



# Prince William 4-H

*Our Clubs, Our Community*



August 28, 2024

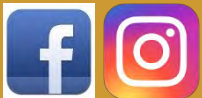
## Upcoming Events

- Sep 6-8 - VA 4-H State Horse & Pony Championship
- Sep 7-8 - VA 4-H State Shoot
- Sep 10 - PW 4-H Association Meeting
- Sep 21 - PW 4-H Young Entrepreneurs Market Day
- Sep 21 - VA 4-H Shotgun Championship
- Sep 27-Oct 6 - State Fair of Virginia
- Oct 1 - Happy 4-H New Year!
- Oct 1 - All Star Applications & Portfolios Due
- Oct 2-13 - 4-H Paper Clover Campaign
- Oct 6-12 - National 4-H Week

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Click to Visit



## Join Prince William 4-H!



September is the month where our 4-H'ers show us how much they have *GROWN with 4-H!* We showcase our progress at state shows and finalize our project records and portfolios. And it's a time to put a plan in place for the 4-H New Year that launches October 1st!

It's also a time where our **new 4-H campers** decide to join 4-H and gain access to a world of opportunities.

**JOIN A 4-H CLUB** - Prince William 4-H has a number of community clubs and project-based clubs (equestrian and shooting education). See [Pages 8-9](#) to learn more about 4-H Clubs, their focus and activities, and how you can be involved.

**START A 4-H CLUB** - Learn by doing...locally! We're always interested in new 4-H Clubs and have LOTS of resources to help you start a club in your local community or at your school. See [Page 10](#) for information on how easy it is to launch your own 4-H Club near you in just 4 easy steps!

**BECOME A 4-H CLUB LEADER** - without club leaders, we can't have clubs. Our local youth need YOU to help them find their talents, build confidence, and gain life skills. We provide the content. You provide you. We grow together in 4-H. See [Page 11](#) for more information.

**GROW YOUR 4-H RESUME** - gain valuable life skills and recognitions through hands-on experiences with Prince William 4-H! See [Page 13](#) to discover the many opportunities available!

## PW 4-H Association Request for Officers



As we approach a new 4-H year, the Prince William 4-H Association is seeking candidates to fill positions for both Adult and Youth Officers. We welcome candidates for all positions listed ([see Page 18](#)), but we are particularly seeking an adult volunteer secretary, youth vice president, and youth secretary. Youth Officer candidates must be Prince William 4-H seniors. A board position for a 501(c)3 is a great item for your resume! Please reach out to Prince William 4-H Extension Agent MaryBeth Lerch or me if you are interested in joining the Board.

The Prince William 4-H Association Bord, both adults and youth officers, meet 4 times per year to review financials, county-wide initiatives, and fundraising activities. The youth officers shadow their respective adult board positions, and will spearhead activities related to Prince William 4-H Recognition Day in the fall and the annual 4-H Bingo Night fundraiser in March.

I would like to thank Alan, Sydney, Mary, Lauren, Sam, Sammy and Lexi for another year of service and I wish Lauren, Sam and Sammy the best of luck as they start their first year at college.

Best regards,  
Susan Wolf, Prince William 4-H Association President  
[Swolf8e8@gmail.com](mailto:Swolf8e8@gmail.com)

**ALL PW 4-H FAMILIES ARE ENCOURAGED TO ATTEND THE PW 4-H ASSOCIATION MEETING ON TUESDAY, SEPTEMBER 10TH AT 6:30 PM @ PW 4-H**

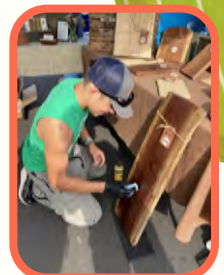
PRINCE WILLIAM 4-H

# YOUNG ENTREPRENEURS

AUGUST 24TH



4-H  
GROWS HERE



Sarah's Perfect Paws is donating a percentage of her sales of paw and nose balm to Friends of Homeless Animals. [Click here to learn more](#) about this charity and how you can donate or volunteer!

CONGRATULATIONS PRINCE WILLIAM 4-H YOUNG ENTREPRENEURS AT THE PWC FAIR!  
1st Place, Candy: Thomas of T-Boys Treats, Mini Caramel Rolls  
1st Place, Cookies: Stella of Stuffie Surprises, Chocolate Crinkle Cookies  
2nd Place, Cookies: Sophie, Lemon Cookies

NEXT MARKET DAY: SEPTEMBER 21ST

## Wrapping Up Your 4-H Year - Portfolios Due October 1st!

Start working TODAY on finalizing your 4-H Project Records and Portfolios! Prince William 4-H has lots of support to help you complete these - from forms, to ideas, to templates, and more...be sure to reach out with any questions!

4-H Project Records and Portfolios are a key element to experiential learning. You'll learn important life skills, such as organization, record keeping, communication, and more. You'll receive feedback so that you can improve each year, as well as awards for outstanding effort. And you'll have a permanent document of your personal growth, memories, and how your 4-H Story has grown! [See Page 4 for more information.](#)



4-H Project Records and Portfolios are required to reach the highest levels in 4-H because they document and demonstrate your commitment to participation and leadership in 4-H. Turning in successful 4-H Project Records and Portfolios document necessary steps to apply for Virginia 4-H and National 4-H Ambassador Programs. Horse portfolios and Shooting Education portfolios are necessary to compete in state-level competitions. Scored 4-H Project Records and Portfolios are also required for the Virginia 4-H All Star Application.

And if you didn't complete a 4-H Project Record or Portfolio this year, be sure to attend the fall training session so that you don't miss out on this important opportunity!

## Virginia 4-H Healthy Living Ambassador Applications - Due Sept. 2nd!

[Click here to apply.](#) [Click here for link to reference form.](#)

As a Virginia 4-H Healthy Living Ambassador, meeting virtually once a month, participants will work together to plan a statewide 4-H Healthy Living Summit as well as develop the quarterly 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 quarterly Buzz, Body, and Bites Newsletter for Teens.
- 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 includes:

- 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.

### 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



# 4-H PROJECTS & PORTFOLIOS

A creative method for youth to document their experiences



## Prince William 4-H

LEARN BY DOING



HEAD

Prince William 4-H'ers document their experiences and work each year by using age-appropriate 4-H Project Record Forms. These records are submitted to Prince William 4-H for review and are eligible to compete at the Prince William County Fair and county and state 4-H competitions. Projects begin October 1st and 4-H Project Records are due by the following September 30th. 4-H'ers may choose to submit a record of an individual project (Project Record) or their entire life history (Portfolio).



HEART

Ultimately, your 4-H Project Records will form an excellent summary of your 4-H career. You will use information in the 4-H records to complete 4-H resumé, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. Your 4-H Portfolio may become a personal scrapbook which will be cherished for many years.

### STEPS FOR A 4-H PROJECT

1. Select at least one annual project based on interests.
2. Complete at least 6 learning experiences/activities (*typically found in published 4-H project books*).
3. Record and analyze your learning experience by tracing your progress and emphasizing life skills gained by using the 4-H Project Record form.
4. Submit the completed Project Record to Prince William 4-H for review and scoring against a rubric to see how much you've grown!

### WHAT IS A 4-H PORTFOLIO?

Portfolios are a record of the life achievement of a 4-H'er. They create a record of accomplishments which can be very helpful when youth are applying for college and scholarship opportunities. They may include material not directly related to 4-H and should be organized by year. Portfolios consist of multiple years of work (*except for first time submissions*).

Some projects, such as animal projects, shooting education, and archery, have specialized 4-H Project Books that must be completed and submitted prior to participating in 4-H contests for those activities in order to establish basic knowledge, level of experience, and safety.



HANDS



HEALTH



Gain Life Skills



Develop Your Resumé



Grow Your 4-H Story

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



## 4-H GROWS HERE

Learn more at [www.pwcva.gov/4-H](http://www.pwcva.gov/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 [mblersch@vt.edu](mailto:mblersch@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.](#)



**Did you know that 4-H'ers can enter competitions in the State Fair of Virginia?**

- Youth Creative Arts
- Youth Culinary Arts
- Youth Scholarship Competitions
- Youth Crops & Veggies/Youth Plants

[Click here for complete contest list, rules, and deadlines \(some are soon!\)](#)

## 2024 State 4-H Horse Show Updates



**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.](#)

### ART AND PHOTOGRAPHY - DUE THURSDAY OF STATE SHOW

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 Info and Entry Form.](#)

### 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

### THE TRIBUTE PARTNERS PROGRAM - COLLECT LABELS!

The Virginia State 4-H Horse Show has a new fundraising initiative with Tribute to help offset the costs of the show. Youth, Barn Owners, Families, or Club Leaders can collect their "Proof of Purchase" labels from Tribute Equine Nutrition Feed Bags and turn them in at 4-H Horse Events throughout the year! Tribute will contribute \$0.25 for each bag proof of purchase mailed in or \$10 for each ton of bulk feed purchased.

### DEADLINE REMINDERS:

- Senior Stampede: August 31
- Leg Up Award Nomination: August 31



### HOSPITALITY

The Hospitality Committee and Volunteers work throughout the weekend to provide hot/fresh meals and snacks to over 100 volunteers supporting the State 4-H Horse Show. Supporting our volunteers would not be possible without their efforts and the donations we receive to offset those food costs. [If you are able to provide food/drink donations, please click here](#) and arrange to have those items dropped off at the show on September 4th or 5th!

### PATTERNS

Patterns are now posted on the State Horse Show website. Please use this time to practice, practice, practice! and be prepared to show your skills at the show!

## 2024 State Fair Junior Dairymen's Contest



**Date:** Friday, September 27th

**Location:** State Fair of Virginia, 13191 Dawn Blvd., Doswell, VA

[Click here for Group Entry Form.](#) **Entries due by Friday, September 20th.**

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

The objective of the contest is to provide an educational program for Virginia youth who are interested in improving and testing their knowledge of the dairy industry. The State Fair of Virginia will provide premiums and ribbons for the high scoring teams and individuals. Scholarships are also awarded to the top four individuals in the junior and senior divisions. After receiving the group entry, the leader/advisor will be emailed a link to an Excel file to enter information for each contestant and to make team assignments. Information needed to purchase tickets online at the discounted rate will be included in the email.

### Schedule:

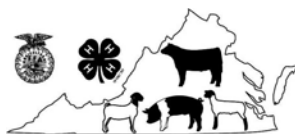
Registration: 10-10:30 a.m.

Instructions: 10:45 a.m.

Contest Begins: 11:00 a.m.

Awards Presentation: 3:00 p.m.

## 2024 State Fair of Virginia Youth Livestock Shows



**Dates:** October 3-6

**Locations:** The Meadow Event Park, Doswell, VA

[Click here for Rules and Updates.](#)

A culminating event for youth livestock projects, the Youth Livestock Shows allow youth to exhibit their cattle, sheep, meat goats, and swine and compete in showmanship.

**YOUTH LIVESTOCK PROMOTIONAL DISPLAY COMPETITION:** The purpose of the Youth Livestock Promotional Display Competition is to allow exhibitors to create and share an educational display that focuses on a topic or area of interest for the species industry that they are representing. Displays should be self-explanatory and provide education and knowledge to general fairgoers, as well as the judges who will evaluate the displays. There is no Entry Fee, but pre-entry is REQUIRED. Entry for Promotional Displays is collected through the Fair Entry System when you complete your animal entries.



## 4-H Magical Muggles Camp

**Dates:** November 8-10

**Location:** W.E. Skelton 4-H Educational Center, 775 Hermitage Road, Wirtz, VA

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

A mythical, magical weekend for campers ages 9 - 14! Activities include: House sorting, wand decorating, care of magical creatures, potions, Honeydukes Sweet Shop, quidditch, archery, mystery at Hogwarts, Great Hall feast, Tri-Wizard Tournament, Yule Ball, a house cup championship, and so much more!

This weekend camp is open to youth ages 9 to 14, as well as trained teens and adults who attended 4-H camp as volunteers in 2024. The cost is \$125/camper, and trained teen and adult volunteers as well as extension staff attend at no cost. CITs who attended camp in 2024 may register as campers. Campers, teens, adults, and extension staff are welcome from all localities!

## 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 CLOSED.** [Click here for the match announcement.](#)

### 2024 RL HARRIS JR SHOTGUN CHAMPIONSHIP

**Date:** Saturday, September 21st

**Location:** Arrowhead Gun Club, 834 Arrowhead Rd., Victoria, VA

**Entry Fees:** \$75 for Seniors, \$35 for Juniors

See your 4-H Club Leader to register. **Registrations due by September 8th.**

**Events:**

200-Target Championship for Seniors (75 American Skeet, 50 American Trap, and 75 Sporting Clays)

100-Target Event for Juniors (25 American Skeet, 25 American Trap, and 50 Sporting Clays)

\* Top 15 eligible seniors invited to join the Virginia 4-H Shotgun Development Team

\* Top 4 Development Team members invited to represent Virginia at the 2025 National 4-H Shotgun Championship

\* The 2025 National Championships will be held in Nebraska in June 2025. Scores fired at this event will be a major factor used to determine the senior 4-H members who will make up the teams that will represent Virginia in 2025.



### VIRGINIA 4-H NEW INSTRUCTOR CERTIFICATION

**Dates:** October 12-13

**Location:** Holiday Lake 4-H Educational Center, Appomattox, VA

**Registration is due by Friday, September 13th.**

The VA 4-H Shooting Education Council is hosting the Instructor Certification session. First-time candidates are required to complete an online training course by Friday, October 4th. Contact your 4-H Club Leader for more information and to register.

**Certification Options:** Participants can only be certified in one discipline per weekend. The disciplines offered include: 1) Archery; 2) Coordinator; 3) Hunting; 4) Muzzleloading; 5) Pistol; 6) Rifle; 7) Basic Shotgun

## Virginia 4-H - Host a College Student from Chile!



Virginia 4-H has created a new 4-H exchange program with Chile. The Virginia 4-H Chile Exchange program is hosting three exchange delegates (1 female and 2 males) from Chile from September 26, 2024 – December 2, 2024. Participants are 18 years of age. All of the exchange delegates are attending agriculture schools in Chile and are interested in our education system, culture, and daily life, and they want to improve language skills.

**VIRGINIA** Host families are needed for each of these delegates. Ideally, families host for 2-3 weeks each. Host families treat the exchange delegate as one of the family members. They should make a conscious effort to help the delegate feel comfortable around friends and include them in activities. It would be good for the exchange delegates to visit some of our schools, learn about our education system, the agriculture programs in our schools as well as about the Career and Technical Education programs. Efforts should be made to include them in some 4-H meetings, programs and activities during their stay. Families will need to assign a bed exclusively to the delegate for the duration of the stay and will need to provide three meals a day. Host families do not have to be farm families.

Why do families serve as host families? It's a great opportunity to:

- Learn about another country
- Learn about another culture and customs while sharing about ours.
- Represent the United States, Virginia, Virginia 4-H and your county/city 4-H program.
- Develop intercultural competencies and cross-cultural communication skills
- Give an international visitor an unforgettable experience.
- Improve language skills
- Build lifelong friendships

**Interested in hosting an agricultural student from Chile? [Click here to complete the interest form.](#)**

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



SHOOTING EDUCATION



HORSE PROGRAM



4-H CAMPS



LEADERSHIP

# HELPING YOUTH THRIVE

## Prince William 4-H

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

### Prince William youth THRIVE in 4-H!

- Spark new interests
  - Make new friends
  - Engage with your community
  - Gain leadership skills
- ...is there anything 4-H'ers don't do?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills while pledging their heads, hearts, hands and health to better living for their club, community, country and world.

## WE LEARN BY DOING!

## 4-H Clubs

## 4-H Activities

## 4-H Camps

## 4-H Recognition



ADVENTURE



ANIMAL-SCIENCE



4-H PROJECTS



Healthy Living





Prince William 4-H Clubs are open to youth ages 5-19. They can be established in-school, after-school, or as independent clubs, and are volunteer led.



Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, STEM, and Agriculture. Research-based curriculum and activities are readily available through Prince William 4-H.



4-H Youth participate in annual competitions at the local, district and state level, build portfolios, complete projects, engage in community service, conduct elections, attend camps and special interest activities, and have fun exploring their unique interests.

**Visit [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H) to learn more and THRIVE with 4-H!**



**JOIN A CLUB**



**START A CLUB**



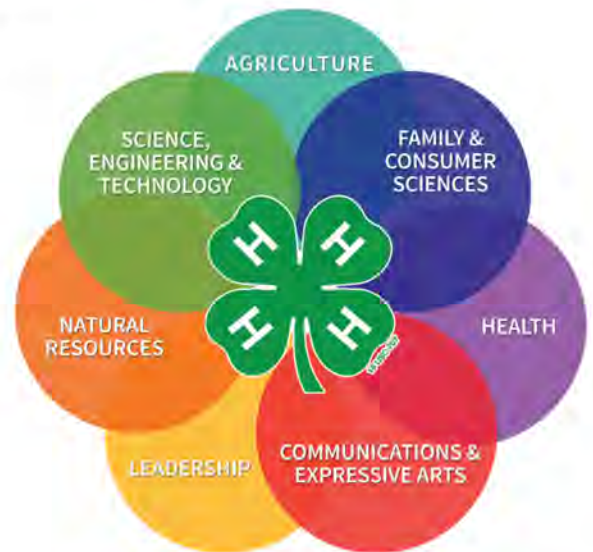
**VOLUNTEER**

Begin your 4-H Story with Prince William 4-H! The world is changing all around us. It's time to **THRIVE with 4-H** and make a positive difference in our Greater Prince William community!



### Prince William 4-H

Virginia Cooperative Extension  
8033 Ashton Ave., Suite 105  
Manassas, VA 20109  
Phone: 703.792.6286  
4HPWC@pwcva.gov



## Prince William 4-H Clubs provide a place where youth can belong and grow!

4-H Clubs are open to youth ages 5-19. They can be established in-school, after school, or as independent clubs, and can be teacher or volunteer led.

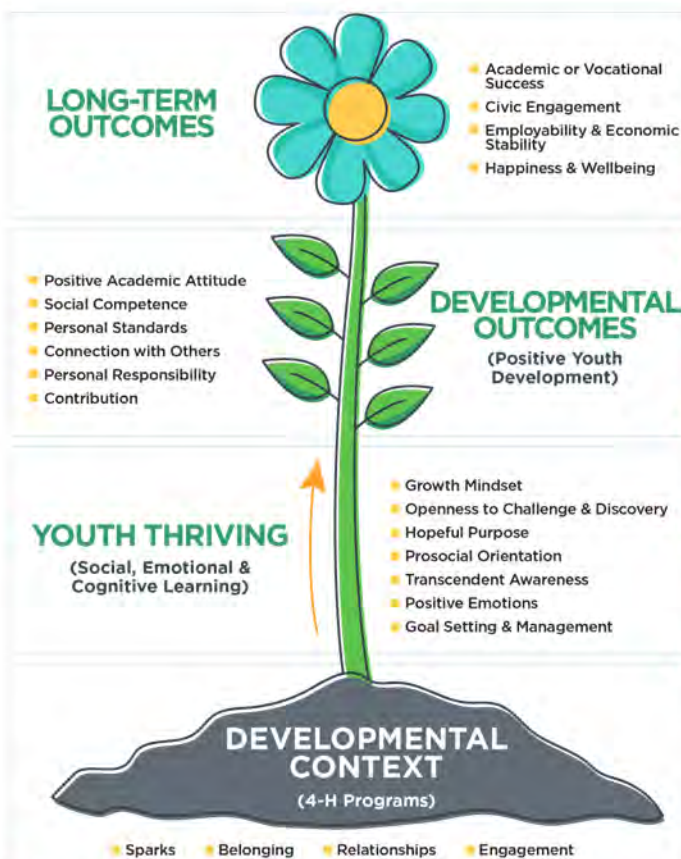
4-H Clubs focus on the 4-H Pillars of Citizenship, Healthy Living, Agriculture and STEM. Research-based curriculum and activities are readily available through Prince William 4-H on topics including animal science, careers & economic education, citizenship, communications & expressive arts, family sciences, nutrition & health, leadership, natural resources & environmental education, plants & soil, entomology, STEM, and more.

4-H youth participate in annual competitions at the state and local level, build portfolios, complete projects, engage in community service, conduct elections, attend camps and teen weekends, and have fun exploring their interests and growing into who they are meant to be. 4-H is for everyone!







# Help Prince William Youth THRIVE!

# STARTING A 4-H CLUB



Dedicated volunteers, like YOU, help Prince William County youth develop new interests, make new friends, practice decision-making skills, and gain leadership skills through 4-H.

### You can start a 4-H Club in 4 EASY STEPS:

-  **STEP 1:** Contact the Prince William County 4-H Office and attend the September leadership training session. [4HPWC@pwcva.gov](mailto:4HPWC@pwcva.gov), (703)792-6286, <https://www.pwcva.gov/4-H>.
-  **STEP 2:** Tell the 4-H Story and invite families to join and volunteer.
-  **STEP 3:** Conduct 4-H Club Meetings and encourage youth to develop a plan, organize projects, and elect club officers.
-  **STEP 4:** Keep the 4-H Club Strong by conducting regular meetings, getting involved in local, state and national 4-H activities, and participating in community service.

Start a 4-H Club Today!



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.

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



# Become a 4-H Club Leader

## Want to make a positive, lasting change in our community?

We invite you to become a 4-H Club Leader and help us provide safe, enriching programs where young people can explore a universe of interests, make new friends, develop leadership skills and gain life skills. 4-H clubs belong to the families within our community and focus on curriculum-based programs in the areas of citizenship, health living, STEM and agriculture. We "learn-by-doing." Our volunteers bring their unique knowledge, experiences, and skills to the 4-H program. You don't need to be an expert. You do need to be enthusiastic about learning and have a desire to work with youth.



### We Provide the Content

- New Leader Training
- On-going Support and Training
- Annual Leader Kick-Off Meetings
- Volunteer Manuals
- Curriculum-Based Project Resources
- Networking with 4-H Club Leaders
- Special Activities and Camps at the county, district, state and national levels



### You Provide YOU

- Tap into your unique talents and perspectives
- Share your knowledge and interests
- Engage youth as a mentor, advisor, teacher, role model, and more
- Create a community club or specialized club for project work
- Participate in community service



### We Grow Together

- Guide youth in hands-on learning experiences that build skills and confidence
- Accomplish more with 4-H resources
- Meet new people and network
- Work with youth on key, relevant issues
- Build strong families and communities in our area
- Discover something new about yourself and others
- Have fun while you share your talents, skills and knowledge
- Increase your interpersonal, parenting and professional skills
- Be a positive, committed adult role model that is truly making a difference

## 4-H GROWS HERE

What are you waiting for? Prince William youth need YOU to help THEM find their own special talents, build confidence and gain life skills. Volunteering in 4-H doesn't depend on the amount of knowledge you have about a project. It relies on your willingness to help youth learn.

For more information, contact



MaryBeth Lerch  
Prince William 4-H Extension Agent  
4HPWC@pwcva.gov

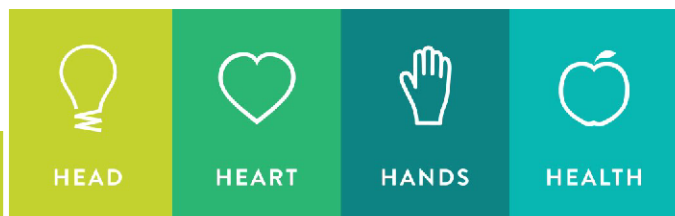
CHECK OUT OUR NEWSLETTER!

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



# PRINCE WILLIAM 4-H COMPETITIONS

Through Prince William 4-H, youth are provided opportunities to develop their unique talents and capabilities. In 4-H, we "Learning by Doing." 4-H provides opportunities for both training (learning) and practice (doing). Through competitions, 4-H'ers develop life skills that are relevant now and in the future. Youth who develop life skills become self-directed, productive, contributing citizens.



A variety of 4-H competitions and events are available for youth to practice and perfect the life skills they learn through their projects.

## LEARNING COMPETITIONS

4-H programming with youth is guided by an experiential learning process that includes goal setting, cognition, practice, and performance. The performance stage is when members demonstrate what they have learned through various 4-H activities and events, including competitions. Youth are scored against a published rubric. Competition experiences enhance positive youth development and prepare youth with positive competitive knowledge, skills, attitudes, and aspirations that can lead to success through life.

## SHARE THE FUN & PRESENTATIONS

Share-the-Fun and Presentation Day are our most popular competitions and encourage 4-H'ers to display their talents in expressive arts and develop presentation skills and confidence performing in front of an audience. Judges evaluate 4-H performers based on talent, audience response, creativity, showmanship, and use of costumes/props. The goal is to help participants develop their talents in a creative and constructive manner, develop research and writing skills, learn computer skills, and improve communication skills. Competition categories include: presentations, extemporaneous speech, public speech, drama, dramatic reading, table setting, fashion review, science fair, radio and public address, and vocal-instrumental-combo performance.


## PROJECT RECORDS & PORTFOLIOS


4-H Project Records form an excellent summary of a 4-H'ers career. Youth will use information in the 4-H records to complete 4-H resumés, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. 4-H Portfolios combine all 4-H experiences over the lifetime of the member. Both Project Records and portfolios are submitted annually to Prince William 4-H for scoring. Special interest clubs, such as horse and shooting education, require project records and portfolios prior to competing.



## DOING COMPETITIONS

Team competitions provide opportunities for youth to develop the interpersonal, leadership and cooperative skills necessary to be successful in our interdependent and global society. Teams and individuals may progress from local to district, state, and national competitions.

 **4-H Food Challenge:** 4-H teams learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and key concepts of healthy living. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers.

 **4-H Shooting Education & Sports:** This program uses shooting as a vehicle to teach youth life skills such as responsibility, self discipline, and teamwork. Firearm Safety and marksmanship are also taught using the disciplines of shotgun, skeet/trap, air pistol, air rifle, BB, small bore, muzzleloader, and archery.

 **4-H Horse Competitions:** Virginia's 4-H horse program emphasizes project based learning about equine selection, nutrition, management, riding, recreation, fun, competition, horsemanship, and sportsmanship. Competitions focus on hippology and horsemanship.

 **4-H Livestock Competitions:** This animal science project enables youth to develop their interests in beef cattle, sheep, meat goats and swine. 4-H'ers learn about selection, care and feeding of livestock, animal health, and the importance of good record keeping. Competitions are available in livestock judging and stockmen's contests, and livestock shows.

## PRINCE WILLIAM COUNTY FAIR

Share your 4-H experiences and growth with the county! The PWC Fair is held every August and youth have opportunities to submit their work and demonstrate their knowledge in everything 4-H! Most youth competitions are free to enter and are great portfolio building experiences.

## STATE FAIR OF VIRGINIA

4-H'ers can share their knowledge and 4-H experiences at the state level, too!

## 4-H COMPETITION LEVELS

Prince William 4-H  
Northeast District 4-H  
Virginia 4-H  
National 4-H

Prince William 4-H • 8033 Ashton Ave. #105, Manassas, VA 20109 • (703) 792-6286 • [4HPWC@pwcva.gov](mailto:4HPWC@pwcva.gov)  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)





YOUR NAME HERE

4-H YOUTH

## ABOUT 4-H

When you participate in 4-H, you have opportunities to grow personally and professionally. Here are some examples of life skills and leadership opportunities that you may develop through hands-on experiences in Prince William 4-H.

## EDUCATION

High School Graduate

## CONTACT

Prince William 4-H  
8033 Ashton Ave., #105  
Manassas, VA 20109  
4HPWC@pwcva.gov  
www.pwcva.gov/4-H

# Grow Your Resume with Prince William 4-H

## Gain Work Related Experience

- **Prince William 4-H Camp Counselor/Counselor in Training:** as a camp counselor, you are a caring leader. You have **concern for others**, develop **empathy** and the ability to **nurture relationships**. You understand the importance of **sharing** to give everyone an opportunity to thrive.
- **Prince William 4-H Association Leadership:** In a leadership role within the Prince William 4-H Association, you learn to **work in a team** of youth and adults, are **self motivated**, and learn **marketable business skills** such as communicating, negotiating, computer office programs, accounting, and marketing.
- **Prince William 4-H Club Leadership:** In a club leadership role, you become an experienced manager. You **set goals, plan and organize, budget resources**, and **keep records**. You learn **resiliency** and how to rework or overcome obstacles.
- **Service Learning Projects & Community Service:** As a community service volunteer, you learn the value of giving by **contributing to a group effort**, the importance of **responsible citizenship**, and develop **leadership** skills.
- **4-H Projects:** 4-H Projects develop key thinking skills such as **service learning, critical thinking, problem solving** and **decision making**. You **learn how to learn** by exploring interests through project work.

## Earn Awards & Honors

- **National 4-H & Virginia 4-H Ambassador for Citizenship, Healthy Living, STEM and Agriculture, Virginia 4-H Ambassadors, Horse Ambassadors, and Shooting Sports Ambassadors:** As an elected representative of 4-H, your job is to relate to youth and encourage them to thrive in 4-H. You are an **effective communicator**, work in **cooperation** within the youth and adult network of 4-H, develop strong **social skills**, become savvy at **conflict resolution**, and learn to **accept differences**.
- **Virginia 4-H All Stars:** When nominated into Virginia 4-H All Stars, you represent the best in 4-H. You grow in **self esteem, responsibility**, and **character**. Through **self discipline**, you have thrived in 4-H and are ready to be an engaged community leader.
- **Prince William 4-H Scholarships and Virginia 4-H Horse Scholarships:** Earning a scholarship in 4-H recognizes your contributions and successes in 4-H and is an investment in you as a future leader.



## Hokie BugFest Insect Collection Contest

**Save the Date**

**Hokie BugFest**

**October 12, 2024**  
**10am - 3pm**  
**Squires Student Center**  
**[hokiebugfest.org](http://hokiebugfest.org)**

Free Admission • Open to Public • Live Bugs • Hands-On Activities  
Exhibits from VT Labs, Local Museums, and Community Organizations  
Early opening at 9am for those with special needs (SAFE Hour)

Virginia Cooperative Extension  
www.vce.vt.edu

If you are a person with a disability and desire assistance or accommodation, please notify Whitney Weaver at Virginia Tech Pesticide Programs at (540-231-6543/TDD\*) during business hours of 9 a.m. and 5 p.m.  
\*TDD number is (800) 828-1120.

### GREAT IDEA FOR A 4-H SPIN PROJECT!

**Date:** October 12th

**Time:** 10 am - 3 pm

**Location:** Squires Student Center, Virginia Tech

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

The Entomology Department at Virginia Tech in Blacksburg is hosting an Insect Collection Contest at Hokie BugFest. Collect as many insects as you can, identify them as accurately as possible, pin them carefully, and arrange them in a display box. Each collection should have a total of 50 specimens. Double-check your identifications with [Bugguide.net](http://Bugguide.net).

### Who Can Enter?

Junior Collectors: Ages 8 to 13

Senior Collectors: Ages 14 to 18

Any individual, team, or group is eligible. Group or team entries are encouraged. Individuals within groups can contribute their best specimens to the collections, which is judged as a team entry.

**Winners:** Collections will be awarded first, second, and third place in each age category based on the scoring guidelines. The top collection will be awarded "Best in Show" and will receive a grand prize. All participants and their collections will receive recognition!

### Suggested Supplies:

Foam, pins, magnifying glass, and killing jar (a mason jar with a paper towel and a little nail polish remover works well). Make sure to pin insects from your kill jar right away or store them in the freezer until you are ready to pin them.

See the 4-H activity book "[Adventures with Insects](#)" for tips on finding, collecting, and pinning insects.

## 4-H Insect Collection Contest - Hokie BugFest

### READY, SET, COLLECT!

- Hokie BugFest is on Saturday, October 12, 2024 at Squires Student Center in Blacksburg, Virginia.
- Collections may be submitted individually or as teams (drop-off/pick-up information posted online). Pre-registration is required. Entry forms must be submitted by September 20th.
- Collections will be awarded based on scoring guidelines. Visit [hokiebugfest.org](http://hokiebugfest.org) for further information.



## National 4-H

### IGNITE BY 4-H

**Dates:** March 12-16, 2025

**Location:** Marriott Marquis in Washington, D.C.

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

**Early bird rate ends October 15th.**

The four-day interactive summit helps teens find their spark through inspiring speakers, hands-on workshops, off-site experiences, career exploration, and peer connections. Ignite is a step forward in the journey of becoming beyond ready. At Ignite, teens collaborate, create, and cultivate a passion for expanding their minds and their world - becoming resilient and READY for everything life has to offer. The possibilities are endless at Ignite by 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

**Luau Bash:** To encourage exercise in a fun environment, the "Luau Bash" concept, created by California 4-H'er Bryanne, consists of several fun and active games that promote healthy lifestyles. Grades 3-12. [Click here to access FREE curriculum.](#)

### UPCOMING IMPORTANT NATIONAL 4-H DATES TO REMEMBER

October 2-13: [TSC Fall Paper Clover](#)

October 6-12: National 4-H Week: Beyond Ready



## VT: Virginia Fresh Produce Safety

[Click here for Virginia Fresh Produce Safety Website.](#)

Foodborne illness outbreaks in the United States and abroad continue to make the news. Regardless of whether it is fresh vegetables, fruits, nuts, animal products or fish, or packaged products, the on-going incidence of contaminated food has resulted in a demand for food safety assurance and increasing regulation in the farm to fork continuum. While there is no way to completely eliminate all of the potential risks of microbial contamination, there are many food safety practices growers, food handlers, and consumers can implement to reduce risks.

The updated Virginia Fresh Produce Safety website is intended to provide information about the efforts of the Virginia Fresh Produce Food Safety Team, as well as timely and science-based resources geared to reducing fresh produce contamination risks, beginning at the farm level, progressing through the market-place to the final end-user, the consumer. Whether you are a produce grower, a marketplace vendor or buyer, or a home consumer, we invite you to explore this website!



**Virginia  
Cooperative  
Extension**

Virginia Tech  
Virginia State University



Master Parent Educator

# Make a Difference

## Become a Volunteer Parent Educator for Virginia Cooperative Extension - Prince William

*Applications Accepted Until November 4, 2024*



Community Outreach Table

Are you passionate about strengthening families and empowering parents to be their best? Do you want to make a positive impact in your community? Do you enjoy volunteering?

If yes, we invite motivated individuals like you to consider volunteering to teach our research based Systematic Training for Effective Parenting (STEP) classes.

Or if you don't think teaching is your thing, we also need community outreach volunteers and office volunteers to assist with light administrative duties.

**Parent Education Volunteers are** retirees, teachers, parents, life coaches, and caring professionals with a sense of direction, responsiveness, follow-through and persuasiveness. They have a passion to equip moms, dads and grandparents with the knowledge and tools to become even better caregivers.

### Let's get started:

#### Step 1. Register for a virtual orientation

Contact Savannah Saenz

- Sept. 4, 2024 1:00 PM
- Sept. 24, 2024 7:00 PM
- Oct. 8, 2024 1:00 PM
- Oct. 29, 2024 7:00 PM

Following orientation if you determine that this volunteer opportunity aligns with your interests, and you can fulfill all requirements listed including the two year commitment

**Step 2. Submit volunteer application** with a one-time fee of \$50 (pay in cash, check, or money order.) Kindly be aware that fees will apply for any returned checks.

**Step 3. Observe an entire virtual class:** Class is one night a week from 7:00 PM to 9:00 PM for seven weeks.

#### Select one:

- Sept. 10, 2024 - Oct. 22, 2024
- Oct. 2, 2024 - Nov. 13, 2024
- Nov. 5, 2024 - Dec. 17, 2024

**Step 4. Complete classroom training on January 11, 2025.**

Successfully complete eight hours of in-person training at 8033 Ashton Ave, Manassas. And, complete two hours of on-line civil rights training.

*Alternative training date in case of inclement weather is January 25, 2025.*

### Here's what you can expect as a Volunteer Parent Educator:

- Teach a two hour virtual class series, one night a week for seven consecutive weeks.
- Flexible on-line teaching schedule.
- Teach two class series annually.
- Ongoing support and mentorship.
- The opportunity to connect with and empower parents in the community.

### For more information contact either:

**Savannah Saenz**, Volunteer Coordinator  
VCE Prince William  
[SSaenz@pwcgov.org](mailto:SSaenz@pwcgov.org)

**Janice A. Buie**, Program Manager  
VCE Prince William  
[Jbuie1@pwcgov.org](mailto:Jbuie1@pwcgov.org)

**Serving Prince William County  
Manassas City & Manassas Park**

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 **Savannah Saenz at 703-792-6683/TDD\*** during business hours of 9:00 a.m. and 3:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.



# Start SMART Small Business Series (2024)

Prince William County **In-Person Workshops**

September 24, 2024 - December 17, 2024

6 PM - 8 PM **(Tuesdays)**



**Location:** Virginia Career Works (Prince William)  
13370 Minnieville Road, Woodbridge, VA 22192

**FREE!** 12-week course

Expert-led classes for aspiring business owners and young businesses in Prince William County!

**11 weeks** of instruction + a Business Pitch Competition on the final day. Top 3 pitches win a start-up grant!

**Details** → <https://tinyurl.com/Start-Smart-Series>

Hosted by



Financial Empowerment Center  
at Prince William County

Facilitated by



**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**

**MaryBeth Lerch**

Associate Extension Agent, 4-H  
[mblersch@vt.edu](mailto:mblersch@vt.edu)  
703-792-4536



**Pam Hardin**

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**DeeAnn Strand**

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**Candi Helmlinger**

4-H Program Specialist,  
Newsletter  
[chelminger@pwcva.gov](mailto:chelminger@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**

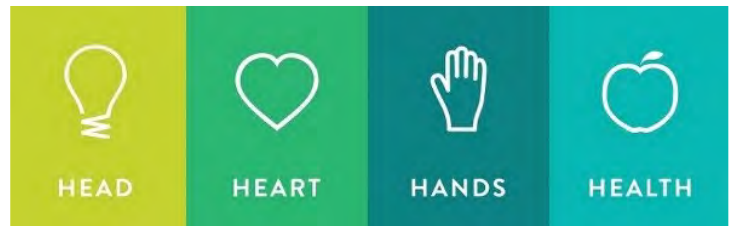
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

**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**  
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