

Prince William 4-F

Our Clubs, Our Community

November 10, 2021

Upcoming Events

Nov 15 - Youth Officer Training

Nov 20 - Clover Club

Dec 4 - Clover Club

Dec 5 - 4-H Recognition Night

Dec 8 - Health Living Community Night (ages 14 & up)

Dec 9 - Healthy Living Community Night (ages 9-13)

Dec 18 - Wreaths Across America

Jan I - Horse Project Enrollment Deadline

Jan 15 - Clover Club

Jan 17 - Camp Counselor Applications Due

Jan 19 - 4-H Day at the State Capitol

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Save the Date - PWC 4-H Recognition Day



Date: Sunday, December 5th Time: 2-4 pm 7 Location: <u>Windy Knoll Farm</u>, 11602 Kettle Run Road, Nokesville, VA

YOUR 4-H STORY Join us for Prince William 4-H Recognition Day as we celebrate youth, volunteers, members and leaders that exemplified the 4-H motto during the 2020-21 4-H Year!

We're excited to showcase the creative projects and activities that brought us together through a very unusual year. Our volunteers worked creatively to support the youth as they continued to develop leadership, citizenship and life skills. We put our head, heart,

hands and health to the test through a pandemic and discovered how, with a little ingenuity, we can continue to have a positive impact on our community.

Join us in celebrating OUR 4-H Story!



NEW THIS YEAR! Fire up your kitchens and decorate a gingerbread house for our Gingerbread House Contest. Each attendee will vote for their favorite!

More information coming soon!

- * Light snacks will be served.
- Masks must be worn at all 4-H events.

Awards & Recognitions:

- Cloverbuds
- Project Record Awards
- Portfolio Awards
 Outstanding Meml
 - Outstanding Members
- ★ Northern District Horse Record Scholarship
- ★ I Dare You Award
- ★ Club Leaders Years of Service
- ★ 2021 All Stars
- ★ State Congress Attendees
- ★ District Competitions
- ★ State Competitions
- ★ Guhl Scholarship Awards
- * Bernie Malo Scholarship Awards

- ★ All Around 4-H Member
- ★ All Around 4-H Volunteer
- ★ And more!

Enroll in 4-H Online - Open for Enrollments!



Our online membership system is open for members to enroll. Please review the following before enrolling. Please complete your enrollment **by November 19th** to ensure our records are accurate

and that you are receiving important and timely information. <u>2021 4-H Online Volunteer Levels and Descriptions</u> <u>2021 4-H Online VA Project Descriptions</u> <u>4-H Online</u>



Warren Central MCJROTC Narrowly Defeats Trigger Time 4-H Shooting – Education Club

October 31, 2021- Warren Central MCJROTC edged out Trigger Time 4-H Shooting Education Club 1033.0 to 1026.5 last week in the National Air Rifle League. With the win, Warren Central MCJROTC is in third place overall and second place within their 'Marine Corps Jrotc' conference. They currently have a 3 - I record. Warren Central MCJROTC was led by, Lytzy Paisano who shot a 276.2. The remaining contributing members were Jonathan Lovins, Alexander Lodgsden, and Gael Compton. Warren Central MCJROTC is from Indianapolis, IN, and is coached by Juan Anorga.

Snapping a four game win streak Trigger Time 4-H Shooting Education Club currently has a 4 - I record. After the loss they are in sixth place overall and second place within their 'Junior Rifle Club' conference. Trigger Time 4-H Shooting Education Club was led by, Samantha Seagle who shot a 275.1. The remaining contributing members were Grace Richter, Noble Richter, and Samantha Erick. Trigger Time 4-H Shooting Education Club is from Nokesville, VA, and is coached by Alan Lerch.

Next up Warren Central MCJROTC will compete against Round Rock MCJROTC from Round Rock, TX. Round Rock MCJROTC currently has a 4 - 0 record. While Trigger Time 4-H Shooting Education Club will compete against Kamehameha Schools Hawai'i from Keaau, HI. Kamehameha Schools Hawai'i currently has a 3 - 0 record.

Click here for Box Score.



Kamehameha Schools Hawai'i defeats Trigger Time 4-H Shooting - Education Club

November 7, 2021- Shooting their highest score of the season Kamehameha Schools Hawai'i defeated Trigger Time 4-H Shooting Education Club 1124.5 to 1039.4 last week in the National Air Rifle League. Their fifth win in a row. With the win, Kamehameha Schools Hawai'i is in first place overall and first place within their 'Junior Rifle Club' conference. They currently have a 5 - 0 record. Kamehameha Schools Hawai'i was led by, Colby Terlep who shot a 290.5. The remaining contributing members were Calleigh-Rose Lee, Briani Iyo, and Rion Chong. Kamehameha Schools Hawai'i is from Keaau, HI, and is coached by Kelly Galdones.

Trigger Time 4-H Shooting Education Club currently has a 4 - 2 record. After the loss they are in sixth place overall and second place within their 'Junior Rifle Club' conference. Shooting their highest team score of the season Trigger Time 4-H Shooting Education Club was led by, Samantha Seagle who shot a 267.5. The remaining contributing members were Grace Richter, Lexi Strand, and Noah Richter. Trigger Time 4-H Shooting Education Club is from Nokesville, VA, and is coached by Alan Lerch.

Next up Kamehameha Schools Hawai'i will compete against W. H. Page NJROTC from Greensboro, NC. W. H. Page NJROTC currently has a 4 - I record. While Trigger Time 4-H Shooting Education Club will compete against Moberly AJROTC from Moberly, MO. Moberly AJROTC currently has a 5 - 0 record.

Click here for the Box Score.

The teams above are competing in the Distinguished Division of the Orion National Air Rifle League. Sponsored by the Orion Scoring System, the league is a national team league for high school teams and junior rifle clubs. The league has two parts. An 8 week regular season going on now, followed by a single game Conference Title Game for the top two teams in each conference.

In each game the teams compete in what is known as a Three-Position Air Rifle match. The match is modeled after Olympic Rifle competitions but adapted to high school age athletes. Each athlete will shoots 10 shots in three different shooting positions, prone, standing, and kneeling. Each shot is worth a maximum of 10.9 points. The sum of points scored in the 30 shots is the athlete's total. The team score is comprised of the best four athletes from each team.



Press Releases Submitted by Trigger Time 4-H Shooting Education Club For more information on the league, including complete standings, visit <u>https://www.national-leagues.com/</u> <u>Click here for Trigger Time 4-H Shooting Education Club Team Page</u>



RGINIA 4-H

The Eastern National 4-H Horse Roundup was held in Louisville, KY, November 5th - 7th. Congratulations to PWC 4-H'ers and PWC 4-H adult volunteer Tracey Whysong!

Horse Program

Individual Presentation Samantha Whysong, 5th Place

<u>Hippology</u> Hippology Team: Carrie Miller, Mary Young, Mattie DeBord, and Carolyn Hicks

6th Team Written Exam 3rd Team Judging 5th Team Stations 6th Team Overall (16 Teams total)

Click here for complete Eastern National Results.





- * Virginia 4-H Horse Program Awards applications due December 15th. <u>Click here for the application and more information.</u>
- * Click here to learn more about Virginia 4-H Horse Ambassadors and to invite an ambassador to visit your club.
- * Update your enrollment on 4-H Online! The deadline to show at the 2022 State Championship 4-H Horse and Pony Show is January 1st.



🏶 Prince William County 4-H

Have your club featured by sending your 4-H Club updates to Candi Helmlinger at <u>chelmlinger@pwcgov.org!</u>

Kettle Run Club

PWC 4-H Kettle Run Club held their November meeting and inducted their newly elected officers. The club also demonstrated **CITIZENSHIP** by making Veterans Day bags for the TCWES Veterans parade as a service project.





Congratulations 4-H Youth Club Officers!

President: Julia Parliamentary VP: Timmy Community Service VP: Simon Recording Secretaries: Cora, Ellie and Emma Attendance Secretary: Hudson Treasurer: Grayson Reporter: Bailey Sergeant at Arms: Evie



PWC 4-H Scholarships - Applications Due Nov. 22nd

PWC 4-H has 4 scholarships available to members. All scholarship applications and nominations are due by **Monday, November 22nd.** Scholarship s will be presented on Sunday, December 5th at the PWC 4-H Recognition Night.

2021 Joanne Guhl Scholarship

Joanne Guhl was a member of the Boots and Saddles 4-H Club who passed away in 1984. Her parents honor her memory by awarding a college scholarship to a PWC 4-Her. Applicants must be enrolled the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science.

Please click here to apply for the 2021 Joanne Guhl Scholarship.

🎇 2021 Bernard Malo Scholarship

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four-year college, community college or vocational school. Trigger Time member applicants are given first consideration. The amount of scholarship may vary from year to year.

Please click here to apply for the 2021 Bernard Malo Scholarship.

S 2021 All Around 4-H Member Award

The All Around 4-H Member Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

<u>Click here to read about the 2020 All Around 4-H Member Award Recipient Sam Whysong.</u> <u>Click here to apply for the All Around 4-H Member Award.</u>

2020 All Around 4-H Volunteer Award

The All Around 4-H Volunteer Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

Click here to read about the 2020 All Around 4-H Member Award Recipient Alan Lerch. Click here to apply for the All Around 4-H Member Award.



Opportunities to Put Citizenship into Action with 4-H Events





Put your commitment to good **CITIZENSHIP** into action by taking advantage of these opportunities just for 4-H youth!

Youth In Action - Youth in Action awards are given at the Virginia and National level. 4-H teens may apply to represent one of the character pillars, such as citizenship, after demonstrating, documenting, and promoting good character. Learn more about this high level recognition on <u>Page 8</u>.

Virginia State Capitol Day - Join us for a day of exploring the Capitol, civic responsibility, and citizenship on January 19th. We'll have 4-H-specific legislation to promote this year! More information will be released soon.

Virginia 4-H State Congress - Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities. The 100th Virginia 4-H State Congress will be held at Virginia Tech from June 20 - 24, 2022. <u>Click here for more information.</u>

National 4-H Conference - This event is the pinnacle experience in 4-H Civic Engagement, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, their nation and their world. 4-H Conference is held in the spring. <u>Click here to learn more.</u>

4-H Youth Officer Training - MONDAY!

Monday, November 15th, 7 pm McCoart Building, I County Complex Ct, Woodbridge Click here to register to attend.

This in-person meeting is an interactive meeting for current youth officers, newly elected youth officers, anyone interested in becoming an officer, or anyone interested in learning about the roles of 4-H youth officers in clubs, county, district and state levels.



VA 4-H Teen Summit - Registration is Open!

Registration through 4-H Online

Date: December 10th - 12th Location: W.E. Skelton 4-H Center, Wirtz, VA Cost: \$50 (includes meals, lodging, snacks and supplies) Click here to register for the VA 4-H Teen Summit.

Information Session:

November 22nd, 6 pm via Zoom <u>Click here to register for Information Session.</u>

The 4-H Teen Summit is an in-person event planned for teens by teens and will focus on social justice and equity and inclusion issues such as racial justice, LGBTQ+ rights, mental health, the environment, and teen voice and empowerment. The goal around the summit is to create a safe space for youth to talk about advocacy and issues that impact them, and how to create change in their communities.

Registration closes on November 29th at midnight. This event is open to youth age 14-19. All state and 4-H guidelines for in person and overnight programming will be followed during the event.

All participants will need to produce a negative COVID-19 test no earlier than 3 days prior to the event. More information is available with registration information online.



Civic Engagement

STEM

Healthy

Living

Agriculture

Prince William 4-H Cloverbuds are youth ages 5 to 8 that are interested in learning more about 4-H.

Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in subject areas such as civic engagement, STEM, healthy living and agriculture. All 4-H projects are research and curriculumbased. We lay the foundation of knowledge to help develop our

future community leaders!

What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. Our goal is to help young people grow into capable, responsible, confident members of our community by providing information, opportunities, activities and events that are educational and fun! Through clubs throughout Prince William County, our youth conduct youth-led meetings to complete projects, community service projects, and participate in local and state government events.

Come Grow with Us!

Attend our next **Clover Club**! You can also learn more at www.pwcgov.org/4-H

GROWS HERE

PWC 4-H

<u>4HPWC@pwcgov.org</u> (703) 792-4536

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A 4-H Club for Youth Ages 5-8

(parent or guardian must be present)

FREE!

4-H Children's Barn PWC Fairgrounds

10624 Dumfries Rd. Manassas, VA 20112





Click here to register.

Move it Monday!



Date: Every Monday! Time: 5 pm Location: PWC Fairgrounds

Be sure to dress in layers and bring a water bottle!

November 2021 DON'T FORGET TO BRING A WATTER BOTTLE! SATURDAY MONDAY WEDNESDAY THURSDAY SUNDAY TUESDAY FRIDAY 01 02 03 04 05 06 07 Start a 4-week move Set a goal How many Star Jumps - Jump up Mindful Snack -Pick Hydration - Every Spend time in Nature! Take a hike with an Rest Day with your arms and legs more challenge!! davs will you be something healthy! time vou have a glass active this month spread out like a star. of water, record a adult and listien to the Pick up your Do 10 then rest and sounds that are around Write it here: tally mark challenge tracker! repeat 09 10 13 08 11 12 14 Walking Race- Pick a distance and challenge Prep Do- prepare for Device Detox - Can you Hula Hoop -Jump rope to music! Rest Dav Help around the spinning, push, hop tomorrow. Examples: -Can you jump to an go without your phone, house without Pack your bookbag -Check your homework tablet, TV or internet? Try it for 2 hours! a friend to a speed walking race. No entire song without and build an igloo! being asked to do stopping (Add to your tracker) anything. Pick out your clothes running! 15 19 20 18 21 16 17 Family Walk- Take Work your legs! Complete: 10 squats, 10 Just play! Hide-and-Wild Arms - 10 arm Create a Dance- Make Obstacle Course Rest Day circles 10 Forward up a dance to your favorite song. Be sure to seek, tag, hopscotch, the family out for a fun/race!! (Add to lunges 9 squats, 9 lunges 8 squats, 8 hula hoop, pogo stick, punches & 10 Raise the walk together. your tracker!) it's up to you! Roof's, repeat 3 times. include a jump, a slide and a spin lunges 24 25 22 23 26 28 Balloon volleyball, Try Something New Pause for Thanks -Stop Clean Up Race - Set a Today give someone a Think about what Rest Day beanbag relay & a walk around the fairgrounds! Today! Was it challenging? Would you genuine compliment. Examples: -I like your during the middle of a busy activity to name 5 timer or put on a song and see how quickly you vou are thankful for HAPPY do it again? Why is it good to try new things? hairstyle today. -I like how you're helpful. (Add the fun to your things you are thankful can clean up a room in THANKSGIVING! tracker) the house. 03 30 01 02 04Let's see how much Crabby Clean Up- Tidy up while walking like a moving we did this month! Bring your tracker crab! Carry items on to share! your belly across the room to put them away. 06 07 Notes: Using our head, heart, hands and health for physical SHAPE SOCIETY OF HEALTH AND PHYSICAL EDUCATORS® Click here for a monthly calendar with activity ideas to keep kids moving! Turn your miles into a donation to PWC food banks! CHARITY Download the Charity Miles App FEEDÏNG **Choose Feeding America** AMERICA Join Team #Pwc4h Shopping early for the holidays? Support the Prince William County 4-H Association! Open the Amazon app on your phone Ι. amazon Select the main menu (=) & tap on "AmazonSmile" within Programs & Features 2. Select "Prince William County 4-H Association" as your charity 3. 4. Follow the on-screen instructions to activate AmazonSmile in the mobile app Start shopping! A portion of select purchases will be donated to 4-H at no additional cost to you. 5.

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VA Youth In Action Deadline Extended to November 15th!



PWC 4-H Teens - apply today for the Virginia 4-H Youth in Action Awards!

Virginia 4-H has opened up their request for nominations for their annual Virginia 4-H Youth in Action Awards. This year's process is different, in that the youth themselves may apply directly for the award. However, they are now required to obtain a letter of reference from their Extension

Agent (or the VCE professional responsible for 4-H in their Unit). Youth are asked to apply in the pillar areas of Agriculture, Civic Engagement, Healthy Living, and STEM. One pillar winner will be chosen from each area, as well as an overall state winner from the four pillar winners. Any 4-H member in Virginia ages 15-18 is eligible to be nominated. Each of the four winners will receive:

- A \$500 mini-grant to develop a significant community project.
- Recognition at a formal award ceremony.
- A full scholarship to attend Virginia 4-H State Congress the week of June 20, 2022, in Blacksburg, VA.
- An opportunity to be featured as the Virginia 4-H Youth Spokesperson for their pillar area.
- An opportunity to represent Virginia 4-H at the national summit for their pillar area.
- Support and mentorship to apply for the 2023 National 4-H Youth in Action Awards.
- An official reference letter from the Virginia State 4-H Program Leader, Jeremy C. Johnson

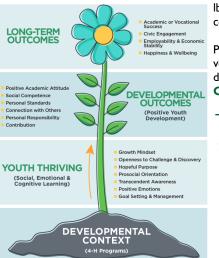
Previous winners are not eligible, but a nominee that was not selected last year may apply again.

Applications are due NOVEMBER 15TH!

Click here for details on how to apply/nominate.

Stream Clean-Up Community Service Opportunity

Date: November 13th Time: 9 am - 12 pm Location: Multiple Locations in Manassas <u>Click here for more info and to sign up.</u> Merrimac Farm Master Naturalists are hosting a Bull Run Watershed Fall Cleanup! PWC 4-H Clubs have been invited to continue to make a difference in cleaning the stream valley behind Costco, across Lomond to Ashton Rd., and the shops/restaurants adjacent down to Walgreens at Sudley Manor Road.



Engagement

Since 2018, over 12,000 lbs. of trash have been collected by volunteers.

Please see the signup to volunteer your club and demonstrate good CITIZENSHIP!



4-H Helping Youth Thrive Materials



The 4-H Thriving Model Task Force of the 4-H Program

Leaders Working Group (PLWG) is creating a new youth development model and educational materials for 4-H program leaders and volunteers. The purpose of the series is to support a common understanding of Positive Youth

Development, the science behind it, and how PYD is practiced in 4-H programs.

Click here to get a sneak peak at the new PYD educational materials!

Youth Conversations in Agriculture

Date: Thursday, November 11th Time: 7:30 pm on Zoom Topic: Agritourism Enhanced! Fall Colors and Apples Bring People to the Farm... <u>Click here to register and receive the Zoom link.</u>

Virginia Farm Bureau Young Farmers hosts a Youth Conversations in Agriculture Series About Agritourism for high school aged youth.

This program will build on last month's Sunflower Farm and how to create a positive experience in agriculture for those who want to visit the farm. It's all part of Young Farmers exploring Agritourism. Past program video links will be sent to those who register, so they can catch up! Part 2 in the 4 part series will be an expanded visit with Agritourism professionals. The program will finish up in part 4 with hands-on activities where participants create their own agritourism operations. This program is for any youth in grades 8-12 who are interested in agriculture and learning more about challenges in the industry! The monthly programs will lead to an opportunity for all participants to build their ideal virtual agritourism farm operation in part 4 and some fun prizes too.

Youth Conversations in Agriculture Part 2 -Agritourism Expanded!

Register now! https://bit.lv/3mN6vbb

Small Farm Annual Conference



Dates: Friday, Nov 19th, 12pm to Saturday, Nov 20th, 12pm Location: The Hotel Roanoke & Conference Center, Roanoke, VA Cost: \$50

Click here for conference program and to register for the Small Farm Annual Conference.

Join Virginia farmers, landowners and agriculture professionals at the 2021 Small

Farm Conference for an opportunity to hear about available resources, smart business strategies, and successful production practices—especially for those new and beginning farmers who want to learn more about what it takes to farm profitability and sustainability.

Women in Agriculture Gathering - Registration due TODAY

Two Opportunities:

Friday, November 12th, Orange, VA, 9 am - 4 pm Saturday, November 13th, Wytheville, 9 am - 4 pm <u>Click here for more information and to register</u>.

The Gathering is designed to give women the opportunity to network with other women in agriculture and to learn valuable skills that they can implement in their own operations. The Gathering will have sessions on electric fencing, understanding pesticides, floral design basics, small ruminant health, pasture assessment, ag myths, value-added products and regulations, and ag photography.

The cost is \$35 and includes t-shirt, swag bag, materials, and lunch. Thanks to a generous donor, we have a limited number of \$20 scholarships to offer for first time attendees. Registration and payment due by November 10th. If you have any questions or problems registering, please contact Sarah Sharpe at the Greene County Extension Office at (434)985-5236 or seweaver@vt.edu.



Your Dedicated PWC 4-H Staff

PRINCE WILLIAM COUNTY 4-H E mlercl

8033 Ashton Ave, #105, Manassas, VA 20109

Click to Visit Online: <u>PCW 4-H</u> <u>Virginia State 4-H</u> <u>National 4-H</u>

MaryBeth Lerch 4-H Extension Agent mlerch@pwcgov.org 703-792-4536

Kristin Saul 4-H Youth Educator ksaul@pwcgov.org 703-792-4762

Bookmark this Link!

PWC 4-H 2021-2022

Calendar of Events.

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28 29

Ashley Isaacson 4-H Youth Educator aisaacson@pwcgov.org 703-792-4761

Candi Helmlinger 4-H Program Specialist - Newsletter chelmlinger@pwcgov.org



PWC 4-H Resources

National 4-H National 4-H Homepage

Virginia 4-H VCE 4-H VCE COVID-19 Updates

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

STEM in Virginia 4-H VCE Speakers Bureau

Prince William 4-H

<u>PWC 4-H Homepage</u> <u>PWC 4-H Programs</u> <u>PWC 4-H Camps</u> <u>PWC 4-H Events & Calendar</u>

Portfolio Records

<u>Member Record</u> <u>Cloverbud Sheet</u> <u>Project Record Ages 9-10</u> <u>Project Record Ages 11-12</u> <u>Project Record Ages 13-15</u> Project Record Ages 16-19

Outstanding Member Form





2020-2021 PWC 4-H Association Officers

Youth Officers

Samantha Whysong, President Kayla Dixon, Vice President Alexis Cox, Treasurer Secretary - Vacant

Adult Officers

Vacant - President Alan Lerch, Vice President Sydney Nguyen, Treasurer Tom Harrigan, Secretary

Committee Chairs

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