engagement), Kristin Osika (Healthy Living), and Dhruv Rebba (STEM, sponsored by HughesNet)! Learn more about these incredible 4-H'ers and the impact they're making on their communities! [Click here to learn more about the Youth in Action Winners and Finalists, including PWC 4-H'er Samantha Whyson!](#)



## VT Kids' Tech University - Registration is Open!

**Mark your calendars!** This event fills quickly. There is a \$65 registration fee. [Click here for details and to register on or after October 18th.](#)

The 2022 program features four Virginia Tech professors presenting interactive sessions. Participants will receive home packets with hands-on activities that kids and parents will do with VT undergraduates virtually. Kids' Tech University accepts 350 enthusiastic learners ages 9 - 12 (as of September 30, 2021) on a first-come, first-served basis.

### 2022 Program of Events

**January 29 - 2022 KTU Session 1:** In this interactive session will learn about various chemical reactions and why they are important in today's world. After the session we will use a battery and salt water to do oxidation/reduction chemistry.

**February 26 - 2022 KTU Session 2:** Dr. Rau will talk about how the nervous system responds to injury. After the talk we will make a robotic arm using straws, twine and tape.

**March 19 - 2022 KTU Session 3:** In this talk we will be ecology and disease. During the hands-on portion we will investigate how animals/insects use color to hide from predators and make our own animal/insect.

**April 2 - 2022 KTU Session 4:** During this talk we will talk the various engineering design teams at Virginia Tech. After the talk we will build your own motorized boat.

## National 4-H Computer Science Curriculum in the Works



**Once Upon Tomorrow** is a new initiative by National 4-H in partnership with Google to create a 4-H computer science curriculum. This 4-H Program gives students equitable access to life-changing skills like coding, problem solving, and leadership. To continue making their dreams come true, National 4-H is calling on business leaders, educators, and nonprofits for help.

Many PWC 4-H families are involved in the computer science industry. [Click here to learn more about this initiative and to be involved in creating a life-changing program for our youth.](#)

## National 4-H: Call for 4-H Healthy Living Presentation Proposals



Proposals are currently being accepted to conduct a workshop at the **2022 National 4-H Summit on Healthy Living**. This Summit will be held Thursday, February 10th - Sunday, February 13th in Bethesda, MD. Teens and adults are invited to submit a proposal for workshops which fit into one of the six outlined areas: 1) food insecurity, 2) health equity; 3) mental health; 4) nutrition; 5) physical fitness; or 6) substance abuse. Workshops will be taught at least twice on either Friday or Saturday at the Summit. Workshops should be hands-on and engaging and offer ideas or avenues for replication back in the local communities.

**Proposals are due by Friday, November 5th** and notifications will be sent out by November 15th regarding selection. Selected workshop proposals will receive one free registration to attend the Summit!

[Click here to submit a proposal.](#)

[Click here to learn more about the National 4-H Summit for Healthy Living.](#)



## AKC Juniors Competitions

The **AKC Juniors** Organization is a fun and exciting way for young people (aged 17 years and younger) to get involved in the wonderful world of AKC Sports and Events. The organization offers a wide variety of benefits to children as they work to develop handling skills, good sportsmanship, and a knowledge of dogs and dog-related competition.

Benefits of the AKC Juniors Organization

- Lifelong friendships with peers and mentors.
- An active lifestyle.
- A strengthened bond between a Junior and their canine.
- A productive outlet that helps boost a young person's self-esteem.

The benefits of participating in an AKC Juniors competition don't just end when exiting the ring. Instead, a Junior will carry the values, attitudes and responsibility learned while competing on to further endeavors throughout their lives!

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



## YQCA Training Available

**Youth for the quality Care of Animals** training is currently required for all Virginia youth who plan to enter and exhibit livestock at the State Fair of VA Youth Livestock Shows and all Virginia Exhibitors at the State Fair of VA Youth Dairy Cattle Shows. If you have questions about the Virginia program, please contact [Katherine Carter, Extension Youth Animal Science Specialist](#).

[If you are interested in becoming YQCA Trainer Certified or need to complete the re-certification for the 2021-2022 program year, please click here.](#)

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



## Scholarship Opportunity - Applications Due November 4th



At this moment, our country faces many complex challenges. From addressing the burden of student debt to advocating for inclusion, we need bold, innovative solutions.

Prudential Emerging Visionaries is a national recognition program that celebrates young people for their innovative solutions to financial and social challenges to financial and societal challenges facing their communities. If that sounds like you, you may be an Emerging Visionary!

Now through November 4, 2021, we are accepting applications from young leaders ages 14-18 who are bringing powerful vision and real change to their communities. The program supports young people across the country who are making change that focuses on two categories: solutions to financial barriers and solutions to social issues.

If selected, you may qualify for up to \$15,000 in awards and an all-expenses paid trip with your parent or guardian to Prudential headquarters, as well as coaching and skills development to help take your solution to the next level.

Prudential Emerging Visionaries is a collaboration between Prudential Financial and Ashoka, a leading social impact organization. Emerging Visionaries is an evolution of the Prudential Spirit of Community Awards, a program that for 26 years has celebrated young people who are tackling society's most pressing issues. If you have any questions regarding Prudential Emerging Visionaries, please contact us at [EmergingVisionaries@ashoka.org](mailto:EmergingVisionaries@ashoka.org).

[Click here to learn more about the Scholarship and Apply.](#)

**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

[PCW 4-H](#)

[Virginia State 4-H](#)

[National 4-H](#)



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I AM



4-H PROUD

**PWC 4-H Resources**

**National 4-H**

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**Portfolio Records**

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[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



HEAD



HEART



HANDS



HEALTH