

# Prince William 4-H

# Our Clubs, Our Community



### August 4, 2021

### **Upcoming Events**

- Aug 13 Applications for VA 4-H Health Living Ambassadors Due
- Aug 13 Applications for VA 4-H Teen Summit Leadership Team Due
- Aug 16-20 4-H Day Camp
- Sep 9-12 <u>60th VA State</u> <u>Championship Horse</u> <u>& Pony Show</u>
- Sep 10-12 State 4-H Shoot

Oct 6-17 - TSC Paper Clover Campaign

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### **Click to Visit**



### 2021 4-H Summer Day Camp Newsletter Distributed



PWC 4-H Summer Day Camp is almost here! Registered participants should have received a camp newsletter packet via email on Friday. If you did not, please contact <u>Emily Cloe</u>. The newsletter contains important information regarding theme days, drop-off/pick-up procedures, camp teams, and more. It's going to be a GREAT week to go *Exploring with 4-H!* 

### PWC 4-H Summer Day Camp at the Fair

August 16-20th 9 am - 12:30 pm PWC Fairgrounds, 10624 Dumfries Rd., Manassas, VA

### Virginia 4-H Healthy Living Ambassadors

Virginia 4-H has a new opportunity for teen members!

Samantha Whysong, our Virginia 4-H 2021 Healthy Living Youth in Action Award recipient, has been working with MaryBeth Lerch, Sandy Arnold, and Tonya Price to create a leadership team of 4-H Healthy Living Ambassadors. Participants on the leadership team will be working together to plan a statewide Healthy Living Summit that will be held this fall.

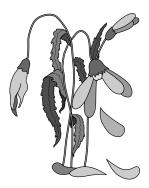
PWC 4-H teens that have interest or experience with Healthy Living and would like to be a part of the new leadership team, should complete the short application: <u>https://forms.gle/eu73G4q4iZr8rowm7</u>. The deadline to apply is

August 13th and candidates will be notified the week of August 16th. Interviews will begin the week of August 23rd.

Please contact <u>Samantha Whysong</u>, <u>Tonya</u> <u>Price</u>, <u>MaryBeth Lerch</u>, or <u>Sandy Arnold</u> with any questions.



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### **PWC 4-H Fairgrounds Watering Schedule**

Let's work together to keep our gardens beautiful! With high temps, low rainfall, vacation plans, busy schedules, and more, it's hard to get over to the fairgrounds to water our beautiful gardens. Please sign up for a slot so that we can join our helping hands to a common cause. <u>Click here for the</u> <u>Watering Schedule Sign-Up</u> organized by Susan Wolf, Old Dominion 4-H.

### Thank You, Volunteers!

A huge thank you to the PWC 4-H'ers that jumped in on Friday to help re-open our Children's Barn at the fairgrounds. We dusted off the cobwebs and she's sparkling for PWC 4-H Summer Day Camp and the PWC Fair. Thanks for lending your helping hand!



### Applications for Virginia 4-H Teen Summit Leadership Team Released

The 2021-2022 4-H Teen Summit Leadership Team application is open!

The Teen Summit Leadership Team is a group of young people who are passionate about social change and social justice issues and want to create a space in which teens can talk about these issues and opportunities around social issues that affect their communities. This group of young people will be in charge of creating the 2021-2022 Fall and Spring 4-H Teen Summit around youth voice and advocacy in a variety of topic areas, as well as other learning opportunities in between. This group will meet with their adult counterparts and within themselves to work to continue to make the best better with the teen summit.

Here are some expectations for the Teen Summit Leadership Team members:

- 3 hours commitment per week
  - \* I hour meeting with entire group
  - \* I hour meeting with event groups or teen group only
  - \* I hour miscellaneous worktime
  - \* Additional time as needed
- Full attendance at planned events
- Attendance at all meetings (unless leaders were notified in advance)
- Consistent communication through discord and/or email
- Respectfulness of other people's time
- Frustrations, difficulties or other issues are communicated as soon as they arise
- Open mindedness
- Honesty
- Cultivation of positive youth-adult partnerships

Please click here for the Teen Summit Leadership Team Application.



**Applications are due no later than August 13th, 2021.** This year the teen leads will be conducting interviews with applicants, and select the applicants that fit the needs of the group as a whole. Please hold August 25-27<sup>th</sup> in the evening for interviews, if you are selected to move onto this process. Accepted applicants that move on to the interview process will be notified no later than August 20th.

### Labor Day Family Camp at the Northern Virginia 4-H Center



Registration is now LIVE for our 3rd Annual Labor Day Family Camp! Carve out some time for family bonding, or invite your extended family, friends, and neighbors too for the long holiday weekend. Either way, the schedule is designed to maximize what YOU need out of the weekend.

**NEW THIS YEAR** are staff-led adventure activities including Canoeing, Archery, and Climbing! <u>Click here for more information and to register.</u>

### National 4-H: 2021 4-H STEM CHALLENGE - GALACTIC QUEST



Designed by Clemson University, the 2021 4-H STEM Challenge, Galactic Quest, explores the history of humans in space, the technology and resources needed for missions and the obstacles humans encounter in orbit. Activities explore important STEM topics from physics and engineering to computer science and space agriculture. Join the webinar September I at I:00 PM EST to learn more about the activities in this year's challenge. <u>Click here to register.</u>



August 13th - 21st PWC Fairgrounds

4-H Exhibits and Activities are FREE to fair-goers!

# **PWC 4-H Exhibits**

- 4-H Children's Barn
- Ag Barn
- Community Partners
   Booths and Games
- Special Presentations

Come Grow with Us! Don't miss this fun, annual event for families!

Stop by the PWC 4-H exhibits at the Fair and treat your children to crafts, STEM enrichment projects, community service, special presentations, and more, brought to you by hard working, responsible and confident kids working with real-life life skills!

# **PWC 4-H Children's Barn**

This year's theme of "Exploring with 4-H" presents exciting opportunities to show the diverse aspects of 4-H. Stop by from 2-8 pm each day and pick up your 4-H Grab & Go Activity Exploration Kit. They're free and Fun!

Book in a Bag • Living Necklaces • Marshmallow Catapults • Community Partner Booths and Demonstrations

# **PWC 4-H Agriculture Barn**

Get hands-on in the Ag Barn! Bring your Grab & Go Kits and work with experienced 4-H'ers to complete the projects. Check out our animals and cuddle with our little friends through the 4-H Embryology Project. And participate in community service projects to support our community.

Make Dog Toys for the PWC Animal Shelter • Send Post Cards to Our Soldiers Overseas • Pet Chicks and Bunnies

> Prince William County 4-H 8033 Ashton Ave., #105 Manassas, VA 20169 (703) 792-4536 4hpwc@pwcgov.org





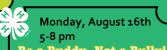
### Friday, August 13th, 5 - 8 pm 🐼 Community Art Project with Café Pottery

Join Andrew Cummins of Café Pottery, Old Town Manassas, and 'home of the \$20 Pottery Wheel Lesson" is creating a living art community based project with splatter paint. Beginning on opening night and continuing into the week, all fair-goers are

encouraged to bring their creativity and become the artist!

Click here to learn more about Café Pottery.





Be a Buddy, Not a Bully! Meet PWC 4-H'er Sam and her pony Ruben as they discuss bullying awareness and key strategies to prevent and stop bullying through this statewide recognized anti-bullying be autographing FREE copies of their book Jumping over Bullies!



#### Tuesday, August 17th \$ \$ Nutrition Tips with Mr. T 2-5 pm

Mr. T from SNAP Ed will be sharing nutrition tips and tricks while YOU

pedal away on his people powered smoothie maker!





Learn all about the programs at PWC Parks & Recs! Our partners will have games and giveaways on hands for added fun!

### Saturday, August 14th & Sunday August 15th, 2-8 pm Fiber to Fabric



Our friends at Trinity Farm of Nokesville are baaa-ck with their Angora goats and rabbits! From goat to sweater, fair-goers will learn how angora is made into yarn and then

into sweaters with live demonstrations and hands on activities including paddling, spinning, knitting and more!

### Help create the World's Largest Scarf Made at a County Fair!

Put your newly learned skills to a test! Trinity Farms has partnered with volunteers from Fibre Forward to teach willing fair-goers how to knit AND create 'The World's Largest Scarf Made at a County Fair.' Stop by and join in the fun!

Click here to learn more about Trinity Farms.

Click here to learn more about Fibre Eorward.

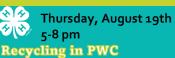


### Wednesday, August 18th 5-8 pm

**Keep Prince William Beautiful** Stop by for hands-on-youth activities and information from our partners at Keep Prince

Click here to learn more about KPWB.

William Beautiful!



Volunteers from PWC Solid Waste Management Recycling program will be onhand with educational activities and information about recycling in PWC.

Click here to learn more about PWCR.



Friday, August 20th - TBD

### Saturday, August 21st **PWC Food Rescue**

Learn how to become a Food Rescue Hero and promote "0 waste" in your county! Soon to become Northern Virginia Food Rescue. Click here to learn more.

# JUST OVER 2 WEEKS UNTIL THE PWC FAIR! WE NEED YOU

# Volunteers make FUN possible!

Youth Volunteer Opportunities



Times: 2-5 pm or 5-8 pm shifts (see specific slots) Location: PWC Fairgrounds

Youth volunteers are needed to assist youth and families with their Grab and Go Kits as well as help direct the community service activities, assist with the baby chicks and, possibly, rabbits, sell head wreaths and share their 4-H stories.

Click here to sign up to volunteer at the PWC Fair.

# Community 4-H ART Project @ Prince William County Fair

Volunteers Needed for a fun "hands-on" Project

Two volunteers are needed to interface with the public, especially youth, and to help fair goers be part of a live and evolving art project for all to enjoy. Great service project for art and media student or anyone interested in art, community and communications. Easy set-up with plenty of support. May volunteer with a friend. Additional opportunity for a videographer. Help fair goers put a glove on, put a couple drops of paint on it, brush it around, and put their colorful hand print on the board. Also, a short video will be created by taking 2 seconds of videos of most all of the people doing their hand print. An video art project of the painting art project.

-Earn 4-H Community Service Hours -Must enjoy working with the public, especially youth -Not afraid of a little paint and getting your hands dirty



Volunteer Time Requirements-

August 13th-17th, 5nights 5-8pm Friday and Monday 2-8pm work time Sat, Sun, Tues (Flexible) 571-377-8829

Please coordinate with Andrew Cummins

### Adult Volunteer Opportunities

### ♦ ∲ 4-H Summer Day Camp ♦ (♦) Chaperones

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience. Adults are primarily chaperones, group facilitators, or help to distribute snacks. Volunteers are needed from 8:30 am - 1:00 pm. Volunteers can work multiple days, single days, or a handful of hours. Any time that you can offer is welcome!

Click here to sign up for Adult 4-H Day Camp volunteer.

# Openation <thOpenation</th> <thOpenation</th> <thO

**Dates:** August 13-21, 2021 **Times:** 2-5 pm or 5-8 pm shifts (see specific slots) **Location:** PWC Fairgrounds

Visitors to the Children's Barn will greeted by the Barn Manager and invited to walk through and choose one or all three 'Grab and Go Kits.' Additional volunteers will be on hand to answer any questions about the kits as well as direct visitors to the Ag Barn where they may put their kits together if they would like. At the Ag Barn, volunteers will assist youth and families with their Grab and Go Kits and support youth volunteers as they assist youth with community service activities, watch the baby chicks, sell head wreaths, and more.

Click here to sign for Adult 4-H Barn Volunteer.

Be sure to register as an Adult Volunteer in <u>4-H Onlinel</u>



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# Come grow with us at PWC 4-H Summer Day Camp!

PWC 4-H Summer Day Camp is back and more exciting than ever! We will be exploring many things in our world using 4-H's research-proven Do, REFLECT, APPLY model!

PWC 4-H Summer Day Camp is for youth ages 5-12 and is held during the week of the annual Prince William County Fair. Youth learn and grow in a safe and exciting environment through creating art projects exploring fair exhibits and enjoying team games and activities. Themes and snacks each day, a show or two, and lots of trained, enthusiastic teen counselors make this experience one of a kind!

## **PWC 4-H Day Camp Activities**

Marshmallow Catapults \* Bee Bot Pollinators \* Trebuchet \* Build-a-Thon \* Seed Bombs and Living Necklaces \* Special Presentations on Locally Derived Nutrition and Native Plants & Habitats \* Visits to the Animal Barns and the Heritage Barn \* Focus on Character Traits while building Life Skills \* and so much more!

### **PWC 4-H Children's Barn Exhibit**

All youth fair-goers will not want to miss this! The PWC 4-H Children's Barn exhibit is full of exciting enrichment activities geared towards exploring the many aspects of 4-H. Stop by from 2-8 pm and pick up your 4-H Grab & Go Activity Exploration Kit. They're free and fun! Here's what's happening at the PWC 4-H Children's Barn:

- Skinks with this imaginative activity
- Living Necklaces: discover how seeds sprout with this seed necklace charm
- Marshmallow Catapults: explore the physics of catapults by creating your own popsicle marshmallow catapult
  - ations: stop by to learn how
- to be a buddy, not a bully with Samantha and her horse Rubin! We'll have additional presentations and activities on recycling, yarn pulling and more!

# **Clover Bud Activities**

For our younger participants, stop by the Clover Bud Tables and participate in two Community Service and Citizenship activities:

- Make Dog Toy's for the PWC Animal Shelter
- Color Post Cards for our Soldiers Overseas

# **PWC 4-H Ag Barn Exhibit**

Stop by relax at a picnic table, work on your 4-H Grab & Go Activity Exploration Kit with our teen 4-H volunteers, or better yet, meet our favorite bunnies and chicks!



### PWC 4-H Summer Day Camp 2021

August 16-20th Prince William County Fairgrounds <u>Click here for more information about PWC 4-H Camps</u>





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Maxima Fainfau	Boys: 4:30 Trey Schneider 6:00				Zac Quintana & The Sages 7:00		The Prince William County Fair is owned and operated by the Prince William Veterans Farm Club, Inc. 10624 Dumfries Road, Manassas, Virginia 20112	
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### From our Partners: VCE Invites Participation in Farming Survey



As a member of the Virginia Farm Stress Network and as director of AgrAbility Virginia and the **Cooperative** Virginia Beginning Farmer and Rancher Coalition, VCE would like to bring the following opportunity to your attention in an effort to help address the wellness and mental health needs of the farming community in Virginia.

Virginia Tech • Virginia State University

A research team at NC State University working with NC Agromedicine Institute, Land Loss Prevention Project and the Rural Advancement Foundation International - USA is reaching out to solicit support for their project. Their team is conducting research on financial crisis, land tenure, and mental health issues faced by farm families. The purpose of the project is to reduce the loss of farms and lives by researching and testing culturally-responsive information and information delivery that addresses the combined financial, land tenure and mental health issues faced by farm families in severe financial distress.

If you decide to support this project, you will work with their research team on building a potential participant list and establishing contact with them. The following farmers can be involved in this study:

- are experiencing or have experienced significant periods of time where farm income is insufficient to cover costs of production;
- are or were in imminent danger of losing significant farm assets, including a home or farmland;
- are or were experiencing physical, emotional, or cognitive symptoms that interfere with the ability to adequately process information and access needed resources;
- whose financial situation has strained relationships and negatively affected the ability to be in community; or, may have considered harming themselves as relief.

These farmers will participate in an important way - by sharing their story in interviews and by supporting us in making materials that better serve farmers. Telling their story is a powerful way to support healing from the effects of financial hardship by helping other farmers going through similar distress. Interviews will be conducted until December 2021 via phone, video conference, or in person depending on university regulations and COVID-19 related conditions. During interviews, they will be asked about their farm, farming, financial hardship, resources, coping, and decision-making. Also, the participants will be provided with a transcript of their interview to check for accuracy. All research protocols have been approved by the NC State IRB. For more information, and to participate, please contact Andrew Smolski at (281) 468-5176 or at arsmolsk@ncsu.edu.

### **VCE in Prince William County**

# PRINCE WILLIAM

Virginia Cooperative Extension helps people put scientific knowledge to work through learning experiences that improve economic, environmental, and social well-being. Educational programs are designed to enable families to better manage resources; help youth become self-directing, contributing and productive members of society; and improve the impact of urban horticulture

on the environment. Program content is based on the research conducted at the state's two land-grant universities: Virginia Tech and Virginia State University.

4-H Youth Development • Agriculture & Natural Resources • Financial Education • Parent Education • SNAP Ed

Click here to learn more about PWC VCE and programs designed specifically for our community.

### From Our Friends: DEQ Presentation on Environmental Justice

Prince William County Soil & Water Conservation District and Virginia Cooperative Extension, Agriculture and Natural Resources will host Renee Hoyos, Director of Environmental Justice at the Department of Environmental Quality for an introduction to the DEQ's efforts in environmental justice and a discussion of water equity. This will be

a Zoom event taking place on Thursday, August 26 from 11 am to 12 pm.

#### Click here to register.

Click here to learn more about the DEO Environmental Justice Initiatives.



#### PRINCE WILLIAM COUNTY

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>

### Your Dedicated PWC 4-H Staff

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

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

<u>4-H Online Information</u> <u>The 4-H Foundation</u> <u>Educational Resources</u> <u>4-H All Stars</u>

<u>STEM in Virginia 4-H</u> 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**

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





# 2020-2021 PWC 4-H Association Officers

### Youth Officers

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

### Adult Officers

Matt Valentino, 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

