



Prince William 4-H

Our Clubs, Our Community



November 24, 2021

Upcoming Events

- Dec 4 - Clover Club
- Dec 5 - 4-H Recognition Day
- Dec 8 - Health Living Community Night (ages 14 & up)
- Dec 9 - Healthy Living Community Night (ages 9-13)
- Dec 18 - Wreaths Across America
- Jan 1 - Horse Project Enrollment Deadline
- Jan 15 - Clover Club
- Jan 17 - Camp Counselor Applications Due
- Jan 19 - 4-H Day at the State Capitol

The Clover(bud) Club Meets Dexter!



What a beautiful morning to explore our creative talents and agriculture in 4-H! Our favorite activity was using our HANDS to create our own 3-D pumpkins. While our Cloverbuds were undeniably the stars of the day, we did enjoy a surprise visit from Dexter the goat! A big thanks to 4-H'ers JD and Katie for introducing Dexter to the club and helping us to understand the importance of goats and the opportunities to explore animals in 4-H.

Next Clover Club Meeting (see Page 5):

Saturday, December 4th, 10 am - 12 pm
PWC Fairgrounds

[Click here to register to attend \(free!\)](#)

Join us for a fun filled 4-H morning making bean bags, playing games, creating our own games and focusing on using our HEART to practice caring and relating as we develop life skills such as empathy, sharing, nurturing relationships, conflict resolution, social skills, cooperation, and communication.

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Enroll in 4-H Online - It's not too late to enroll!



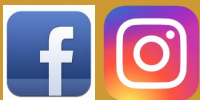
Our online membership system is open for members to enroll. Please review the following before enrolling. Please complete your enrollment **ASAP** to ensure our records are accurate and that you are receiving important and timely information.

[2021 4-H Online Volunteer Levels and Descriptions](#)

[2021 4-H Online VA Project Descriptions](#)

[4-H Online](#)

Click to Visit



Prince William 4-H Recognition Day



Date: Sunday, December 5th

Time: 2-4 pm

Location: Windy Knoll Farm, 11602 Kettle Run Road, Nokesville, VA

[Click here to register.](#)

Join us for **Prince William 4-H Recognition Day** as we celebrate youth, volunteers, members and leaders that exemplified the 4-H motto during the 2020-21 4-H Year!

We're excited to showcase the creative projects and activities that brought us together through a very unusual year. Our volunteers worked creatively to support the youth as they continued to develop leadership, citizenship and life skills. We put our head, heart, hands and health to the test through a pandemic and discovered how, with a little ingenuity, we can continue to have a positive impact on our community.

Join us in celebrating **OUR 4-H Story!**



NEW THIS YEAR!
Fire up your kitchens and decorate a gingerbread house for our **Gingerbread House Contest**. Each attendee will vote for their favorite!

* Light snacks will be served. Masks must be worn at all 4-H events.

Awards & Recognitions:

- ★ Cloverbuds
- ★ Project Record Awards
- ★ Portfolio Awards
- ★ Outstanding Members
- ★ Northern District Horse Record Scholarship
- ★ I Dare You Award
- ★ Club Leaders Years of Service
- ★ 2021 All Stars
- ★ State Congress Attendees
- ★ District Competitions
- ★ State Competitions
- ★ Guhl Scholarship Awards
- ★ Bernie Malo Scholarship Awards
- ★ All Around 4-H Member
- ★ All Around 4-H Volunteer
- ★ *And more!*

Exploring the Role of a 4-H Club Song Leader

The 4-H Club Song Leader is responsible for creating a feeling of friendship, teamwork and 4-H spirit at club meetings through the use of music. Here are some things to consider:

- Work closely with your local leader and other club officers as you plan your song activities.
- Consider the time that will be available during the meeting for you to lead songs with your club.
- Come prepared with at least one song planned for each meeting, introducing a wide variety of songs. Be sure to practice in advance!
- Encourage all members to be involved in the songs. Consider making the songs interactive. Find hand movements, dance steps, sign language, and more, to encourage active participation.
- Stop by Prince William 4-H for song books and materials that are available at the office.
- Remember to speak loudly and clearly so that everyone can hear you. Consider passing out song sheets, or projecting the words on a monitor or screen.

[Click here for Responsibilities of the 4-H Song Leader](#) from our friends at Kentucky 4-H.

[Click here for a Singing Coordinators Guide](#) from our friends at Purdue.

[Click here for the words to Virginia 4-H Camp Songs.](#)

Help us provide more scholarships this year!

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.



Club Clips

Have your club featured by sending your 4-H Club updates to [Candi Helmlinger](#).

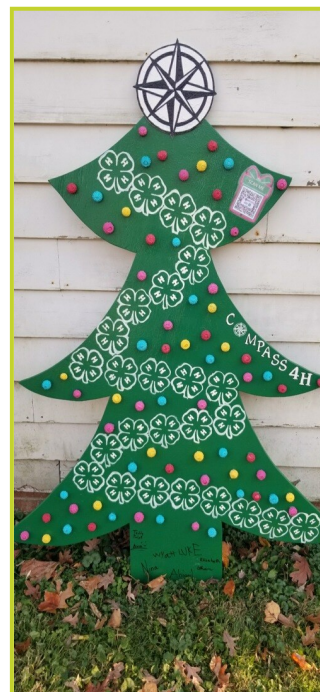


Compass 4-H Club

Prince William County 4-H

Prince William's Compass 4-H Club has been busy decorating a tree for the upcoming Prince William County Parks & Recreation event **Rocking Around the Boardwalk**. Bring your family and friends out on Saturday, December 4th from 3-5 pm for a walk on the Neabsco Creek Boardwalk and enjoy a unique display of decorated holiday trees.

Be sure to bundle up in your favorite ugly holiday sweater and stop by to enjoy a one-of-a-kind seasonal treat to kick off the season!



ROCKING AROUND THE BOARDWALK

A Unique Holiday Tree Display!

Sat., December 4 * 3-5 pm * FREE

Holiday Music * S'mores * Tree Display

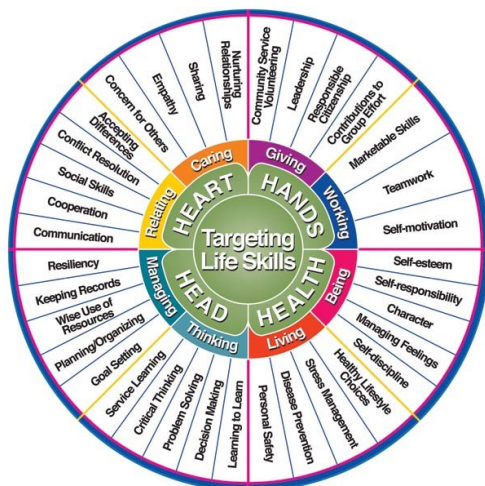
Wear your winter finest, including those ugly holiday sweaters and view this one-of-a-kind seasonal treat

NEABSCO REGIONAL PARK 15125 Blackburn Road, Woodbridge

Stop by to see our tree in-person!



Exploring the Role of a 4-H Club Historian



The 4-H Club Historian is the custodian of the club's history. They gather and record the present to preserve it for the future. The historian typically maintains a club scrapbook to document the growth and accomplishments achieved in 4-H club work. 4-H Club Historians should:

- Create a scrapbook or other record of all club activities and events for the year, keeping complete and accurate records and including details such as who, what, where, when and why.
- Collect photos and memorabilia from activities or ask other club members to contribute these. Memorabilia may also include documents, news clippings, meeting minutes, club rosters, club reports, thank you notes, certificates, awards and more.
- Label and date all scrapbook entries. Embellish photos and pages with stickers, colored paper, and other ornamentation to enhance the story.
- Submit your annual 4-H Club scrapbook to Prince William 4-H at the end of each 4-H year.
- Display your completed books at events such as Prince William 4-H Recognition Night or in a display at the 4-H Children's Barn at the PWC Fair.

[Click here for A Guide for 4-H Officers](#) published by Virginia 4-H.

[Click here for a video on the role of 4-H Historians and the Historian Handbook](#) by our friends at Ohio 4-H.

Free Healthy Living COMMUNITY NIGHTS



December begins our focus on Healthy Living at Prince William 4-H!

Join us for our fun-fill, hands-on Community Nights as we explore mental well-being, physical health, and how you can put healthy habits into action starting today!

Healthy Living Community Nights

Wednesday, Dec 8th, 7-8:30 pm
Senior, Ages 14 and Up
 at the 4-H Office, Manassas

Thursday, Dec 9th, 7-8:30 pm
Junior, Ages 9-13
 at the 4-H Office, Manassas

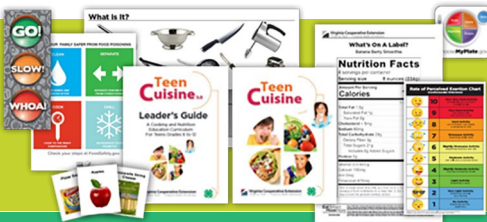
[Click here to register.](#)

Why attend a 4-H Healthy Living Community Night?

- ♥ Explore the 4-H Pillar area of Healthy Living
- ♥ Participate in mental and physical exercises
- ♥ Discuss how you can develop healthy habits
 - ♥ Learn how to take your experiences and knowledge into the community
- ♥ Find your SPARK for a new 4-H project and find resources to launch your idea

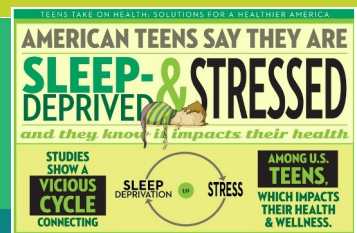


Resources



Virginia 4-H offers the Teen Cuisine curriculum in partnership with Virginia Cooperative Extension's Family Nutrition Program. By teaching teens the knowledge and skills required to make informed food and lifestyle choices, educators will be helping them to increase their confidence to apply these skills at home, which can lead to positive eating patterns and better health.

National 4-H has nearly two dozen curriculum kits ranging from cooking, fitness, mental health, to being a healthy teen. Backed by a research approach to positive youth development, the 4-H curriculum will help guide youth through experiential learning with fun, creative hands-on activities to develop healthy habits.



Talk to a Virginia 4-H Healthy Living Ambassador! Invite our 4-H youth leaders to speak at your school or your club meeting. Learn what it takes to truly pledge your health to better living for your club, your community, your country, our world.

Get involved! Prince William 4-H has a number of healthy initiatives throughout the year. Participate in the Food Challenge competition at both the county and district level. Attend the annual Healthy Living Summit. Find your SPARK by creating a program like Prince William 4-H'er Samantha Whysong and be recognized as a Virginia 4-H Youth in Action Winner and national runner-up!





**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!



STEM

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.



**Healthy
Living**



Agriculture

Come Grow with Us!

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

PWC 4-H

4HPWC@pwcgov.org

(703) 792-4536



Clover Club



Prince William County 4-H



HEAD



HEART



HANDS



HEALTH

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 20

December 4

[Click here to register.](#)

Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Register for the Virginia 4-H Teen Summit!

Virginia 4-H Teen Summit

December 10th - 12th, 2021 | W.E. Skelton 4-H Center, Wirtz, VA | \$50

Register on 4-H Online by November 29th!



Focused on Social Justice and Equity + Inclusion issues such as racial justice, LGBTQ+ rights, the environment, mental health, teen voice and empowerment.

For Teens, By Teens!

Who should attend? Teens (14-19) interested in advocacy, Social Justice Issues, leadership or wanting to learn how to make a change in their communities.

Contact Dr. Erika Bonnett (ebonnett@vt.edu) or Dr. Tonya Price (totaylor@vt.edu) with questions!

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Registration through 4-H Online

Date: December 10th - 12th

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

Cost: \$50 (includes meals, lodging, snacks and supplies)

[Click here to register for the VA 4-H Teen Summit.](#)

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. The goal around the summit is to create a safe space for youth to talk about advocacy and issues that impact them, and how to create change in their communities.

Registration closes on November 29th at midnight. This event is open to youth age 14-19. All state and 4-H guidelines for in person and overnight programming will be followed during the event.

All participants will need to produce a negative COVID-19 test no earlier than 3 days prior to the event. More information is available with registration information online.



2022 4-H Day at the Capitol

Dominion Energy Center

Wednesday, Jan 19

9:00 am – 4-H Cabinet Meet and Greet with Legislators

9:30 am – 4-H Town Hall meetings with legislators

10:00 am – 4-H Rally in the auditorium

10:45 am – Photo on Capitol steps

Virginia 4-H Day at the Capitol



2022 4-H Day at the Capitol Interest Meeting

Date: Tuesday, December 2nd, 1 pm

Zoom Link: <https://virginiatech.zoom.us/j/86918921765>



2022 Virginia 4-H Day at the Capitol

Date: Wednesday, January 19th, 2022

Location: [Dominion Energy Center](#), 600 E. Grace St., Richmond, Virginia



Virginia 4-H Members, Volunteers, 4-H Staff and Agents are invited to participate in the **2022 4-H Day at the Capitol** programs and activities being organized by the 4-H Civic Engagement Group. Save the date and start making plans to bring 4-H members to the Virginia State Capitol and participate in other civic engagement opportunities. This is a great opportunity for 4-H members to visit the capitol, meet with legislators and learn about the legislative process and our history.

Virginia 4-H will make the legislative process REAL in 2022!

A Southwest Virginia 4-H teen is working with legislators to draft a bill to excuse 4-H members from school to attend 4-H educational programs. The bill is in the draft process (*more information coming soon*). This will provide a great opportunity for 4-H members to have hands-on experiences in advocacy and the legislative process!

2022 4-H Day at the Capitol will provide opportunities for 4-H Town Hall Meetings (*virtual and face to face*) with legislators, sending letters supporting the 4-H bill and telling 4-H stories, and a 4-H Rally. We hope you will take advantage of these opportunities to involve 4-H youth in the legislative process.

Community Service Opportunity: Donate Reusable Grocery Bags



The Northern Virginia Food Rescue is in need of reusable grocery bags. Reusable bags are used to pack weekend bags for some of the local schools. The need for weekend bags has grown to 175 bags provided to local schools each week, and the need continues to grow. The bags are not returned to NVFR. To donate reusable grocery bags, please contact NVFR at cfauls@nova-fr.org or drop off at 8418 Kao Circle, Manassas, VA. [Click here to learn more about Northern Virginia Food Rescue.](#)

National 4-H: Registration Open for Summits

The National Youth Summit Series are immersive, three-day experiences where you dive into the issues, expand your career horizons and grow as a leader while working with and learning from other teens and experts with shared passions. The 2022 Healthy Living and Agri-Science Youth Summits are now open for registration and will take place in-person in the Washington, D.C. area.



2022 Healthy Living Summit: In Person, February 10-13, 2022

At the National Youth Summit on Healthy Living, high school students develop the knowledge and skills to address issues surrounding nutrition, physical fitness, wellness, and emotional well-being. Working alongside professionals in family consumer science and healthy living, students will create action plans they can implement in their communities to teach other youth about what they have learned.



2022 Agri-Science Summit: In Person, March 10-13, 2022

At the National 4-H Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.



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





**Want to explore exciting careers in agriculture?
Apply for AgDiscovery 2022!**

The U.S. Department of Agriculture (USDA) offers this summer outreach program for middle and high school students. It's a unique chance to live and study on a college campus and get a first-hand look at the many career paths open in the agricultural sciences.

2022 Locations and Dates

<ul style="list-style-type: none"> ▪ Alcorn State University, June 12-25 ▪ Coppin State University, June 19-July 1 ▪ Delaware State University, July 5-17 ▪ Florida A&M University, June 12-25 ▪ Fort Valley State University, June 13-24 ▪ Fresno State University, June 5-15 ▪ Iowa State University, July 10-23 ▪ Kentucky State University, June 5-18 ▪ Lincoln University, July 10-23 ▪ North Carolina State University, June 20-July 1 ▪ Prairie View A&M University, June 6-17 ▪ Purdue University, July 10-23 ▪ Tuskegee University, June 4-18 	<ul style="list-style-type: none"> ▪ University of Arizona, June 13-24 ▪ University of Arkansas at Pine Bluff, June 11-24 ▪ University of Hawaii, July 10-23 ▪ University of Illinois, July 10-23 ▪ University of Maryland at College Park, July 10-29 ▪ University of Maryland Eastern Shore, June 12-25 ▪ University of the Virgin Islands, July 18-31 ▪ Virginia State University, June 19-July 2
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Learn more about AgDiscovery 

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www.aphis.usda.gov/careers



2022 Virginia Association of Fairs' Youth Leadership Scholarship Contest

Applications Due by 5pm Friday, December 3rd.

The 2022 VAF Youth Leadership Scholarship Contest application is underway with over \$8,000 in scholarships available! This contest is for teens ages 14-19 who are actively involved in a local VAF-member fair (*youth board member, livestock exhibitor, contest/fair entry participant, fair volunteer, etc.*).

The 2022 Essay Topic: Fairs and Festivals, Back in Business! How did COVID financially impact your fair and community and how is the local fair and festival board handling it? After consulting with your fair board, include your own ideas for how your fair or festival can close the gap financially and how you and others can support the board's work.

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

Registration opens December 2021.

[Click here for more information on AgDiscovery 2022.](#)

**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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I AM



4-H PROUD

PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)
[VCE COVID-19 Updates](#)

[4-H Online Information](#)
[The 4-H Foundation](#)
[Educational Resources](#)
[4-H All Stars](#)

[STEM in Virginia 4-H](#)
[VCE Speakers Bureau](#)

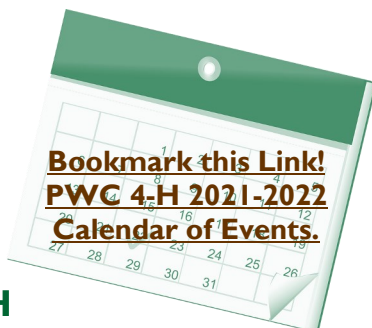
Prince William 4-H

[PWC 4-H Homepage](#)
[PWC 4-H Programs](#)
[PWC 4-H Camps](#)
[PWC 4-H Events & Calendar](#)

Portfolio Records

[Member Record](#)
[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
[Project Record Ages 11-12](#)
[Project Record Ages 13-15](#)
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



**2020-2021 PWC 4-H
Association Officers**

Youth Officers

Samantha Whysong, President
Kayla Dixon, Vice President
Alexis Cox, Treasurer
Secretary - Vacant

Adult Officers

Vacant - President
Alan Lerch, Vice President
Sydney Nguyen, Treasurer
Tom Harrigan, Secretary

Committee Chairs

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



HEAD



HEART



HANDS



HEALTH