



# Prince William 4-H



## Our Clubs, Our Community

July 10, 2024

### Upcoming Events

- Jul 13** - PW 4-H Young Entrepreneurs Market Day
- Jul 14-18** - Prince William / Stafford 4-H Junior Camp
- Jul 28-Aug 1** - VA 4-H Shooting Education Camp
- Jul 31-Aug 4** - Southern Regionals 4-H Horse Championship
- Aug 7** - PW 4-H Workday at the Fair
- Aug 9-17** - PWC Fair, PW 4-H Children's Barn & Exhibits
- Aug 10** - V 4-H Northern District Shoot
- Aug 12-16** - PW 4-H Fair Camp
- Aug 24** - PW 4-H Young Entrepreneurs Market Day

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Click to Visit



## Getting Crafty at Workday Wednesday



Workday Wednesdays have been WONDERFULLY working! With so many helping hands, PW 4-H Fair Camp is coming together nicely. Thank you to all of our volunteers and we'll see you back at PW 4-H Headquarters after camp!

**NO WORKDAY WEDNESDAY NEXT WEEK (JULY 17th) WE'LL SEE YOU AT 4-H JUNIOR CAMP!**



### SIGN UP FOR WORKDAY WEDNESDAYS!

**Dates:** Wednesdays: July 10, July 24, July 31, August 7

**Time:** 10 AM - 2 PM

[Click here to register to volunteer!](#) Registration helps us communicate changes directly to volunteers as well as prepare the space for the number of volunteers.

It's time to earn your volunteer service hours! Workday Wednesdays begin June 26th and occur most Wednesdays leading up to the Prince William County Fair in August. Come by Prince William 4-H Headquarters for the duration, or for a few hours, to help prepare PW 4-H Fair Camp and 4-H Children's Barn activities. **DON'T FORGET TO BRING LUNCH, WATER BOTTLE OR SNACK!**

## REGISTER for PW 4-H Fair Camp Counselor Training

[Click here to sign up for training days.](#)

### CAMP CORE TRAINING (choose 1) - at PW 4-H Headquarters

- Monday, July 29th 10 AM-12:30 PM

### CAMP DETAILS TRAINING (choose 1) - at PW 4-H Headquarters

- Friday, July 12th 10 AM - 12:30 PM
- Wednesday, July 31st 6-8:30 PM

### CAMP COUNSELOR WORKDAY AT THE FAIR

- Wednesday, August 7th 9 AM -12 PM





Prince William 4-H

# YOUNG ENTREPRENEURS *at the* MANASSAS PARK FARMER'S MARKET

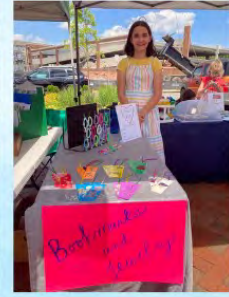
TREAT YOUR FAMILY AND FRIENDS TO A DAY OF SHOPPING AT  
OUR PRINCE WILLIAM 4-H YOUNG ENTREPRENEURS MARKET DAY!

Featuring Ayden, Lexi, Diallo, Adam, Chloe, Zaynab, Nisanur, and Istau

13 JULY 2024 | 9 AM - 2 PM



Manassas Park City Hall  
100 Park Central Plaza  
Manassas Park, VA



Prince William 4-H

# Reaching New Heights with 4-H

At the PWC Fair, August 9-17, 2024

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)

**4-H CHILDREN'S BARN**

**4-H AGRICULTURE BARN**

**4-H FAMILY FUN NIGHT AT THE SHOW BARN**

### DAILY ACTIVITIES, 2-8 PM

REACH NEW HEIGHTS 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!

### 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, and discover how you can REACH NEW HEIGHTS with 4-H!

### TBD, 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 12th-16th • 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 Fair grounds. Youth learn and grow in a safe and exciting environment with activities, games, and art projects and more, in the 4-H Pillars of STEM, Healthy Living, Agriculture and Civic Engagement. Visit [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H) for more information and registration links.

**Reach New Heights with Prince William 4-H!**

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)

CITIZENSHIP  HEALTHY LIVING  STEM  AGRICULTURE



## Trigger Time 4-H'ers - Time for a Letter Writing Campaign!



Many organizations, industries, businesses, and associations provide support to 4-H shooting sports programs at the national, state, and local levels. The National 4-H Shooting Sports Program asks all 4-H'ers that participated in the 2024 4-H Shooting Sports National Championship to hand-write thank you notes to the sponsors found on the "Donors" page of the website. This is an excellent opportunity to practice your letter writing skills, as well as expressing our gratitude to the organizations that support shooting education and help provide an *#opportunityforall* through their donations. All club leaders, parents, and 4-H'ers that participated in matches leading up to Nationals are also encouraged to thank our donors.

[Click here for the list of national donors and addresses.](#)

*(Heads-up...we'll have a letter writing campaign for our local donors coming soon!)*

## Adult & Youth Volunteer Signup for PWC Fair is OPEN!



[Click here to volunteer.](#)

It's 4-H time at the PWC County Fair! Each summer, Prince William 4-H hosts the Children's Barn activity exhibit and the Ag Barn exhibit at the PWC Fair. We need all 4-H families to volunteer for a slot to bring the best of 4-H to the fair!

### VOLUNTEER DESCRIPTIONS

- **ADULT BARN MANAGERS:** adults who are organized, flexible, comfortable leading volunteers. Visitors to the Children's Barn are greeted by the Barn Manager and invited to walk through the activities.
- **YOUTH VOLUNTEERS:** 4-Hers who are willing to communicate with the public and lead other youth in STEM, healthy living, community service and agriculture enrichment activities.
- **CHILDREN'S BARN STATION VOLUNTEERS:** youth and adults who are dedicated to a specific 4-H activity table.
- **AG BARN VOLUNTEERS:** volunteers for Military Postcards & Face Painting. Volunteers receive free entry to the fair on the day of volunteering.

## Volunteers Needed for the State Fair of Virginia VCE Exhibit



**Dates:** September 27th - October 6th

**Location:** 13191 Dawn Blvd., Doswell, VA

Last year we debuted a new Virginia Cooperative Extension Exhibit at the State Fair of Virginia. We've secured the same exhibit space in the Meadow Pavilion for this year.

Prince William 4-H adult volunteers and youth are encouraged to contact MaryBeth Lerch at [mblerch@vt.edu](mailto:mblerch@vt.edu) if you are interested in volunteering at the State Fair. This is an amazing opportunity to help showcase Extension programs - *specifically 4-H* - and make the public aware of what Extension does. **This is also a terrific state-level activity to add to your 4-H resume and Virginia 4-H All Star application.**

[Click here to see a video from last year's fair.](#)

## 4-H Camps

Happy camping season! Limited spots are still available in both the 4-H Shooting Education Camp and Nature Adventure Camp. Both are held July 28-August 1 (Sunday-Thursday). These camps are for ages 12-16. Campers will separate for their chosen discipline in the morning but be together for afternoon and evening programs.

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

[Click here for more information and to register for 4-H Shooting education Camp.](#)

## NATURE ADVENTURE CAMP

July 28-August 1, 2024

**WORKSHOPS:**

- Forestry
- Aquatic & Wildlife Ecology
- Wilderness Survival
- Herpetology
- Natural Resource Mgmt.
- Archery
- Nature Arts
- Drone Mapping
- And more!



**INSTRUCTORS:**

Volunteer instructors trained and certified through 4-H, VCE, DWR, DOF, and other National Organizations



**RECREATION:**

- High Ropes
- Zipline
- Canoe/Kayaking
- Fishing
- Hiking
- Basketball
- Pickleball
- Gau-Gau
- Swimming

**COST: \$275**  
Cost includes: instruction, program supplies, meals, lodging, and t-shirt.

**Holiday Lake**  
4-H Educational Center

## VIRGINIA 4-H & NRA SHOOTING EDUCATION CAMP

### Holiday Lake 4-H Center

July 28-August 1, 2024

NRA Day on July 31

**CAMP IS FOR YOUTH AGES 12-16**  
with an interest and/or experience in shooting sports.



**DISCIPLINES OFFERED**

Archery, Muzzleloading, Pistol, Rifle (Air & .22) and Shotgun.



**INSTRUCTORS**

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


**SPONSORED BY:**

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

more info: [holidaylake4h.com](http://holidaylake4h.com)




**SAFETY. FUNDAMENTALS. THEORY. MARKSMANSHIP**



## Join us for 4-H Night with the FredNats!



When: August 6th, 2024  
Where: Fredericksburg Nationals Stadium  
Fredericksburg, VA  
Who: 4-Her's and their families  
What: A fun and exciting night out at a FredNats game! Sit with other 4-Her's, join in on a pre-game parade on the field, and so much more!  
Price: Tickets are around \$18 (processing fees may be applied)



Want to join us? Please scan the QR code or follow the link to buy your ticket now!  
<https://fevo-enterprise.com/event/4h5>  
For more information, please contact your local Extension Office.

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



VIRGINIA AGRICULTURAL EXPERIMENT STATION  
SOUTHERN PIEDMONT AGRICULTURAL RESEARCH AND EXTENSION CENTER  
VIRGINIA TECH



THURS  
JULY  
25

## 2024 SOUTHERN PIEDMONT AREC CROP FIELD DAY

2375 DARVILLS ROAD | BLACKSTONE, VA 23824

REGISTRATION 4:30 PM | DINNER 5:00 PM  
FIELD CROPS RESEARCH TOUR FOLLOWING DINNER

TOBACCO VARIETY TRIAL | TOBACCO EARLY PEST DETECTION & IMAGING | COTTON PEST MANAGEMENT & BIOLOGICAL CONTROL | SHORT-CYCLE FROST TOLERANT TOBACCO PERFORMANCE TRIAL | CORN BIOSTIMULANT TRIAL & SOYBEAN VARIETY TRIAL | SOIL TESTING, VARIETY SELECTION, & BIOCHAR AMENDMENT FOR IMPROVED BLACK SHANK DISEASE MANAGEMENT



SCAN QR CODE TO REGISTER OR VISIT: [HTTPS://TINYURL.COM/CROP-FIELD-DAY](https://tinyurl.com/crop-field-day)  
THE SPAREC FORAGE AND LIVESTOCK FIELD DAY WILL BE HELD ON SEPTEMBER 19

VIRGINIA COOPERATIVE EXTENSION IS A PARTNERSHIP OF VIRGINIA TECH, VIRGINIA STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE, AND LOCAL GOVERNMENTS. ITS PROGRAMS AND EMPLOYMENT ARE OPEN TO ALL, REGARDLESS OF AGE, COLOR, DISABILITY, SEX (INCLUDING PREGNANCY), GENDER, GENDER IDENTITY, GENDER EXPRESSION, NATIONAL ORIGIN, POLITICAL AFFILIATION, RACE, RELIGION, SEXUAL ORIENTATION, GENETIC INFORMATION, MILITARY STATUS, OR ANY OTHER BASIS PROTECTED BY LAW. IF YOU ARE A PERSON WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES, OR OTHER ACCOMMODATIONS TO PARTICIPATE IN THIS ACTIVITY, PLEASE CONTACT CAROL WELKINSON OR MARGARET KENNY AT (541) 888-5843/700-828-1100 DURING BUSINESS HOURS OF 7:30 A.M. TO 4:30 P.M. TO DISCUSS ACCOMMODATIONS FIVE DAYS PRIOR TO THE EVENT.



## 2024 State 4-H Horse Show

**Dates:** September 5-8

**Location:** Lexington, VA

[Click here for the Virginia 4-H Horse Program Website.](#)

[Click here for the Virginia 4-H State Championship Horse & Pony Show Website.](#)

- \* **JULY 31ST:** deadline to complete Horsemanship Skills Levels 1 & 2 for all youth riding at the State Show; deadline for youth to qualify at an approved qualifying show or clinic; Entry Deadline, including orientation meeting/checklist by club leader and all qualification requirements met and approved by club leader
- \* **AUGUST 10TH:** deadline for payments and agents/club leaders to return the Orientation Google Form/Other Paperwork

### SPONSORS NEEDED FOR 4-H HORSE SHOW HERO PROGRAM

The Horse Show Hero Program is a way to garner support of the Virginia 4-H State Horse Show while also making it easier for youth to attend, through the accumulation of scholarships for their entry fees. Sponsors are recognized in the show program as Horse Show Heroes and funds are utilized to assist in show operations. [Click here for more information about the Horse Show Hero program.](#) Please contact MaryBeth Lerch at [mblерch@vt.edu](mailto:mblерch@vt.edu) by July 15th for more information on how you or your business can support our Prince William 4-H'ers attending the Virginia 4-H state Horse Show this summer.

## Virginia 4-H Shooting Sports Updates

### 2024 VIRGINIA 4-H NORTHERN DISTRICT MATCH

**Date:** August 10th

**Location:** Cedar Mountain Shooting Range (near Culpeper, VA)

**Registration is due Wednesday, July 24th.**

This is the closest (roughly 45 minutes) 4-H sanctioned match to PWC, and the one with the heaviest Trigger Time attendance. This match includes competitors from 12 Northern District counties, including PWC. Event categories include: Archery (multiple categories), BB Gun, Air rifle, Air Pistol, Smallbore (.22) Rifle, Muzzleloader, Skeet, and Trap. For more information, questions, or to start the registration process, please email Mark Willey at [willeym@gmail.com](mailto:willeym@gmail.com).

### 2024 VIRGINIA 4-H STATE SHOOT MATCH

**Dates:** September 6-8

**Location:** Holiday Lake 4-H Center

**Registration is due Monday, August 5th.** [Click here for the match announcement.](#)

### VA 4-H SHOOTING EDUCATION AMBASSADOR

**Applications due Monday, August 26th by 5 pm.**

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

The Virginia 4-H Shooting Education Ambassador Program is an honor/service organization that 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.



## Virginia 4-H Animal Sciences Updates

### STATE 4-H & FFA DAIRY YOUTH FIELD DAY

**Date:** Thursday, August 1st

**Location:** Rockingham County Fairgrounds, Harrisonburg

[Click here for more information and to register.](#) **Registration due by noon on Friday July 26th.**

Field Day serves as the State 4-H Dairy Cattle Judging Contest with individual and team contests in judging and oral reasons.



## National 4-H: Google x CLOVER CS

Google and CLOVER have teamed up to release over 50 Computer Science activities. These activities focus on coding, programming, and other computer science concepts through engaging, interactive, and innovative activities that foster creativity, problem-solving skills, and a deeper understanding of technology. Over the last month, with the help of the University of Georgia Extension and Purdue University Extension, four new courses have gone live on CLOVER.

These courses are:

- [Coding in Python](#) — learn how to code in Python, one of the best computer languages to learn today!
- [Coding in Scratch](#) — this course provides ten interactive video tutorials and a workspace to learn block coding using the computer program Scratch.
- [Media Design](#) — use free apps to learn how to design & create media, including images, audio, and video.
- [Design & Technology](#) — these five activities provide real-world design skills that you can use to help create your own apps and software.

[Click here to access FREE curriculum!](#)



Monday, July 29 at 5:00 p.m.

## MAKER MONDAYS: FAUX INSECT TAXIDERMISTRY



Create a creepy, crawly wall decoration using bug toys.  
For grades 6-12

Financial Education & Housing Counseling presents

## Paying for College: Student Loans

This virtual class will present the basics about applying for the Free Application for Federal Student Aid (FAFSA), student loans and repayment options. This class is ideal for students and parents!

**Date:** July 25, 2024

**Time:** 7:00 PM – 8:30 PM

**Place:** Online

**Pre-Register:** [bit.ly/PayingforCollegeStudentLoans](https://bit.ly/PayingforCollegeStudentLoans)



Visit our website to see the other classes we offer: [www.pwcva.gov/money](http://www.pwcva.gov/money)

Email or call: [smartmoney@pwcgov.org](mailto:smartmoney@pwcgov.org) or 703-792-6287



# Buzzy BODY & BITES for Teens

Buzzy



## Sustainable Sun Safety

Written by: Deborah Olorunda, 2023-24 Teen Healthy Living Ambassador

For years the chemicals inside of sunscreen have effectively protected humans from harmful radiation. However, in more recent years our oceans have been acidifying at higher rates due to increased pollution. This crisis has encouraged scientists and marine researchers to investigate the effect sunscreen has on marine ecosystems. In particular, research has found that traditional sunscreens are destructive to marine organisms such as algae and in particular have undermined the symbiotic relationship between coral and algae creating coral bleaching. Coral bleaching occurs when the ocean water becomes too warm due to acidification stressing out the algae and causing them to expel (break away) from the coral; leaving the coral exposed and dead. This massive decay of coral and other marine organisms reduces the biodiversity of oceans which shortcuts the ability for a proper food chain to occur causing other species in turn to start dying off. The enigma of coral bleaching that is so prominent in our coral systems has encouraged people to discover the true efficacy of sunscreen and question if "reef safe" is truly better for our reefs. The question is can a sunscreen really exist that can dually protect the vibrancy of reefs while providing ample sun protection for humans to prevent skin cancer? The answer is YES! The typical chemicals in traditional sunscreens that have been destructive to the oceans are oxybenzone, octinoxate, and avobenzone. One of which oxybenzone has already been outlawed in the production of sunscreen! Chemical agent, zinc oxide has been discovered and utilized as the base of new "reef-safe" sunscreens. Testing was done with a common marine algae *Nannochloopsis Oculata* comparing the amount of cell growth and decay using a zinc oxide mineral-based sunscreen versus ones with the traditional makeup. The zinc oxide mineral based sunscreen was found to deplete almost half as many nanometers of cells in the algae in comparison to the other sunscreens. This several-month series of testing echoes the many more reports that show zinc oxide to be a far more sustainable sunscreen agent for marine ecosystems while still providing ample sun coverage for beach-goers. So how does this problem impact you? If you look at the back of a sunscreen bottle 9 times out of 10 the active ingredients include names of lengthy chemicals such as octinoxate, avobenzone and homosalate. These active ingredients though effective in sunscreen are endocrine disruptors meaning these are the chief chemicals creating marine damage. After extensive research and testing out of those active ingredients, zinc oxide-based sunscreens are proven to be more sustainable for use. Now its time for you to keep yourself protected this summer while actively being a friend to our marine ecosystems! Swap out your chemical sunscreens for mineral-based sunscreens with zinc oxide.

### 3 THINGS EVERYONE GETS WRONG ABOUT SUNBLOCK



Are you getting ready for some fun in the sun? Make sure you stay safe and keep your skin looking healthy by remembering these three important things about sunblock.

#### 1 THERE ARE TWO KINDS OF UV RAYS

Ultraviolet light from the sun comes in two forms:



##### WORTH REMEMBERING

Buy sunblock that protects against both types of UV light. They are often labeled UVA/UVB protection, multi-spectrum or broad spectrum.

#### 2 HIGHER SPF DOESN'T PROTECT YOU AS MUCH AS APPLICATION

SPF 30 is twice as safe as SPF 15, right? Not exactly. High SPFs give a false sense of security and can lead to bad sun habits like staying out too long or not reapplying often enough.

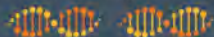
How much UVB radiation do SPFs block?



WORTH REMEMBERING: Follow the directions on the label. Use much more than you think you need. Reapply often and every two hours.

#### 3 SUN DAMAGE LASTS A LIFETIME

It is important for everyone to protect their skin from sun damage. However, children and teens who get sunburned are in greater danger of developing skin cancer or other health problems because UV light can change their DNA in skin cells.



<https://www.ecommunity.com/healthminute/2017/3/things-you-might-have-wrong-about-sunblock>



# BITES



## BUILD YOUR OWN Popsicle

Prep Time: 15 minutes  
Total Time: 25 minutes



### LIQUID



### FRUIT



### EXTRA



### Directions:

- Select a liquid, fruit, and/or extra.
- Layer fruits and/or extras in a blender. Pour liquid over top. Blend until smooth.
- Pour into popsicle molds or small plastic cups. Insert popsicle mold handles or use plastic spoons or popsicle sticks in cups.
- For chunky popsicles, add fruit to molds. Mix any extras with the liquid and pour over fruit.
- Freeze 4-6 hours or overnight. Run warm water over molds to loosen and remove the popsicles.
- Makes 6 3-ounce servings.
- As you become more familiar with the recipe, try adding or replacing with different liquids, fruits, and extras for a different flavor.

Find more recipes at [eatsmartmovemoreva.org](http://eatsmartmovemoreva.org)

# BODY

## Pool Safety Tips

- **Swim with a buddy:** Never swim alone, and always have a friend or family member nearby in case of an emergency.
- **Learn to swim:** Knowing basic swimming skills is crucial for pool safety. If you haven't already taken swim lessons, you are encouraged to sign up.
- **Adult supervision:** Ensure that there is always an adult present when swimming, especially if there are inexperienced swimmers in the group.
- **Know the depth:** Be aware of the depth of the pool, particularly if there are diving boards or slides. Diving into shallow water can result in serious injuries.
- **Avoid running or roughhousing:** Running or engaging in rough play around the pool area can lead to accidents and injuries.
- **Sun protection:** Apply sunscreen with an SPF of 30 or higher, wear sunglasses, and take breaks from the sun to prevent sunburn and long-term skin damage.
- **Stay hydrated:** Drink plenty of water to stay hydrated while swimming. Avoid consuming sugary drinks, as they can contribute to dehydration.
- **Understand pool rules and signs:** Familiarize yourself with the pool's rules and warning signs, such as no diving or no running.
- **Learn basic CPR:** Knowing how to perform CPR can save a life in case of an emergency. You are encouraged to take a CPR course.
- **Keep pool area clean:** A cluttered pool area can create tripping hazards and make it difficult to quickly respond to emergencies. Ensure that towels, toys, and other items are stored safely away from the pool's edge.

# Exercise Your Mind

## Summer

B B Q C B E A C H S  
E L A L A K E S Y E  
H B I S B M N U L A  
P A A S E R P N A S  
H O M R T B E I W O  
H I O M B E A E N N  
O Y K L O E R L Z G  
T B E E S C C I L Y  
G A R D E N K U N Y  
V B E R R I E S E G

- |            |          |          |      |
|------------|----------|----------|------|
| Blistering | Baseball | Barbecue | Hike |
| Berries    | Camping  | Garden   | Lake |
| Hammock    | Beach    | Season   | Pool |
| Breezy     | Lawn     | Bees     | Hot  |
| Sun        |          |          |      |

# Resources

## Virginia 4-H

[facebook.com/Virginia4HStateOffice](https://facebook.com/Virginia4HStateOffice)

## Virginia Family Nutrition Program

[eatsmartmovemoreva.org](http://eatsmartmovemoreva.org)

[www.facebook.com/VaFNP](https://www.facebook.com/VaFNP)

## Virginia Cooperative Extension

[ext.vt.edu](http://ext.vt.edu)

[facebook.com/VirginiaCooperativeExtension](https://facebook.com/VirginiaCooperativeExtension)

**Editors:** Tonya Price, PhD; Rebecca Owen, MEd; Helen Leslie

## 2023-24 Healthy Living Ambassadors:

Alice Milton, Ivory Western, Lidija Westfall, Deborah Olorunda, Cadence Baker, Olivia-Kate Crombie, Cash Chambers, Jaleah Pulliam, Meghan McGee, Avyonna Hester

**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

[Prince William 4-H](#)  
[Virginia State 4-H](#)  
[National 4-H](#)



**Your Dedicated PWC 4-H Staff**

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**PWC 4-H Resources**

**National 4-H**

[National 4-H Homepage](#)

**Virginia 4-H**

[VCE 4-H](#)  
[4-H Online Information](#)  
[The 4-H Foundation](#)  
[4-H All Stars](#)  
[STEM in Virginia 4-H](#)

**Prince William 4-H**

[PW 4-H Homepage](#)  
[PW 4-H Programs](#)  
[PW 4-H Camps](#)  
[PW 4-H Events & Calendar](#)  
[PW 4-H Document Center](#)

**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](#)

[Prince William 4-H Member Record - President](#)  
[Prince William 4-H Member Record - Vice President](#)  
[Prince William 4-H Member Record - Officer](#)



**2023-2024 PWC 4-H  
Association Officers**

**Youth Officers**

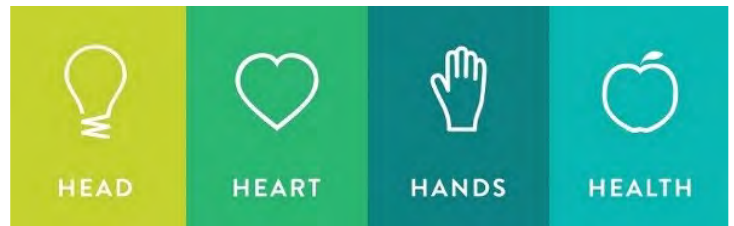
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

**Adult Officers**

Susan Wolf, President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
Mary McDonald, Secretary

**Committee Chairs**

Fundraising Committee - Lauren Byrd  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



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Virginia Tech. • Virginia State University



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