



Prince William 4-H

Our Clubs, Our Community



August 23, 2023

Upcoming Events

- Aug 29** - PW 4-H BINGO Planning
- Sep 2** - Market Day #4
- 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 30** - PW 4-H Open House
- Oct 1** - Happy New 4-H Year!
- Oct 3** - PW 4-H BINGO Planning
- Oct 14** - Market Day #5
- Nov 24-28** - National 4-H Congress

Inside this issue:

- [PWC 4-H Updates](#) 2
- [VA 4-H Updates](#) 14
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- [Contacts & Recourses](#) 20

Thriving with 4-H at the PWC Fair

Prince William 4-H at the PWC Fair includes the 4-H Children’s Barn, Ag Barn, Fair Camp, and 4-H Family Fun Night. This is our most exciting week of the year! We’re able to serve our community, develop future leaders, and encourage youth to THRIVE. This year’s programs were successful thanks to the support and dedication of our youth and adult volunteers. We truly could not reach and expose youth to the expansive world of 4-H without your time and talents.



THANK YOU Community Partners!

- ♥ Prince William Soil and Water, www.pwswcd.org
- ♥ Mary Loudy, Dale City Elementary School
- ♥ Merrimac Farm Master Naturalists, [www.facebook.com/](http://www.facebook.com/MerrimacFarmVMN/)

MerrimacFarmVMN/

- ♥ VCE Master Gardeners, <https://mgpw.org/>
- ♥ Bull Run Regional Library, www.pwcva.gov/department/library/bull-run-regional-library

THANK YOU Adult Volunteers!

Thank you to the many adult volunteers and chaperones that dedicated numerous hours to ensuring the safety and success of our events. A special 4-H THANK YOU to volunteers that dedicated their week to Prince William 4-H Fair Camp: Stafford 4-H Agent Lori Clark, Ashley Butler, Liz Stogran, Kristin Saul, Emily Chloe, Mary Lou Malo, Shealyn Clinger, Shawn Clinger, Betty Ann Blanton, Anne Konstanty, and Farah Haq.



THANK YOU Youth Volunteers and Camp Counselors!

Prince William 4-H aims to provide leadership opportunities to local youth to help them gain additional knowledge, life skills, and attitudes that will further their development as self-directing, productive and contributing members of society. Thank you for answering the call to volunteer at the Fair - we admire your enthusiasm, knowledge, and dedication to 4-H and enjoy watching you grow as leaders. You brought the energy and FUN to camp!

BINGO Planning

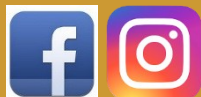


Our planning is underway for an exciting Prince William 4-H BINGO community night! Save the dates for upcoming meetings and join in the fun!

All meeting times are 7 pm:

- August 29th, Zoom (*link coming soon*)
- September 12th, Location TBD
- October 3rd, Location TBD

Click to Visit



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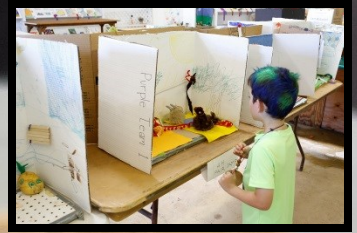
a glimpse into Prince William 4-H Fair Camp...



© U.S.C. 707

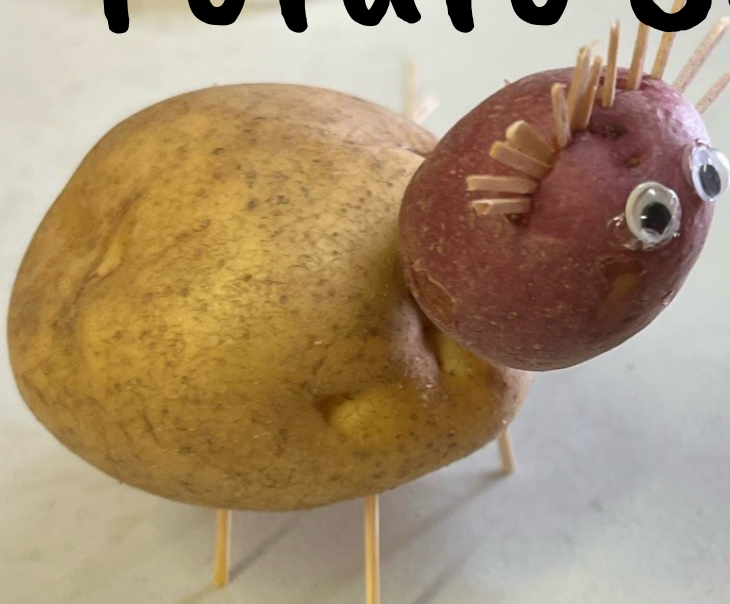
THREE WITH 4-H





Prince William 4-H Fair Camp

Potato Scenes





Prince William 4-H Children's Barn

at the Prince William County Fair

Prince William 4-H Family Fun Night

at the Prince William County Fair
Monday, August 14th



Thanks to our amazing teen leaders,
fun was had by all!





HEAD



HEART



HANDS



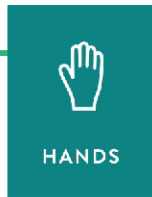
HEALTH



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HEALTH

PRINCE WILLIAM 4-H



CLOVERBUD CLUB

Meets the 2nd Saturday of the Month from October to May from 10am-Noon



OCTOBER 14TH

AT THE PRINCE WILLIAM FAIRGROUNDS 4-H CHILDREN'S BARN



Who Should Attend: Greater Prince William youth ages 5-8 that are interested in learning more about 4-H.*

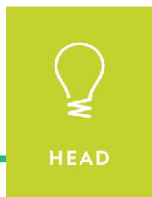
Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in the 4-H Pillars of civic engagement, STEM, healthy living and agriculture.

All 4-H projects are research and curriculum based. We lay the foundation of knowledge to help develop our future community leaders.



Learn more about 4-H at www.pwcva.gov/4-H.
To join this FREE club, contact MaryBeth Lerch at 4HPWC@pwcva.gov. Come grow with us!

* A parent or guardian must be present.



HEAD



HEART



HANDS



HEALTH



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HEALTH



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PRINCE WILLIAM 4-H



SATURDAY, AUGUST 2ND, 8 AM - 1 PM

YOUNG ENTREPRENEURS

COME OUT AND SUPPORT OUR PRINCE WILLIAM 4-H YOUNG ENTREPRENEURS AND SEE HOW MUCH WE'VE GROWN! MARKET DAY 4 WILL FEATURE AYDEN & LEXI, TONCHI, KOA, XANTHIE & AISLING, DIALLO, LYRA & CORA, AND NISAUR.

MANASSAS FARMER'S MARKET, 9024 PRINCE WILLIAM ST., MANASSAS, VA

PRINCE WILLIAM 4-H

WWW.PWCVA.GOV/4-H

4HPWC@PWCVA.GOV



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 t-shirt!

- **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 level

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!





RESULTS

by Ayden Strand, Youth Club Reporter

On August 12th, Trigger Time 4-H Shooting Education Club competed in the Northeastern District Match. The match took place at Cedar Mountain 4-H shooting range in Culpepper. We

had members participate in BB, Archery, Trap, Skeet, Air Rifle, Air Pistol, Smallbore and Muzzleloader.

- ★ In BB Noble Richter placed first and Trigger Time Junior team was the first-place team. The team consisted of Noble Richter, Valor Richter, and Rebecca Ahrens.
- ★ In Air Rifle we placed in the top 6 places with Samantha Erick in first. Our Senior Air Rifle team placed first and our Junior team placed first. The senior team consisted of Samantha Erick, Noble Richter, And Lexi Strand and the junior team consisted of Jubilee Richter, Rebecca Ahrens, And Ayden Strand.
- ★ In Smallbore Samantha Seagle placed first and our team placed first. The team consisted of Sam Seagle, Samantha Erick, and Lexi Strand.
- ★ In Muzzleloader William McPherson placed first and our team placed first. The team consisted of William McPherson, Koa Mintz, and Lexi Strand.
- ★ In Basic Supported air pistol, Kira Lorentz placed first and in International Standing, Noble Richter placed first. There were no teams for Air Pistol.



Virginia 4-H Northern District Shoot





PRINCE WILLIAM 4-H *Trigger Time* *4-H Club*

Archery • Air Pistol • Air Rifle • BB • Muzzleloader • Smallbore • Shotgun • Skeet/Trap

Trigger Time is a Prince William 4-H Shooting Education Program that uses shooting as a vehicle to teach youth life skills such as responsibility, self discipline, and teamwork. Youth learn marksmanship and the safe and responsible use of firearms. The focus of all 4-H programs is the development of youth as individuals and as responsible and productive citizens. The activities of the program, and the support of caring adult leaders, provide young people with opportunities to develop life skills, self-worth, and conservation ethics.

MEETINGS: **Shotgun & Skeet/Trap:** every Monday at 4pm at the Fairfax Rod and Gun Club
Air Pistol, Air Rifle, & BB: every Monday at 6:30 pm at the Army National Guard
Archery: every Monday at 6:30 pm at the Prince William Izaak Walton League
**Summer meetings are held at a member's farm for smallbore, archery and muzzleloader.*

4-H CLUB FEES: Annual club dues are \$25 and cover meeting space, sport supplies, and local matches. Travel matches (*Spring Air, Districts, States, and Nationals*) are an additional fee and are offset by club fundraising.

AGES: Youth ages 9-19 are invited to participate

MEMBERSHIP STARTS OCTOBER 1

ATTEND THE PRINCE WILLIAM 4-H CLUB & ACTIVITIES FAIR ON SEPTEMBER 23RD TO LEARN MORE!

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

www.pwcva.gov/4-H • 4HPWC@pwcva.gov



Southern Regional 4-H Horse Championships

August 2nd - 6th in Perry, Georgia

Congratulations Prince William 4-Hers!

- 1st Place Hunter Showmanship - Samantha Whysong and Dynamic Classic Jac
- 11th Place Hunter Under Saddle - Samantha Whysong and Dynamic Classic Jac
- 10th Place Hunter Under Saddle - Lauren Byrd and Linaria
- 2nd Place Hunter Type Gelding - Sierra Nicole Wimer and Dare U
- 10th Place Hunter Showmanship - Sierra Nicole Wimer and Dare U

Also competing at Southern Regional:
Katelyn Kellum and Snack that Bites Back
Elena Guallar Thompson and Mel





#opportunity4all

PRINCE WILLIAM 4-H CLUBS

Our clubs encourage growth in friendships, leadership and life skills by providing opportunities for all youth in the 4-H Pillars of Citizenship, Healthy Living, STEM and Agriculture. We learn by doing! Using research-based curriculum resources, we participate in community service, contests, skills-based projects, and so much more, on local, district, state, and national levels. Prince William 4-H currently has 8 active clubs, and encourages the greater Prince William area to grow and establish new clubs to serve their interests.

<p>Nokesville 4-H Club <i>Nokesville-Based Community Club</i></p> <p>An active and thriving community club, Nokesville 4-H Club focuses on 4-H Projects and has regular opportunities for community service, club-level activities, and county and state activities.</p>	<p>Kettle Run 4-H Club <i>School-Based Community Club</i></p> <p>Kettle Run 4-H Club is a group of Cloverbud, Junior 4-Hers, and their parents who strive "to make the best better" through many exciting activities and community service.</p>	<p>Linton Hall 4-H Club <i>School-Based Community Club</i></p> <p>Linton Hall 4-H Club is a one of Linton Hall School's Signature Programs. As a school-based club, members must attend Linton Hall School.</p>	<p>NEW 4-H Club Forming! <i>Manassas-Based Community Club</i></p> <p>This club is currently applying for a charter and hopes to be actively meeting Spring 2023. Youth members will determine the club's focus and elect officers. Youth ages 9-19 are welcome to join and help form the project direction and club focus.</p>
<p>Nokesville Equestrian 4-H Club <i>Special Interest Club</i></p> <p>Nokesville Equestrian 4-H Club is a special interest club open to members aged 8 to 18, with primary emphasis on all things horse. Members compete at local, state, and regional contests in both riding and horse knowledge. <i>Members are not required to own a horse.</i></p>	<p>Trigger Time 4-H Club <i>Special Interest Club</i></p> <p>Trigger Time 4-H Club was started in 1993 and is our longest running club. Working to develop youth teamwork, responsibility, self' confidence and decision making skills through shooting education, the club participates in local, state, and national competitions. Trigger Time 4-H Club conducts safety and education programs for air rifle, small bore rifle, archery, skeet and trap, black powder, hunter education and wildlife conservation for youth ages 9-19.</p>	<p>Prince William 4-H Teen Club <i>Special Interest Club</i></p> <p>Prince William 4-H Teen Club is a 4-H enrichment club with monthly meetings, activities and opportunities to further engage youth ages 14-19 with leadership, socializing, citizenship, health living, STEM and agriculture opportunities. The club encourages teens to take advantage of the many local, regional, state and national opportunities in 4-H.</p>	<p>Prince William 4-H Cloverbud Club <i>Special Interest Club</i></p> <p>Prince William 4-H Cloverbud Club hosts monthly meetings during the school year to introduce youth ages 5-8 to 4-H. Through hands on activities, we focus on exploring the 4-H pledge, motto, and pillars of Citizenship, Healthy Living, STEM, and Agriculture.</p>

Contact MaryBeth Lerch at mblerch@pwcva.gov for more information and to connect to a 4-H Club.



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Become a Healthy Living Ambassador!

Are you passionate about Healthy Living and would like to share about it with others?

If so, being a Healthy living Ambassador may be just right for you!



What we do

- Meet monthly
- Plan the annual state Healthy Living Summit
- Write the Buzz, Body and Bites for Teens newsletter
- Be a teen voice for Healthy Living
- Educate others about Healthy Lifestyles

Application Process

Written questions about your Healthy Living experience and leadership skills

Interview



Virginia 4-H Healthy Living Ambassador - APPLICATIONS DUE SEPTEMBER 1st!



Who Should Apply: Prince William 4-H teens (ages 14-18) that have an interest or passion for Healthy Living and are looking for an opportunity to develop and practice leadership skills in an environment where they can thrive and grow. **Application deadline: September 1st**

[Click here for the Virginia 4-H Healthy Living Ambassador Application.](#)

[Click here for the Ambassador Application Reference Form](#) (Prince William 4-H'ers should request a reference from [MaryBeth Lerch](#)).

It is with excitement that we once again open applications to teen 4-H members who have an interest in healthy living to apply to serve as a Virginia 4-H Healthy Living Ambassador. As a Healthy Living Ambassador, meeting virtually once a month, participants will work together to plan a statewide Healthy Living Summit as well as develop the monthly Buzz, Body, and Bites newsletter for teens.

Specifically, the expectations for serving in this role include:

- Actively participating in monthly meetings (date and time will be determined as a group after Ambassadors are selected). More frequent meetings may be needed as we get closer to the Healthy Living Summit.
- Helping to plan and implement the Virginia 4-H Healthy Living Summit (date will be determined by the Ambassador team).
- Helping to write and edit the monthly Buzz, Body, and Bites Newsletter for Teens (see Page 10!).
- Embodying the role of a Healthy Living Ambassador by being the youth voice in your community to advocate for healthy living.
- Informing 4-H youth, volunteers, and other interested persons about 4-H Healthy Living opportunities and resources.
- Sharing program ideas and resources with peers that will help strengthen and expand 4-H Healthy Living programs.
- Representing 4-H in a positive manner.

To qualify to serve as a Virginia 4-H Healthy Living Ambassador, you must:

- Be a teen 4-H member (between the ages of 14-18) and active in 4HOnline.
- Have a passion for and active engagement in 4-H Healthy Living.
- Have an interest in sharing knowledge to enhance youth educational experiences.
- Be willing to be a team player working with local, district, and state level professionals to share resources and opportunities.
- Be able to communicate effectively both written and verbally.

The benefits one will receive by becoming a Healthy Living Ambassador include:

- Enhancing your 4-H Healthy Living understanding and skills.
- Networking with peers and healthy living leaders around the state and nation.
- Assisting in moving forward the 4-H Healthy Living mission.
- Enhancing your professional development opportunities.
- Increasing your knowledge and skills for implementing and managing 4-H Healthy Living programs.

The deadline to apply is September 1st and candidates will be notified the week of September 4th. Interviews will be held the following week (September 11th) and the first meeting will be held on October 3rd at 7 PM.



Virginia State 4-H Championship Horse & Pony Show



Date: September 7th - 10th

Location: Lexington, VA

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

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

HORSE SHOW ART/PHOTOGRAPHY, RECORD BOOK AND PORTFOLIO COMPETITIONS

[Click here for Art Contest Entry Information and Entry Form.](#)

[Click here for Photography Contest Entry Information and Entry Form.](#)

- **Art and Photography Contests** are open to any enrolled Virginia 4-H Youth, not just those entered in the State 4-H Horse Show. Entries must be delivered to the State 4-H Show. See entry forms for deadlines.
- **Record Book and Portfolio Contest** entries are limited to ONE entry/category/age division/Unit – Youth may enter a Record Book or Portfolio and each Unit is limited to One Junior Record Book, One Senior Record Book, One Junior Portfolio, and One Senior Portfolio. All Record Book and Portfolio entries MUST come from the Unit Extension Office.

HORSE SHOW SILENT AUCTION

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.

VOLUNTEERS NEEDED

[Click here to volunteer.](#) Opportunities include:

- record book judges (horse experience not necessary)
- ribbons/awards assistants (helpful to know shows, important to be organized)
- food preparation/hospitality room help (muscles needed for toting heavy things, too!)
- gate openers and closers (experience not necessary)
- information tent folks (friendly face, knowledgeable of 4-H policies, familiar with show rule book, willing to learn, horse experience not totally necessary)
- general laborers (willing to run errands, help in rings, park cars, whatever is needed)



Prince William 4-H'ers are Invited to a fantastic, mythical, and magical weekend for campers ages 9-13.

REGISTER TODAY!
Camp is filling quickly.

• [Magical Muggles Camp Registration and FAQs](#)

November 3-5, 2023

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.**

September 22nd:	Lawn Tractor Operators
	Junior Dairymen's
September 25th:	Agriscience Poster
September 26th:	Junior Forester's
September 27th:	State Fair Crops
September 29th:	State Fair Hippology



Virginia 4-H Shooting Education Updates

2023 VIRGINIA 4-H STATE SHOOT

Date: September 8-10

Location: Holiday Lake 4-H Center

[Click here for more event information.](#)

Portfolio Certification Deadline: August 28th.

All attendees over the age of 4 must be registered: "Match Participants" (youth competitors) and "Non-Participants" (parents, coaches, siblings, etc.). There are changes to the rules for 2023.

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

VIRGINIA 4-H SHOOTING EDUCATION AMBASSADOR PROGRAM

Who Should Apply: Prince William 4-H'ers age 14-19 involved in Trigger Time 4-H Club

[Click here for more information and to apply.](#) **Applications due August 28th at 5 PM.**

The Virginia 4-H Shooting Education Ambassador Program offers teens the opportunity to demonstrate and build upon their skills in citizenship, leadership, and public speaking as they travel around Virginia serving as advocates and spokespersons for 4-H Shooting Education. The function of this group is to help build the shooting education program in Virginia, to help its members increase their knowledge of the sport and to meet like-minded youth. This is a service organization for which it is an honor to be chosen and is only as strong as its participants.

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.*



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 meals competition is open to any current 4-H members and non-members ages 5-18.

Cloverbuds 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. Prizes Compete or Study Guide can be found at <https://www.4-h.org/4-h-rabbit>

REGISTER HERE: <https://myuri.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) 861-2945.

Virginia Cooperative Extension
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Virginia 4-H Rabbit Show and Cloverbud Clinic

Date: September 16th

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

Registration Deadline: September 1st. [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.

Positive Youth Development Training for 4-H Adult Leaders

Dates: September 21-22

Location: Virginia Crossings Hotel – Hilton Tapestry Collection in Glen Allen, VA.

[Click here to register.](#) Registration closes on September 1.

Registration is now open for the Positive Youth Development (PYD) training. 4-H adult leaders are invited to participate. Training begins after breakfast on the 21st and concludes after lunch on the 22nd. The cost is \$300 and includes lodging on the 20th and 21st, meals, and snacks. Please make checks payable to the Treasurer of Virginia Tech and submit payment to: Mellissa Breen, Administrative Assistant, Virginia Cooperative Extension State Office, 115 Hutcheson Hall (MC 0908), Blacksburg, VA 24061.



National 4-H: Clover by 4-H

BE A WIND WARRIOR

Grades 1-6. [Click here to access free curriculum.](#)

Get blown away by the awesome power of the wind! Build a windmill structure to learn about mechanical engineering, simple machines and the superpowers of reusable energy. Work as a Power Protector engineer and use creativity and problem-solving to convert wind into energy and help Energy Island stay powered up!

REDUCE YOUR STRESS WITH 4-H

Grades 6-12. [Click here to access free curriculum.](#)

School is starting up again, and so do some individuals' stress levels. According to 4-H research, 45% of teens have dealt with excessive stress. In this activity, you will identify the sources and the impact of stress on your life.

EMBARK ON A STEM CAREER: EMBRACE THE FUTURE

Grades Pre-K - 8. [Click here to access free curriculum.](#)

Did you know that rural areas are experiencing shortages of qualified STEM workers who can provide vital services to often under-resourced areas? Explore this course to view activities and information about STEM careers across the country.

WIND POWER: UNLEASHING SUSTAINABLE ENERGY

Grades Pre-K - 2. [Click here to access free curriculum.](#)

The wind is a powerful force of nature. And you can make it work for you! This CLOVER activity introduces you to mechanical engineering and wind power by showing you how wind can be converted into energy.



**You must have an existing CLOVER account or create a free account to access these courses.*

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
- Design an electrifying Power Protector hideout

Amped Up Engineering

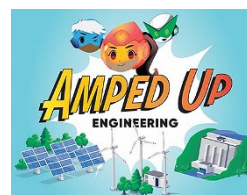
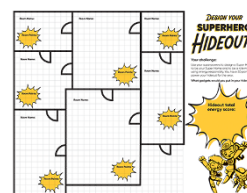
Youth will:

- Be able to explain the differences between renewable and non-renewable energy sources
- 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
- Collaborate and strategize to help Energy Island use renewable energy sources such as sun, wind and water



Interested in learning how to use the Power Protectors kit activities in your STEM educational programming? Join us on Thursday, September 14th, at 2:00 PM ET, 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. Sign up by Wednesday, September 13th, to be a part of it.

VPOST Educator Opportunity



VPOST Math Hoops Training Camp
September 20th, 11:00-12:00 (virtual)

For the '23-'24 school year, we are excited to announce our upcoming season of NBA Math Hoops! NBA Math Hoops leverages the game of basketball and the NBA/WNBA brands to build fundamental math and social-emotional skills through a physical and digital basketball-themed board game, a curriculum, and a community program experience. Designed for students in grades 4-8, this free program develops students'

algebra readiness prior to entering high school, while strengthening important skills including self-regulation and executive function. The NBA Math Hoops program is implemented in in-school, out-of-school, and home learning environments.

Through programs like NBA Math Hoops, Learn Fresh is dedicated to achieving equitable representation in STEM fields among girls, students of color, and those living in low-income communities.

[Click here for the NBA Math Hoops Overview.](#)
[RSVP here: VPOST Math Hoops Training Camp](#)



**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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[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
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