



Prince William 4-H

Our Clubs, Our Community



July 5, 2023

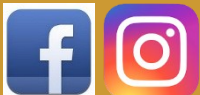
Upcoming Events

- Jul 15** - Market Day #2
- Jul 23-27** - Prince William/Stafford 4-H Junior Camp
- Aug 5** - Market Day #3
- Aug 12** - 4-H Northern District Shoot
- Aug 14-18** - Prince William 4-H Fair Camp
- Sep 2** - Market Day #4
- Oct 1** - Happy New 4-H Year!
- Oct 14** - Market Day #5
- Nov 24-28** - National 4-H Congress

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Click to Visit



Prince William 4-H's THRIVE at Virginia 4-H Sate Congress



Virginia 4-H State Congress is one of the most exciting events of the year for Prince William 4-H youth, volunteers and staff. And this year delivered BIG!

A huge 4-H CONGRATULATIONS to:

- Our newly elected Northeast District Ambassador Aiden McDonald!
- Prince William 4-H Food Challenge team Food Ninjas (Julia Lee, Hudson Lee, Ben Hirshey, and Tim Hirshey) for placing 1st

overall in the Virginia 4-H State Food Challenge! They have qualified to represent Virginia 4-H and compete at the National 4-H Food Challenge at the State Fair of Texas on October 3rd.

The fun started with the van ride where Tim shared a scrumptious cookie pie. Intense debates followed on the pros and cons of raising silkies and soft tacos versus yogurt bar. Random conversations from Powerade to quarks made for some memorable moments throughout the week.

At the picnic, Virginia 4-H Ambassadorial Candidate Sirai analyzed our personalities and determined that Cara was corn, Julia was carrot, and both Hudson and Pam relate to broccoli. Do you agree?

Other favorites of the week: eating THE BEST ice cream, "drink more chocolate milk," creek cleanup and games, visiting the duck pond, listening to 80's music, and dancing! We also made new friends with 4-H'ers across the state, including Hernan from Matthews County. Our goal was to HAVE FUN and we are officially pros at that.

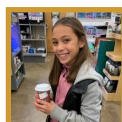
On the business side, Harper Miller was elected as the Virginia 4-H President, The new state delegation is eager to hear your thoughts and ideas about 4-H - be sure to pass them on to Aiden McDonald!

See what you're missing?! Our goal for next year is to bring more 4-H'ers from Prince William. We also want to invite our Junior Camp Counselors to Congress. And...we're going to get Hudson to dance.



Meet Prince William 4-H Young Entrepreneurs

Our young entrepreneurs are growing their business skills and we're so impressed by the businesses that they've created. We hope you'll join us at the Manassas Farmers' Market on Saturday, July 15th!

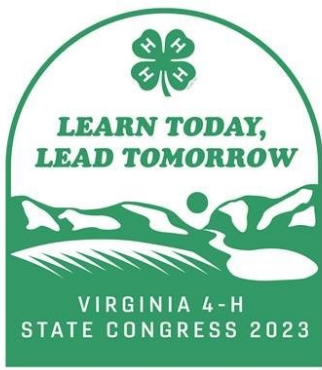


Aisling will be selling pressed flower bookmarks. Some have quotes or Bible verses on them. Aisling is in the 7th grade and likes to jump on the trampoline, swim, and read.



Xanthie will be selling edible jewelry for kids. She will have bracelets and necklaces made of cereal and candy. She is in 5th grade and enjoys art, crafts and playing outside.



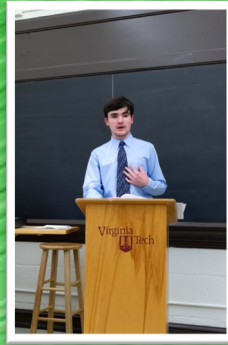
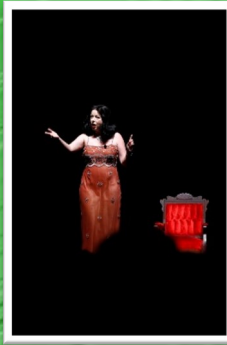
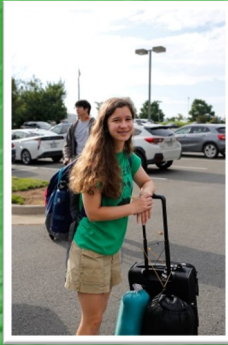


Virginia 4-H State Congress

PRINCE WILLIAM 4-H DELEGATION

Virginia Tech, Blacksburg, Virginia

June 27th - June 30th





NATIONAL CHAMPIONSHIPS

SHOOTING



SPORTS



Prince William 4-H Trigger Time Club Takes 4th at Nationals by Ayden Strand, Youth Club Reporter

On the week of June 25, Trigger Time competed in the 2023 4-H Shooting Sports National Championships. The event is held in Grand Island, Nebraska. The team consisted of Lexi Strand, Samantha Erick, Sam Seagle, And Noah Richter.

On the first day, the team checked in and did an equipment check where they checked the weight of the trigger and the weight of the scoped silhouette rifle.

On the second day, the team practiced silhouettes and had opening ceremonies. During the opening ceremonies, each state was introduced and walked in a parade. We took team photos and had several guest speakers. They talked about Guardian's 4 Health, which Trigger Time participated in back in April. They thanked all the states that were early participants.

On the third day, the team participated in the silhouette match. In the silhouette match, there were four stations set up with different animal silhouettes. The silhouettes were set at different distances from 40-100 yards. After competing, the team went and practiced the CMP rapid fire and 3-position smallbore rifle. After a long match and practice, the team went to a teen social where they hung out with the other teams, danced, roped a fake steer head, did archery with foam arrows and had to try and hit a foam disc and traded state pins.

On the fourth day, the team participated in the CMP rapid fire match. During this match, the team had to shoot 10 shots in 10 minutes and then 5 shots in 30 seconds two times. After a day of matches the team went to the Day 1 Award Ceremonies. The team placed 5th in the silhouette match out of 23 teams!

On the fifth day the team participated in the 3-position smallbore rifle match. During this match, the team shot three positions: prone, standing and kneeling. They had 20 minutes to shoot sighters and 20 shots in the prone position. Then they had 40 minutes in the standing position to shoot sighters and 20 shots. In the kneeling position, they had 30 minutes to shoot sighters and 20 shots.

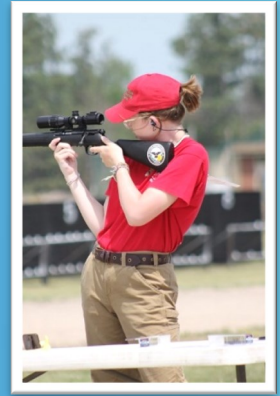
On the last day, they had closing ceremonies. They did Day 3 competition awards where Sam Seagle placed 10th in the 3-position match. **They also gave out overall awards for each discipline where the team took 4th place overall out of 23 teams!**

Thank you to the coaches, parents and everyone who helped our team make it to 4-H Nationals!!!



Congratulations!





[Click here to watch a slideshow compiled by 4-H youth Lexi Strand.](#)



Come out and support our Prince William 4-H Young Entrepreneurs and see how much we've grown!

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



**Prince William 4-H
Young Entrepreneurs**
Market Day 2 will feature 4-H'ers Diallo, Koa,
Xanthie, Aisling, Amari, Zaynab & Ruqayyah,
Ayden & Lexi

Prince William 4-H | www.pwcva.gov/4-H | 4HPWC@pwcva.gov



PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023



4-H CHILDREN'S BARN

Daily Activities, 2-8 pm

THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

Daily Exhibits, 2-8 pm

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can **THRIVE WITH 4-H!**

4-H FAMILY FUN NIGHT AT THE SHOW BARN

Monday, August 14th, 5 pm

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

PRINCE WILLIAM 4-H FAIR CAMP

August 14th-18th, 9 am-12:30 pm, \$50 fee includes activities, snacks, and a camp t-shirt. Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Airgrounds South Barn and grow in a safe and exciting environment with fun activities, games, and art projects and more, in the 4-H Pillars of STEM, Health Living, Agriculture and Civic Engagement. Visit www.pwc4h.org for more information and registration links.

Discover a world of opportunities in Prince William and **THRIVE WITH 4-H!**



CAMP IS FULL



VOLUNTEER

and THRIVE
with 4-H!

Prince William 4-H at the County Fair

4-H YOUTH VOLUNTEER OPPORTUNITIES

Workday Wednesdays

Dates: Every Wednesday from June 21st - August 2nd

Time: 10 am - 2 pm; bring a bag lunch

Location: PWC 4-H Office

Who Should Volunteer: All middle school and high school 4-H'ers (bring a friend!)

[Click here to signup.](#)

Youth volunteers will be planning the activities, cutting, pasting, organizing, bagging, and more, for the enrichment activities at the 4-H Children's Barn at the PWC Fair and Prince William 4-H Fair Camp.

Whether you're crafty, strong at lifting, good at organizing, innovative, or a worker bee, we need you to help us prepare!

Join the fun!

PWC Fair 4-H Children's Barn & Ag Barn - Youth Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts available

Location: PWC Fairgrounds

[Click here to signup.](#)

Youth volunteers are needed to assist youth and families with their activities as well as help direct the community service activities, assist with activities, share their 4-H stories and more.

ADULT VOLUNTEER OPPORTUNITIES

4-H Summer Fair Camp Chaperone

Dates: August 14th - 18th

Time: 8:30 am - 1 pm

Location: PWC Fairgrounds

Signup coming soon.

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience.

Adults are primarily chaperones, group facilitators, or help to distribute snacks. Any time that you can offer is welcome!

PWC Fair 4-H Children's Barn & Ag Barn - Adult Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts

Location: PWC Fairgrounds

[Click here to signup.](#)

Visitors to the 4-H Children's Barn will be greeted by the Barn Manager and directed to activities. Adult volunteers will be on hand to answer any questions, assist with activities, and assist youth volunteers with community service and Ag Barn activities.

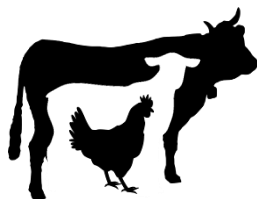


Prince William County Fair Contests

Prince William County Fair

August 11 - 19

[Click here for the Prince William County Fair website.](#)



2023 OPEN AGRICULTURE DIVISION

Dairy Cattle, Beef Cattle, Swine, Dairy Goats, Sheep, Poultry, and Rabbits

4-H members may exhibit in any class. All livestock entries and fees must be postmarked no later than Monday, July 24th. **Special awards specifically for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



2023 HOME ARTS

Farm & Garden Produce, Flowers & Gardens, Food Preservation, Baked Goods, Handicrafts, Ceramics, Art, and Photography

No entry fees are charged. Each exhibitor may enter only one item per class. All exhibits must have been canned, baked, made, or grown by the exhibitor, except flower arrangements where some materials may be purchased. All entries must have been canned, baked, made or grown by the exhibitor since the end of 2021. **Junior Special Awards for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



4-H PROJECT BOOKS

4-H youth may submit last year's or this year's (if complete) project book in the Youth Home Arts Educational category (see page 72 in the Fair Contest Catalog). [Click here for contest rules and entry forms.](#)



2023 FAIR PAGEANT

Miss and Mister competition categories from 1 month to 22 years. [Click here for more information and entry form.](#)

RULES AND ENTRY FORM COMING SOON FOR:

- 2023 Fair Mullet Contest
- 2023 Frozen T-Shirt Contest
- 2023 Power Wheels Derby



REMINDER - Club Posters Needed for the 4-H Exhibit

Our clubs are excited to create their own posters! We're excited to see your craftiness and to celebrate your club at the PWC Fair. Please submit your club poster to DeeAnn Strand at the 4-H office for display in the Prince William 4-H Children's Barn.

POSTERS NEED BY JULY 12TH.





2023 State Fair of Virginia Rules and Nomination Information

State Fair of Virginia

Dates: September 22nd - October 1st

Location: The Meadow Event Park, 13191 Dawn Blvd., Doswell, VA

Updates for State Fair of Virginia Livestock Exhibitors:

- Nomination Portal is OPEN.
- July 21 - Last day to request DNA Envelope/Tags to be mailed
- July 31 - Nomination Portal closes at 5 PM - Nomination forms and DNA samples must also be postmarked by this date
- August 1 - ALL Registered Breeding Animals, Registered Market Hogs and Registered Market Beef must be registered in the name of the exhibitor (Date of Issue by respective Breed Association, NOT Date of Sale)
- July 10 - Entry System opens
- August 21 - Entry System closes at 5:00PM

[Click here for full details on the State Fair of Virginia Youth Livestock Show website.](#)

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

Virginia 4-H at NASCAR

Date: Sunday, July 30th, 2 PM

Location: Richmond International Raceway

Who Should Attend: All Virginia 4-H Families and Friends

Tickets: <https://bit.ly/NASCAR4H> or <https://fevo.me/virginia4hrichmond>

4-H is partnering with NASCAR for the Sunday, July 30th 3 PM NASCAR Cup Series Race at the Richmond International Raceway. Purchase tickets at a discounted price of \$50. Great seats! 4-H Members will lead the American Pledge on the event stage and participate in pre-race activities (*meet the drivers, walk on the track, see the cars up close, etc.*).

This is a Virginia 4-H fundraiser. \$10 of every ticket purchased will be given to the 4-H organization they represent (such as Prince William 4-H). This is a great opportunity to enjoy a NASCAR race at a discount, promote the 4-H Pillar of Citizenship, and raise money for Prince William 4-H programming.

Virginia 4-H Pork Challenge - REGISTRATION IS OPEN!

Date: Saturday, August 26th

Location: George Washington Carver Center, 9432 James Madison Hwy., Rapidan, VA

Who Should Participate: All Prince William 4-H'ers and Food Challenge Teams

Registration Opens: July 6th

Registration Deadline: August 4th [Click here for contest rules and website for registration.](#)

The Virginia 4-H Pork Challenge challenges youth to create a dish using only a predetermined set of ingredients. From these ingredients, youth must identify and prepare the dish, then make a presentation about it to the judges. This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.

Please note that the rules were adapted from the other food challenge contest areas and thus, very similar in nature. This contest will be limited to 10 teams and when registration opens on July 6 it will be handled on a first-come, first-serve basis.



Virginia 4-H Youth Animal Science Updates

2023 GOOCHLAND AG FAIR

Date: August 12th

Location: Central High Complex, 2748 Dogtown Road, Goochland, VA

Who Should Attend: All Virginia 4-H youth, new and experienced showmen, with an interest in demonstrating their showmanship while showing off their work on their project animals.

[Click here to register.](#) **Registrations due July 14th.**

[Click here for all show information,](#) including classes offered, rules, and regulations.



VIRGINIA STATE 4-H HORSE SHOW

Date: September 7th - 10th

Location: Lexington, VA

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

[Click here for the Show website.](#)

NEW State Show Entry Deadline: July 31st



2023 STATE 4-H HORSE SHOW SILENT AUCTION

Please DONATE Last year's silent auction brought in over \$13,000 for the Virginia 4-H Horse Program! If you are able to donate an item for the auction, raffle, or cash donation to offset costs, please contact Rose McDonald, 4-H State Horse Show Silent Auction Chair, 540-877-4935.

HORSE SHOW HEROES

The Horse Show Hero Program is an extremely important and beneficial sponsorship opportunity for our State 4-H Horse and Pony Show and allows families and participants to gather support and sponsorships from friends, family, and local businesses. These supporters are recognized in the Show Program as Horse Show Heroes and the funds are utilized to help provide prizes, awards, and cover the costs of operating the Show.

The Horse Show Hero sponsorships that each participant gathers are cumulative and allows exhibitors to earn scholarships towards their entry fees, special awards, and priority stalling for the Units (County/Independent City) or Clubs that gather the most sponsorship dollars, so this is a great opportunity for you to help the show, while also working towards some cool incentives for you and your fellow club members.



Please contact [MaryBeth Lerch](#) if you or your business is interested in sponsoring a 4-H rider.

VIRGINIA 4-H RABBIT SHOW AND CLOVERBUD CLINIC

Date: September 16th

Location: at [Field Days of the Past](#) event in Amelia, VA

[Click here to register.](#)

[Click here for the 4-H Study Guide.](#)

First Annual 4-H Rabbit Show and Showmanship Clinic will be held at the 2023 Field Days of the Past in Amelia County. All Virginia 4-H youth that might be interested in participating or attending to learn more about Rabbit Shows and Rabbit Showmanship are invited. There will be a Showmanship Clinic for Cloverbud youth (ages 5-8), so this is an excellent opportunity to get those "littles" involved at an early age and grow them into the program. If you have questions, please contact Mackenzie Gunn (mgunn@vt.edu) or Terry Abston (tabston@vt.edu).

IMPORTANT LINKS

- ➔ [Click here for the most recent Virginia Youth Animal Sciences Newsletter](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Calendar](#)
- ➔ [Click here for the Virginia Youth Animal Sciences Facebook Page](#)

FIELD DAYS OF THE PAST

4-H RABBIT SHOW

AND CLOVERBUD CLINIC

SEPTEMBER 16TH, 2023



Join us for the first annual 4-H Rabbit Show and Cloverbud Showmanship Clinic!

The show and royals competition is open to any current 4-H members and non-members ages 9-18

Clover buds ages 5-8 can exhibit their rabbits in a showmanship clinic

All entries must be received by September 1, 2023. Late entries will not be accepted.

Royals Competition Study Guide can be found at <https://tinyurl.com/4Hroyals>

REGISTER HERE: <https://tinyurl.com/4Hrabbit>

Use link above for entry form, payment information, and 4-H Online instructions

For questions please contact Mackenzie Gunn at mgunn@vt.edu or (804) 561-2481



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VIRGINIA 4-H & NRA SHOOTING EDUCATION CAMP JULY 30-AUGUST 3, 2023



DISCIPLINES OFFERED

- Archery
- .22 Rifle
- Muzzleloading
- Pistol
- Shotgun
- Air Rifle

CAMP IS FOR

Youth age 12-16
with an interest and/or
experience with
shooting sports.

INSTRUCTORS

Volunteer Instructors
certified through 4-H,
VDWR, NRA, NAA,
and other National
Organizations

CAMP INCLUDES

- Safety education
- Fundamentals & theory
- Marksmanship instruction
- Competitive Shoot

COST

Shotgun & Muzzleloading -\$415
Archery, Rifle, & Pistol -\$390

Cost covers all meals, lodging,
ammo, targets, instruction,
programming, and t-shirt.

REGISTRATION

Register at
www.holidaylake4h.com
Deadline: July 12, 2023

Refund Policy
Full: On or before July 12
Nonrefundable: after July 12

SPONSORED BY:

Virginia Cooperative Extension
BroNRA Foundation
VA Department of Wildlife
Resources
VA Shooting Sports Association



Virginia 4-H Shooting Education Camp



Dates: July 30th - August 3rd

Location: Holiday Lake 4-H Education Center,
1267 4-H Camp Rd., Appomattox, VA

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

Registration Deadline: July 12

Slots are still available for the Virginia 4-H Shooting Education Camp. Register today to secure your spot!

Virginia 4-H Shooting Instructor Recertification

Date: November 4th

Location: Holiday Lake 4-H Educational Center

Who Should Attend: Existing instructors who need their 7-year recertification
Contact [Lynn Wheeless](#), Virginia 4-H State Shooting Education Coordinator, to register.

The last 7-year recertification session for this year will be held on November 4, 2023. There are numerous instructors that need to attend that recertification. In December, we will decertify all Shooting Education Instructors that have not complied with the 7-year recertification policy established by Virginia 4-H and the 4-H National Committee for Shooting Sports.

To learn more about the Virginia 4-H Shooting Sports Education Program visit:

[Prince William 4-H Document Center](#) -
training fact sheets, rules, and more
[Virginia 4-H Shooting Education Website](#)

SAVE THE DATE!
4-H Northern District Shoot
August 12th
Culpeper, VA

Virginia 4-H Resources for School Enrichment

[Click here to access Virginia 4-H Resources.](#)

4-H is the youth development education program of Virginia Cooperative Extension. 4-H is rich with learning experiences in which young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development.

Virginia 4-H agents and specialists created a collection of 4-H resources and curriculum that are useful in a school setting .

4-H'ers are...

4X

more likely to give back to their communities

2X

more likely to make healthier choices

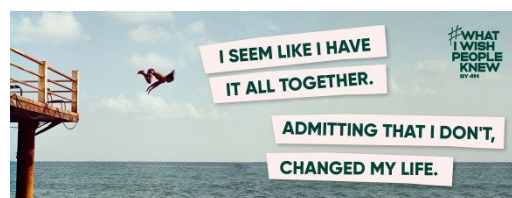
2X

more likely to participate in STEM activities

National 4-H: #WhatIWishPeopleKnew

What Else Aren't You Saying?

Join 4-H youth who are getting real and daring to share their unedited stories. Help get honesty trending by posting a video and tagging @national4h. Or send us a DM to tell us how you feel, and we'll help amplify your inner voice by sharing your message anonymously.



Check out our most recent post to see how 4-H youth are making an impact with their anonymous stories. #WhatIWishPeopleKnew

Clover by 4-H: Find the Career Path that is Right for You

Planning a Vocational or Technical Career

Grades: 7-12

Time: 90 minutes

[Click here to access curriculum.](#)

Explore career paths in healthcare, law, education, and the arts. Dive into the world of vocational and technical opportunities with 4-H. There are many paths towards a successful and rewarding career. Some students decide to attend college and some students pursue careers that don't require a college degree. Instead, they opt into the military, obtain a vocational certification, or enter the workforce directly after high school. Each of these career options is equally important in our society today.

In this activity, you'll learn about careers you can pursue right out of high school, and be able to consider if any might be a good fit for you, based on your skills and interests.



Free, Turnkey Financial Literacy Curriculum that Works

[Click here to visit FoolProof Me-Virginia.](#)

FoolProof Me immerses students in the importance of developing three core habits: healthy skepticism, trustworthiness and personal responsibility. Kids who use the curriculum will be better equipped to avoid scams, resist impulse buying and recognize manipulative marketing techniques. FoolProof Me has lessons for middle school, high school, college/adults, and homeschool, targeted to teaching consumer life skills. Their mission is to teach consumers the importance of using caution, questioning sellers, and relying on independent research before spending money.



FoolProofMe
MAKE HEALTHY SKEPTICISM A HABIT

**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](#)



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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

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

Portfolio Records

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

[Outstanding Member Form](#)



**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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