

Prince William

Our Clubs, Our Community



July 24, 2024

Upcoming Events

Jul 28-Aug I - 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

Sep 6-8 - VA 4-H State Horse & Pony Championship

Sep 7-8 - VA 4-H State Shoot

Inside this issue:

Prince William 4-H 2 Updates

Virginia 4-H Updates

From Our Partners 10

Contacts & 14
Recourses

Click to Visit



Prince William-Stafford 4-H Junior Camp



We may have had a week of record breaking heat, but our 240 4-H campers kept their cool in the pool, at classes, dancing, and singing at the evening campfires. This year we had a phenomenal 41 teen counselors who stepped up to the task of supervising activities and mentoring youth. Our 26 CIT's learned a lot and are ready to jump in as counselors next year! We hugged our 9 senior counselors goodbye as they grow out of the 4-H youth program and spread their wings in our local communities.

A HUGE 4-H THANK YOU goes out to the 9 adult volunteers that joined us for the week to lead 19 special project classes. The Prince William 4-H program THRIVES because of the support, compassion, and expertise of our adult volunteers.

See Page 2 for a photo collage of our jam-packed week and we hope that you'll join us next year!

Campers & Counselors: Please click here to complete a 4-H Junior Camp Survey!

PW 4-H Fair Camp Counselor Training - LAST CHANCE

All counselors MUST attend a Part 1 and Part 2 training session. These are the final opportunities. Click here to sign up for training days.

PART I: CAMP CORE TRAINING - at PW 4-H Headquarters

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

PART 2: CAMP DETAILS TRAINING - at PW 4-H Headquarters

Wednesday, July 31st
 6-8:30 PM

CAMP COUNSELOR WORKDAY AT THE FAIR

Wednesday, August 7th 9 AM -12 PM

Workday Wednesday - ONLY 2 DAYS LEFT!



SIGN UP FOR WORKDAY WEDNESDAYS!

Dates: Wednesdays: July 31 @ PW 4-H Headquarters and August 7 @ Fairgrounds Time: 10 AM - 2 PM

<u>Click here to register to volunteer!</u> Registration helps us communicate changes directly to volunteers as well as prepare the space for the number of volunteers. 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!**









GLUB

High Scores at the Virginia Commonwealth Games





AT LIBERTY UNIVERSITY

Submitted by 4-H Youth Reporter Rebecca Ahrens

On Saturday, July 20th, Trigger Time 4-H Shooting **Education Club competed in the Virginia** Commonwealth Games. The Virginia Commonwealth Games is a virtual match for the entire state of Virginia; each team competes at their home location and sends in their scores. Trigger Time had five athletes who competed in three-position air rifle, and two in BB gun. In the air rifle junior division, Ayden Strand placed 3rd, and Rebecca Ahrens placed 1st. Lexi Strand scored the highest in the prone position. Trigger Time took 3rd place as a team, and the team members were Lexi Strand, Rebecca Ahrens, Ayden Strand, Tanner Ridings, and William McPherson. In BB gun, Rebecca Ahrens took 1st, and Ayden Strand was 3rd. Ayden had the highest standing score, and Rebecca had the highest sitting and kneeling. In between the air rifle and BB gun matches, Trigger Time competitors enjoyed burgers and practicing silhouettes. Congratulations to all the competitors in the Virginia Commonwealth Games!













Prince William County Fair Updates

Click here for the PWC Fair website.

CONTESTS FOR 4-H'ERS

All Prince William 4-H'ers are encouraged to participate in the PWC Fair contests! In particular, 4-H'ers may submit their 4-H portfolios for awards. We've also worked on photography this year and our PW 4-H Young Entrepreneurs may have items that they created to submit under home arts. Let's show Prince William what 4-H'ers can do!



2024 Livestock & Home Arts

Click here for rules and entry form.

- Special Junior Awards for 4-H and FFA youth in agriculture categories including: dairy cattle, beef cattle, swine, dairy goats, boer goats, sheep poultry, and rabbits.
- Special Junior Awards for youth in home arts categories including (beginning on page 51): food preservation, handicrafts & 4-H project books, ceramics, art, and photography.



2024 Fair Pageant

Click here for rules and entry form.



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! Volunteers receive a free entry to the fair when volunteering.



Page 6 Prince William 4-H



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 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.



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and

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.

employment are open to all, regardless of age, color,

Virginia 4-H Pork Challenge

Date: August 24th Time: 10 am

Location: George Washington Carver Center, Rapidan, VA Click here for contest rules and

to register.

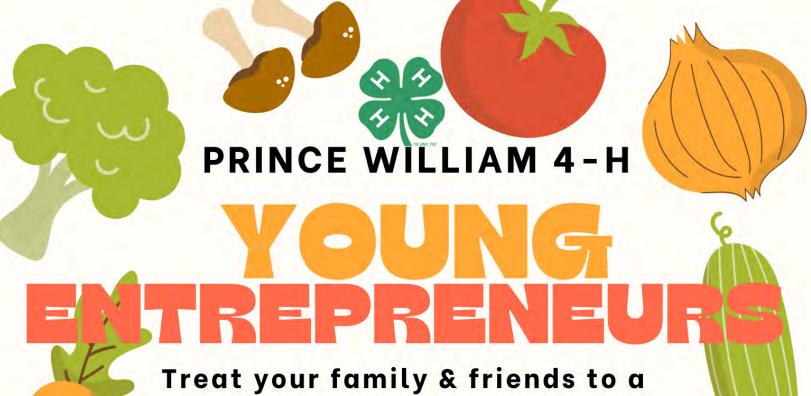
Registration due August 1st.
Contest is limited to 10 teams.

Calling all PW 4-H'ers! Up your food challenge game with this product specific challenge!

This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.







Treat your family & friends to a day of shopping at our August Market Day!

FEATURING:

Lyra, Cora, Diallo, Sophie, Lee, Stella, Thomas, Maria, Jacklyn, Josaphine, Nisanar, Istau, Koa, Aisling, Xanthie, Tonchi, Chloe, & Sarah



Manassas Park Farmer's Market 100 Park Central Plaza Manassas Park, VA

Virginia Cooperative Extension

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agnus are 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 projected by law.

Page 8 Prince William 4-H

2024 State 4-H Horse Show - Opportunities for ALL 4-H'ers!



Dates: September 5-8 Location: Lexington, VA

Click here for the Virginia 4-H Horse Program Website.

Click here fore 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

ACTIVITIES OPEN TO 4-HERS AT THE STATE HORSE SHOW

ART AND PHOTOGRAPHY

Open to any enrolled Virginia 4-H Youth, not just those entered at the State Horse Show. Entries must be delivered to the State 4-H Show or can be mailed/delivered to Kim Mayo. Click here for Art Contest Information and Entry Form. Click here for Photography Contest Information and Entry Form

RECORD BOOK AND PORTFOLIO

Entries are limited to ONE entry/category/age division/unit. Youth may enter a Record Book OR a Portfolio and each Unit is limited to ONE Junior Record Book, One Senior Record Book, One Junior Portfolio, and One Senior Portfolio. All entries MUST come from the Unit Extension Office. Contact MaryBeth Lerch at PW 4-H to submit an entry. Click here for more information and rules.

CONNIE COLLIER SCHOLARSHIP

The Connie Collier Scholarship will provide monies to VA 4-H Horse Program participants who have met Horse Program requirements and pursue post-secondary education before the age of 25. Applicants must be Senior level members and must be enrolled in the 2nd or greater year of the 4-H Horse Program. Click here for more information about the scholarship. Click here for the application. The application deadline is August 15th.

LEG UP AWARD

Designed to recognize an outstanding and inspirational 4-Her in the horse project that attends the 2024 State Horse Show. More details can be found in the 2024 State 4-H Horse Show Rulebook. Click here for nomination form. Application deadline is Aug. 15.

STATE SHOW KNOWLEDGE COMPETITIONS

Open to any enrolled Virginia 4-Her, not just those entered at the State Horse Show. No pre-entry required. This is a come as you can event. 4-Hers may come and compete at any time in the 9-4 PM timeslot.

- Horse Bowl Saturday, September 7th 9 AM 4 PM
- Hippology and Horse Judging Friday, September 6th 9 AM 4 PM

Virginia 4-H Shooting Sports Updates



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 SHOOTING EDUCATION INSTRUCTORS RECERTIFICATION

Save the Date! VA 4-H Shooting Education instructors that were certified in 2017 will need to attend the recertification session scheduled for November 2nd. More info coming soon!

VAE4-HYDP Updates for Adult 4-H Club Leaders

CURRICULUM TRAINING: YOUR FEELINGS/THOUGHTS MATTER

Date: August 21st

Time: 1-5 PM

Location: VAE4-HYDP Conference, Newport News Marriott at City Center, Fountain Plaza 2 Click here to register. Register by August 1st.

These programs are designed to equip you with valuable tools and techniques to support young people in understanding and managing their emotions and mental health.

Your Feelings Matter: Designed for younger youth, focuses on exploring emotions, effective expression, and positive reactions. During this training, you will learn various strategies to help youth navigate emotional situations and foster a foundation of emotional intelligence.

Your Thoughts Matter: Targeted towards advanced-level youth, dives into the importance of mental health and well-being. Participants will gain insights into promoting understanding and action in their communities.



Date: August 20-21

Location: Newport News Marriott at City Center Registration is free for association members. Click here for more information and to register.

National 4-H



2024 STEM CHALLENGE: FOOD FOR THOUGHT

Food for Thought is a collection of three engaging activities that equip kids with fundamental knowledge of factors that

contribute to Food Security, how people are impacted both globally and locally, and how youth can personally contribute to creating a more food secure community.

Food for Thought is ideal for youth ages 8-14 to spark an interest in STEM and inspire real-world actions to help build food security on an individual and community basis. Each kit contains enough supplies for 6 youth and most supplies are reusable. These activities are highly adaptable for afterschool programs, 4-H clubs, classrooms, home use and more. Click here for more information.



CLOVER BY 4-H: BRAINSTORM WITH 4-H

Brainstorming encourages participants to think freely and suggest any ideas that come to

mind. Designed by Purdue Extension and brought to you by Google, youth will create a range of ideas that have the potential to solve a problem and weigh the quality of different ideas produced through brainstorming. Click here to access FREE curriculum.



GET YOUR TICKETS TODAY

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 pregame 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.





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



Visit our website to see the other classes we offer: www.pwcva.gov/money

Email or call: smartmoney@pwcgov.org or 703-792-6287

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Virginia Cooperative Extension at 703-792-6287 / TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.

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, 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 Cooperative Extension

Virginia Tech · Virginia State University

Financial Education & Housing Counseling Program

Invites you to attend our virtual seminar:

Youth Financial Empowerment

Empower yourself and your finances!

Budgeting Basics

Learn the basics of budgeting, to help keep your goals on track. August 1, 2024 @ 2:00PM

To register:

bit.ly/YouthFinancialEmpowerment



For questions email: smartmoney@pwcgov.org



Register Early!

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Virginia Cooperative Extension at 703-795-6287 /TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.
*TDD number is (800) 828-1120.

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, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law. FinEd/Marketing/Flyers/Word Files/Financial Empowerment Series

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

MAKER MONDAYS: FAUX INSECT TAXIDERMY



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





program date.



When you visit the print and digital

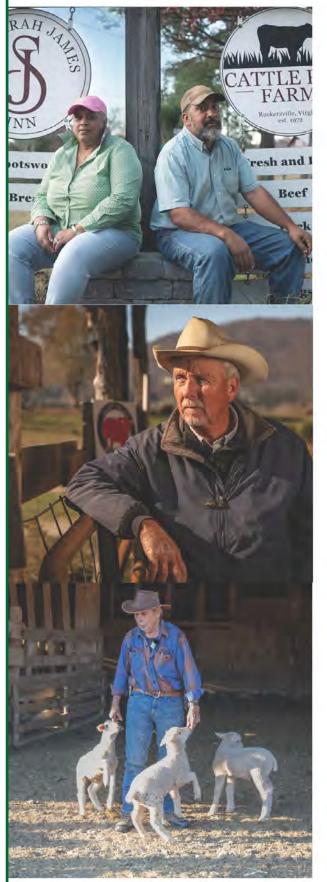
Bull Run Library 8051 Ashton Avenu Manassas, VA 2010 703-792-4500







Career ideas!





SOIL FOR WATER

Virtual Forum

We invite you to join us for a series of stories and conversations with farmers about grazing, soil health, and their agroecological values.

SEEDING DEEPER CONNECTIONS TO LAND AND COMMUNITY

Tuesday, August 13, 2024, 11am-12 pm ET
Speakers: Sarah and Ralph Morton of Cattle Run
Farm LLC, Sally Walker of Glade Road Growing,
and Buck and AJ Holsinger of Holsinger
Homeplace Farms

Register

https://tinyurl.com/soilforwaterforum-Aug13

ADAPTIVE GRAZING, MENTORING, AND SYSTEMS THINKING

Thursday, August 15, 2024, 11am -12 pm ET

Speakers: Gil Yearwood of Ellett Valley Beef Company, Becky Szarzynski of Ember Cattle Company, and Jacob Gilley of Heaven's Hollow Farm

https://tinyurl.com/soilforwaterforum-Aug15

ECOLOGICAL HEALTH: EPIPHANIES AND EXPERIENCES

Tuesday, August 20, 2024, 11am-12pm ET

Speakers: Adam Taylor of Singing Spring Farm, Leo Tammi of Shamoka Run Farm, and Michael Sands of Bean Hollow Grass-Fed Farm

Register

https://tinyurl.com/soilforwaterforum-Aug20

If you are an individual with a disability and desire an accommodation, please contact Katie Trozzo ketrozzo@vt.edu or 540-232-2233 during regular business hours at least 10 days prior to the event.

















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.

Your Dedicated PWC 4-H Staff

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



MaryBeth Lerch

Associate Extension Agent, 4-H 4-H Youth Educator mblerch@vt.edu 703-792-4536



Pam Hardin

phardin@pwcva.gov

DeeAnn Strand

4-H Youth Educator dstrand@pwcva.gov

Candi Helmlinger

4-H Program Specialist, Newsletter chelmlinger@pwcva.gov

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











Virginia Cooperative Extension Virginia Tech. • Virginia State University



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.