Prince William 4-H

Our Clubs, Our Community

August 9, 2023

Upcoming Events

Aug 12 - 4-H Northern District Shoot
Aug 14-18 - Prince William 4-H Fair Camp
Sep 2 - Market Day #4
Sep 8-10 - VA 4-H State Shoot
Sep 22 - Oct 1 - 2023 State Fair of Virginia
Sep 30 - PW 4-H Open House
Oct 1 - Happy New 4-H Year!
Oct 14 - Market Day #5
Nov 24-28 - National 4-H Congress

Inside this issue:

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We'll See YOU at the FAIR!

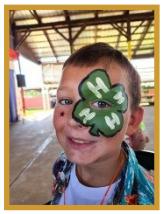
Less than a week to go and we need your HANDS and HEART! We have important youth and adult volunteer positions available. Please use the links below to sign up for the Prince William 4-H events and exhibits at the Prince William County Fair from August 11th - 19th.

4-H FAMILY FUN NIGHT AT THE FAIR

Click here for volunteer signup.

We need 4-H'ers to volunteer at game stations for this fun family event on August 14th from 5-8 pm at the Show Barn.

Bowling ★ Ring Toss ★ Knock 'em Down ★ Catapults ★ Face Painting ★ Plinko ★ Sticky Tic Tac Toe ★ Paper Airplanes ★ Bean Bag Toss



CHILDREN'S BARN VOLUNTEERS

Click here to signup.

We need A LOT of youth and adult volunteer support at the PWC Fair for our exhibits to be successful. The Fair is opens this FRIDAY...please signup and help make this exhibit a success. See details in the signup.

WRITE A POSTCARD AT THE AG BARN!

No Prince William 4-H Newsletter next week... we'll see YOU at the FAIR!




Prince William 4-H Fair Camp Counselor Training



Getting Ready for the Fair









Garden Clean-Up at the Fairgrounds











Made By Zay
Handmade Jewelry






MARKET DAY #3



18 USC 707



Made By Zay

Virginia State University
HOUSE OF DELICIOUSNESS
microgreens • lemonade
seeds • apparel

PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023

4-H CHILDREN'S BARN	4-H AGRICULTURE BARN	4-H FAMILY FUN NIGHT AT THE SHOW BARN
Daily Activities, 2-8 pm	Daily Exhibits, 2-8 pm	Monday, August 14th, 5 pm
THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!	Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can THRIVE WITH 4-H!	Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

4-H CAMP

PRINCE WILLIAM 4-H FAIR CAMP

CAMP IS FULL

August 14th-18th, 9 am-12:30 pm, $50 fee includes ac[illegible] a camp t-shirt. Prince William 4-H Fair Camp is a day ca[illegible] youth [illegible] during the week of the annual PWC Fair at the PWC [illegible] outh [illegible] arn and grow in a safe and exciting environment [illegible] gam[illegible] art projects and more, in the 4-H Pillars of STEM, [illegible] Agriculture and Civic Engagement. Visit www.p[illegible] for [illegible] information and registration links.

Discov[illegible] opportunities in Prince William and **THRIVE WITH 4-H!**

DAILY SCHEDULE of EVENTS

	FRIDAY August 11th	SATURDAY August 12th	SUNDAY August 13th	MONDAY August 14th	TUESDAY August 15th	WEDNESDAY August 16th	THURSDAY August 17th	FRIDAY August 18th	SATURDAY August 19th
AGRI CULTURE BARN	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits	ROCKIN A RANCH Petting Zoo 4H Exhibits
COMMERCIAL BUILDING	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors	Moon Swings Local Crafters and Vendors
GRAND STAND (All events $5 unless otherwise noted)	Tractor Pull 7:00	Demolition Derby 7:00	RODEO 5:00	TREY SCHNEIDER 7:00	POWER WHEELS 5:00 Garden Tractor 7:00	MONSTER TRUCKS 7:00	MONSTER TRUCKS 7:00	MOTOCROSS 7:00	Demolition Derby 7:00
HERITAGE BARN	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!	Farming Antiques/ Tractors ALL DAY!
HOME ARTS BUILDING	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!	Floral, crafts, photography, etc. entries on display DAILY!
KIDS ZONE	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 4:00 / 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 4:00 / 6:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES	DOG SHOW (TEAM ZOOM) 4:00 / 6:00 / 8:00 ROCKIN A RANCH CAMEL & PONY RIDES
SHEEP/HOG BARN		YOUTH GOAT SHOW 9:00	DAIRY GOAT SHOW 9:00				SWINE SHOW 6:00	DAIRY CATTLE SHOW 10:00am; SHEEP SHOW 4:00	
SHOW BARN	Pageant Miss and Teen Miss Pageant 7:00 DK'S WOLF BAND 8:00	Pageant Pre Teen Pageant 2:30, Little Miss Pageant 3:30, Tiny Miss Pageant 4:30 SOHO DOWN 7:00	Pageant Baby Ms/Mr Pageant 2:30, Wee Baby Ms/Mr Pageant 3:30, Teeny Baby Ms/Mr Pageant 4:30 ROUTE 66 7:00	4H FAMILY FUN NIGHT 5:00	CARRIE BROCKWELL 7:00	PAGE COUNTRY RAMBLERS 7:00	Mullet CONTEST 5:00 SPENCER HATCHER 7:00	HOME ARTS AWARDS 6:30 HOT ROD ROCKERS 7:00	LIONEL WARD AND THE NEW WORLD BAND 7:00 / 9:00
GATE 4	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES	FOOD VENDOR VALLEY Mechanical BULL RIDES

GATE ADMISSION & WRISTBANDS*

Date	Open	Adult	Child/Sr.	Wristband
FRI Aug 11	5pm	$20	$10	$28
SAT Aug 12	5pm	$20	$10	$33
SUN Aug 13	2pm	$20	$10	$33
MON Aug 14	5pm	$20	$10	$33
TUE Aug 15	2-10pm	$20	$10	$28
WED Aug 16	5pm	$20	$10	$23
THURS Aug 17	5pm	$20	$10	$28
FRI Aug 18	5pm	$20	$10	$28
SAT Aug 19	2pm	$20	$10	$33

Admission Ticket include parking & Midway Shows
*Wristband price does not include the $2 activation fee associated with all FunTagg cards purchased.

Children 4/under and Active Military admitted FREE daily!
Adults 14-64 Children 5-14 Senior 65+

The 74th ANNUAL PRINCE WILLIAM COUNTY FAIR is proudly sponsored by

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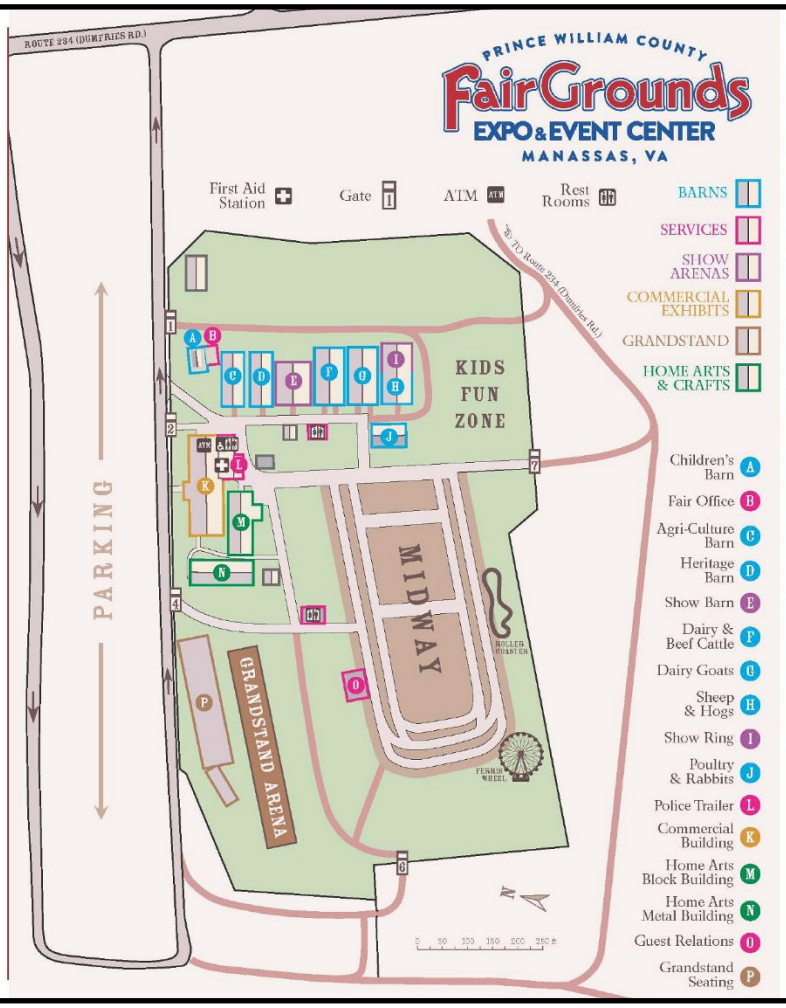
PRINCE WILLIAM COUNTY FairGrounds EXPO & EVENT CENTER MANASSAS, VA



ADVANCE TICKET PRICES

June 9th - Aug 8th
(Online Sales end Aug 8th)

Advance
Family 5 Pack Ticket
5 Weekday Admissions
PLUS Ride Wristbands
Includes Grandstand
$120

Advance
Season Ticket
9 Any Day Admissions
PLUS Grandstand
$110
(Does NOT include Ride Wristbands)

Advance
One Admission
Adult Ticket
$15

Advance
One Admission
Child/Senior Ticket
$8

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

Become a Virginia 4-H Healthy Living Ambassador!

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

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

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

Specifically, the expectations for serving in this role include:

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

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

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

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

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

The deadline to apply is September1st and candidates will be notified the week of September 4th. Interviews will be held the following week (September 11th) and the first meeting will be held on October 3rd at 7 PM.

Virginia State 4-H Championship Horse & Pony Show

Date: September 7th - 10th
Location: Lexington, VA
Click here for more information and registration information.
Click here for the Show website.

HORSE SHOW ART/PHOTOGRAPHY, RECORD BOOK AND PORTFOLIO COMPETITIONS

Click here for Art Contest Entry Information and Entry Form.
Click here for Photography Contest Entry Information and Entry Form.

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

HORSE SHOW SILENT AUCTION

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

HORSE SHOW HEROES

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

The Horse Show Hero sponsorships that each participant gathers are cumulative and allows exhibitors to earn scholarships towards their entry fees, special awards, and priority stalling for the Units (County/Independent City) or Clubs that gather the most sponsorship dollars, so this is a great opportunity for you to help the show, while also working towards some cool incentives for you and your fellow club members. Please contact MaryBeth Lerch if you or your business is interested in sponsoring a 4-H rider.

Virginia 4-H Rabbit Show and Cloverbud Clinic

Date: September 16th
Location: at Field Days of the Past event in Amelia, VA
Registration Deadline: September 1st. Click here to register.
Click here for the 4-H Study Guide.

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

State Fair of Virginia 2023

Dates: September 22nd - October 1st
Location: The Meadow Event Park, Doswell, VA
Click here for the State Fair of Virginia website.

VIRGINIA STATE FAIR 4-H/FFA CONTESTS

Click here for 4-H/FFA fair information.
All registrations are due September 15th by 5 PM.

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

TRIGGER TIME 4-H CLUB UPDATES *by Youth Club Reporter Ayden Stand*

This past week, 7 members of Trigger Time 4-H Club visited Holiday Lake 4-H Educational Center for the Virginia 4-H Shooting Education Camp. Samantha Erick and Noah Richter participated in archery; Lexi and Ayden Strand participated in .22 rifle; Ben Stewart and Kira Lorentz participated in shotgun; and Noble Richter participated in air pistol. The food at the camp was very good, and the staff was fun to hang out with. During the week, we shot our discipline of choice until lunch and after had free recreational time or afternoon activities. The afternoon activities were fun. Some of the activities you could do were mattress kickball, pool Olympics, hunting skills course, and a campfire with yummy s'mores. There was also time for fishing and hiking. The Trigger Time members had a great time practicing their disciplines and getting to know others from around VA.

Virginia 4-H Shooting Education Updates

2023 VIRGINIA 4-H STATE SHOOT

Date: September 8-10
Location: Holiday Lake 4-H Center
Click here for more event information.
Portfolio Certification Deadline: August 28th.
All attendees over the age of 4 must be registered: "Match Participants" (youth competitors) and "Non-Participants" (parents, coaches, siblings, etc.). There are changes to the rules for 2023.

THE 2023 R.L. HARRIS JR. MEMORIAL SHOTGUN CHAMPIONSHIP

Date: September 23rd
Location: Arrowhead Gun Club, 834 Arrowhead Rd, Victoria, VA
Entry Fee: $70 Seniors, $35 Juniors
Contact your club leader for more information and to register. **Entries due September 10th.**

- 200-target championship for Seniors: 75 American Skeet, 75 American Trap, 25 5-Stand and 25 Wobble Trap
- 100-target event for Juniors: 25 American Skeet, 25 American Trap, 25 5- Stand and 25 Wobble

VIRGINIA 4-H SHOOTING EDUCATION AMBASSADOR PROGRAM

Who Should Apply: Prince William 4-H'ers age 14-19 involved in Trigger Time 4-H Club
Click here for more information and to apply. **Applications due August 28th at 5 PM.**

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

Buzz BODY & BITES for Teens

Buzz

10 Back to School Tips

1. Focus on the big picture
2. Create a list of all responsibilities
3. Note deadlines
4. Break down large, daunting tasks
5. Schedule out your day
6. Be prepared for the unexpected
7. Reward yourself
8. Avoid distractions
9. Use organization tools
10. Create a weekly routine

Prioritizing for a Successful Back to School

Written by: Gloria Jamerson, Teen Healthy Living Ambassador

The school year is coming fast, and so are the activities, events, and assignments. A key skill to starting off the year strong is prioritizing properly. Prioritizing organizes your obligations and activities by importance, due date, and other factors. The more difficult part though is putting it all together into one cohesive, planned out schedule. Taking some time to map out your next few weeks or projects can be the first step in deciding what you need to prioritize. Keeping the big picture in mind will make it easier to conceptualize your to-do list. Next, listing out what it will take to successfully complete each project on your plate, while also considering your daily responsibilities, will create visibility. Make sure you consider the deadlines of each project as well; make sure you don't wait till the last minute to take on the most difficult responsibility! Planning for the unexpected, cutting out distractions, and using organization tools can also better your productivity. Start the school year off strong, and get ahead of your priorities!

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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program-SNAP, and was supported by Expanded Food Nutrition Education Program (USDA/NIFA).

BITES

Eggs and Things

Total Servings: 1

Total Cost: $9.13

Lunch Cost: $1.78

Oh eggs. Is there really a more versatile food than an egg? There are so many ways to eat an egg. This packed lunch uses a hard-boiled egg paired with an item from each food group to create a balanced and irresistible lunch.

Bag-it-Better: For convenience, buy baby carrots to make this meal prep even easier.

Pack-it-Safe: Eggs can be hard-boiled and stored in the refrigerator for one week, but peeled eggs need to be eaten the same day.

Ingredients:

2 hard boiled eggs

1/4 cup unsalted pretzels

1/2 cup grapes

1/4 cup hummus

10 baby carrots

Preparation Time:
15 minutes

Nutrition Facts

7 servings per container
Serving size 1 serving (450.58g)

Amount per serving
Calories 400

	% DV*
Total Fat 0g	18%
Sat. Fat 4.5g	93%
Trans Fat 0g	
Cholest. 25mg	8%
Sodium 960mg	24%
Total Carb. 67g	24%
Fiber 8g	28%
Total Sugars 44g	
Includes 0g Added Sugars	
Protein 20g	

Find more recipes at:
eatsmartmovemoreva.org

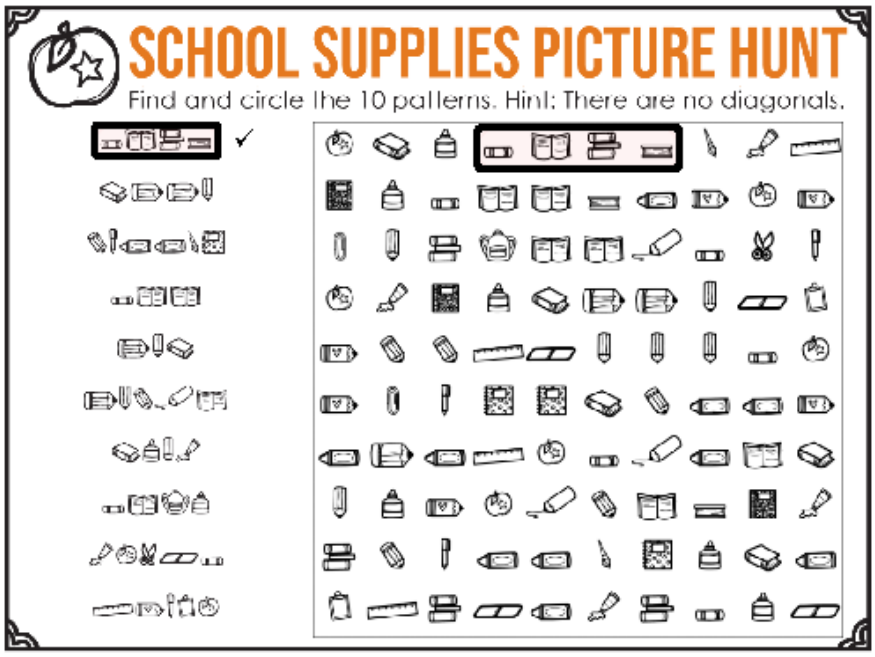
BODY

Physical Activity and Academic Achievement

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).

So, get active and move **YOUR** way!

Exercise Your Mind



Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

www.facebook.com/VaFNP

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PRINCE WILLIAM COUNTY

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Manassas, VA 20109

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I AM
4-H PROUD

PWC 4-H Resources

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National 4-H Homepage

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VCE COVID-19 Updates

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The 4-H Foundation
Educational Resources
4-H All Stars

STEM in Virginia 4-H

Prince William 4-H
PWC 4-H Homepage
PWC 4-H Programs
PWC 4-H Camps
PWC 4-H Events & Calendar

Portfolio Records
Member Record
Cloverbud Sheet
Project Record Ages 9-10
Project Record Ages 11-12
Project Record Ages 13-15
Project Record Ages 16-19

Outstanding Member Form

CLICK HERE FOR THE PW 4-H 2022-2023 CALENDAR

2022-2023 PWC 4-H Association Officers

Youth Officers
Samantha Whysong, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

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

Committee Chairs
Fundraising Committee - Samantha Whysong
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff

HEAD HEART HANDS HEALTH

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