



Prince William 4-H

Our Clubs, Our Community



March 1, 2023

Upcoming Events

- Mar 2** - Engage Locally by Prince William 4-H
- Mar 11** - Cloverbud Club
- Mar 17-19** - Spring Air
- Mar 18** - PW 4-H Food Challenge
- Mar 21** - PW 4-H Association Meeting
- Mar 24 & 30** - Chick Drop-off
- Mar 31 - Apr 2** - Equismartz
- Apr 1** - 4-H Junior Camp Registration Opens
- Apr 8** - PW 4-H Cloverbud Club
- Apr 15** - PW 4-H Tree Planting
- Apr 15** - District Contest Day
- Apr 29-30** - VA 4-H Healthy Living Summit

Inside this issue:

- [PW 4-H Updates](#) 2
- [Food Challenge](#) 3
- [VA 4-H Updates](#) 4
- [VA 4-H Livestock Updates](#) 6
- [States' 4-H Exchange Program](#) 7
- [Contacts & Recourses](#) 10

Click to Visit



Prince William 4-H Engage Locally is **TOMORROW!**



Date: THURSDAY, March 2nd

Time: 6 PM

Location: McCoy Conference Room, Prince William 4-H, 8033 Ashton Ave., Manassas, VA

Missed the RSVP deadline? Please email [Pam Hardin](#) to participate. We're still in need of a handful more youth 4-H'ers to promote our fantastic clubs, activities, and programs. We need ALL members to attend this fantastic opportunity to plug in locally with our legislators, county & city government, and school officials. This open house event will provide Prince William 4-H'ers with an opportunity to build their citizenship skills, increase their understanding of local government, and provide an opportunity to promote their 4-H Story and experiences. **OUR YOUTH HAVE POWERFUL VOICES!**

Prince William 4-H Tree Planting Community Service Day



Date: Saturday, April 15th

Time: 9 AM

Location: Bristoe Station Battlefield Park, Bristow, VA

Who Should Attend: All Prince William 4-H'ers!

[Click here to register.](#)

Join Prince William 4-H and Prince William County Environmental Management for a fun filled service project named, "Growing Trees and Kids for Virginia's Forest." Tree seedlings are made available through generous gifts from the Virginia Forestry Educational Foundation, matching funds from Old Dominion Electric Cooperative and Virginia's Customer Owned Electric Cooperatives, Huber Engineered Woods and to the efforts of the VA DOF to provide low cost seedlings to Virginia citizens. Prince William 4-H'ers will meet at Bristoe Station Battlefield Park on April 15th beginning at 9am. This day also happens to be American Battlefield Trust's Park Day. **WE WILL CELEBRATE THIS DAY BY PLANTING 350 NEW TREES!**

Prince William 4-H Young Entrepreneurs



[Click here for interest survey.](#)

Please respond by March 1st - TODAY!

THE PROJECT IS FILLING QUICKLY! Put your skills and talents to work by participating in the Prince William 4-H Young Entrepreneurs Project! Work as a team to create a business plan, learn how to budget, design and produce a product, and sell your creations at a local farmer's market. Our Young Entrepreneurs Project was a huge success last year, with 13 youth participating in 4 workshops, a field trip and multiple sales at the

Manassas Farmer's Market. The goal of the project is for youth to create a business plan during the workshops and then test their skills by attending at least 3 markets. Please complete the interest survey if you are considering participating in this exciting and engaging opportunity. *Participation is limited due to limited market space.*

Prince William 4-H Association Meeting - Pizza Night!



Date: Tuesday, March 21st

Time: 6 pm

Location: Prince William 4-H, McCoy Conference Room, 8033 Ashton Ave., Manassas

Who Should Attend: All Prince William 4-H youth and adult members

[Click here to RSVP for pizza count.](#)

RECONNECT with the community and other 4-H members! Please join us for a fulfilled evening of networking and diving deeper into how we can better serve our community and 4-H youth. We will also be welcoming our new adult board secretary, Mary McDonald, as well as discussing larger events, such as TSC Paper Clover and Wreaths Across America. Bring your creative ideas and willingness to RECONNECT with 4-H!

Prince William 4-H Scholarships - Applications Due April 1st



Celebrating YOU!

2023 JOANNE GUHL SCHOLARSHIP

[Please click here to apply for the 2023 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 in 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.

2023 BERNARD MALO SCHOLARSHIP

[Please click here to apply for the 2023 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.

Prince William 4-H Attends Northern Camping District TALT



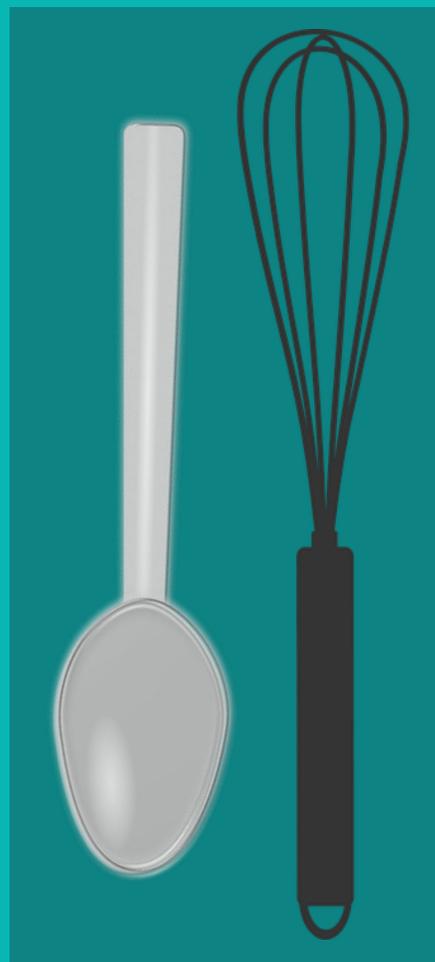
Last weekend, the Northern Virginia 4-H Educational Center in Front Royal, Virginia, hosted almost 250 teen camp counselors, adult volunteers, summer staff, and extension agents for the annual Teen and Adult Leadership Training (TALT) weekend. Thirty teens from Prince William and Stafford counties had an exciting time as they are preparing to be Prince William/Stafford 4-H Junior Camp counselors this summer. The weekend passed too quickly singing camp songs, reviewing camp traditions, and making new friends. Be on the lookout for the next camp trainings this spring. We look forward to seeing you there!



PRINCE WILLIAM 4-H

4-H FOOD CHALLENGE

2023



**AT BUCKHALL VFD
7190 YATES FORD RD.
MANASSAS**

MARCH 18TH

EVENT STARTS AT 10 AM



NUTRITION * SKILL * TEAMWORK * PUBLIC SPEAKING * SAFETY * CAREERS * FUN!

- [Click here to check out the videos, curriculum, tip sheets and more compiled by our friends at Texas 4-H.](#)
- [Click here for the 2022-23 VA 4-H Food Challenge Rules](#)

COME SUPPORT OUR TEAMS!





Register the March Cloverbud Club

Date: Saturday, March 11th

Time: 10 AM - 12 PM

Location: 4-H Children's Barn, PWC Fairgrounds

Who Should Attend: All greater Prince William youth ages 5-8 with an interest in 4-H

[Click here to register.](#)

Our next Prince William 4-H Cloverbud Club will be Welcoming Spring with exciting, hands-on activities for our youngest 4-H'ers. Be sure to dress for the weather and be ready to spring!

All Prince William 4-H'ers are encouraged to attend the Northern District 4-H Teen Leadership Council **CLOVER HIKE!**

[Click here to register for this free family activity.](#)

The Clover Hike:

- Hiking on our center's trails
- Smores by the fire
- Learn more about 4-H





Date: March 19th, 2023

Time: 3:00pm - 5:00pm

Location: Northern Virginia 4-H center

If you'd like to join us at this 4-H event. Please fill out this [RSVP link](#)



Virginia Northeast District 4-H Contest Day



Northeast District 4-H Contests

Saturday, April 15
Marshall Center, Spotsylvania
Begins @ 10AM



Registration due March 24
<https://bit.ly/NE4HContestEntry>

Date: April 15th

Location: Marshall Center, 8800 Courthouse Rd, Spotsylvania, VA

Time: Check-in will begin at 9:30 AM. Competition begins at 10 AM.

Registration Fee: \$10/4-H youth

[Click here for more information and to register.](#) **Register by March 24th.**

[Click here for the Guidelines & Scoring Sheets.](#)

ALL PRINCE WILLIAM 4-H'ERS WHO PARTICIPATED IN PRINCE WILLIAM 4-H CONTEST DAY ARE INVITED TO ENTER!

The Northeast District 4-H Contests are meant to be a learning experience for the 4-H member. The purpose of these contests is to enhance communication skills, organization and research skills, poise and self-confidence, knowledge, and attitudes of 4-H members in subjects related to their chosen competition. These skills gained will benefit them now and as they get older.

Contests Being Offered in 2023 (may participate in a maximum of two):

Presentation ★ Public Speaking ★ Share the Fun ★ Fashion Revue ★ Science Fair ★ Career Development (Resume/Cover Letter/Interview) ★ Table Setting ★ Visual Arts (Painting, Photography, Crafts, Sculpture, Drawing, Fiber Arts, Mixed Media, Trash to Treasure)

Virginia 4-H Horse Updates



2023 EQUISMARTZ

Dates: March 31st – April 2nd

Location: Lexington, VA

Entries Due March 15th

[Click here for more information.](#)



2023 SOUTHERN REGIONALS 4-H HORSE CHAMPIONSHIPS

Date: August 2-6

Location: Perry, GA

Entries Due May 15th.

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

[Click here for the 2022-2023 4-H Horse Program Calendar of Events.](#)

Virginia 4-H Shooting Sports



SHOOTING SPORTS INSTRUCTOR CERTIFICATION

Dates: April 15th - 16th

Location: Holiday Lake 4-H Educational Center.

Registration Deadline: March 30th

Registration Contact: Trigger_time@verizon.net

The Virginia 4-H Shooting Education Training Team offers instructor certification for adults and experienced teens ages 16 and older. First-time participants are required to complete on-line training by Tuesday, April 11th. First-time participants who completed the online course in 2022 do not need to repeat the course. Advanced shotgun (either skeet or sporting clays) will be offered. The instructors will decide which course will be offered based upon the number of qualified applicants that register. There will be a second session on October 14-15.

Virginia 4-H Camp Scholarships

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

Applications Due April 3rd.

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the second annual Preston R. Willson Virginia 4-H Camp Scholarships for the summer of 2023. Applications for youth ages 9 – 14 can be submitted to VFEF to attend one of six (6) Virginia 4-H Center's 4-H Summer Camps which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 48 (forty-eight) youth will be randomly selected for these full scholarships. Each of the six 4-H Centers will host eight (8) scholarship recipients.

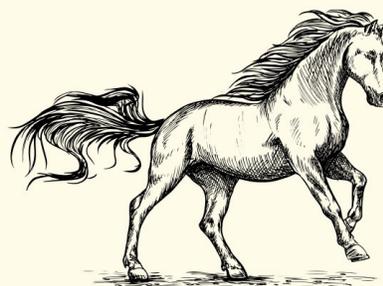


VIRGINIA HORSE COUNCIL PRESENTS

Educational Seminar & Annual Meeting

DR. PHIL SPONENBERG, KEYNOTE SPEAKER - NATIONALLY RENOWNED FOR HIS GENETIC CONSERVATION WORK. DR. SPONENBERG WILL DISCUSS THE HISTORY OF HORSE BREEDS IN AMERICA.

ENJOY A PANEL DISCUSSION WITH: BAILEY MARTIN (HIGH SCHOOL RODEO), STEVE MEADOWS (VERSATILITY RANCH HORSE), MAGGIE NIELSEN (HOLLINS UNIVERSITY HUNT SEAT RECRUITER) & NANCY TROUTMAN (REPRESENTING THE AMERICAN SADDLEBRED)



**WHO DO I TALK TO...MY VETERINARIAN OR MY FARRIER? ENJOY A DISCUSSION OF COLLABORATION BETWEEN VETERINARIAN DR. DOUG DANIELS AND FARRIER SETH PHILLIPS.*

**AS PART OF OUR PANEL DISCUSSION, LEARN ABOUT OPPORTUNITIES FOR YOUTH IN DIFFERENT DISCIPLINES BOTH NOW, THE COLLEGE YEARS AND BEYOND!*

SATURDAY, MARCH 18 |
9:00AM - 3:00PM
BLUE RIDGE COMMUNITY
COLLEGE, WEYERS CAVE, VA

REGISTRATION AT
WWW.VIRGINIAHORSECOUNCIL.ORG
FEES: \$35 MEMBERS/\$55 NON-MEMBERS
(LUNCH INCLUDED)



SPONSORED BY A
GRANT FROM THE
VIRGINIA HORSE
INDUSTRY BOARD

SAVE THE DATE

Virginia 4-H Healthy
Living Summit

W. E. SKELTON 4 H
CENTER

APRIL 29-30
2023

Stay Tuned for Updates!



Virginia 4-H Youth Livestock Updates

MC LIVESTOCK STOCKMAN'S CHALLENGE

Date: Saturday, March 18th

Time: Check in 7:30-8:30am, contest start at 9:00am.

Location: Rockingham County Fairgrounds, Harrisonburg, VA

Three Divisions (age the day of the contest): Pee Wee 5-8 yrs, Junior 9-13 yrs, Seniors 14-19 yrs

Contest Includes: 3 Cattle classes, 2 Hog classes, 2 Lamb classes and 2 Goat classes (as available). We will have 3-4 questions classes and an Optional Reasons Jackpot. Contestants will use a scantron for class placings and answers to questions. .

Cost: \$20/individual, \$80/team, Free/Pee Wee's, \$10/adults & coaches. Lunch is provided.

[Click here to register.](#) **Register by March 5th.**

This is the regional youth livestock judging contest for youth age 5-19.

VIRGINIA YOUTH LIVESTOCK PROGRAMS



2023 STATE 4-H/FFA SKILLATHON

Date: Wednesday, March 29th

Location: Rockingham County Fairgrounds, Harrisonburg, VA

Entry Fee: \$10 (does not include lunch)

[Click here to enter.](#) **Entries due by 5 pm on March 22nd.**

This is the official State 4-H Skillathon Contest and FFA Teams are welcome and encouraged to participate. There is one contest – not separate 4-H and FFA Contests. There are two divisions – Juniors and Seniors – ALL CONTESTANTS will be sorted into divisions based on BIRTH DATE.

2023 VIRGINIA YOUTH CATTLE WORKING REGIONAL CONTESTS

[Click here for Regional Registration Form.](#)

The youth cattle working contest develops youth skills in animal management and handling. Working as a team, youth efficiently process three stocker calves utilizing Beef Quality Assurance guidelines. The top two teams from each region then compete at the State Youth Cattle Working Contest. Each contest has a 15 team limit.

- Thursday, March 30th, Southern Piedmont, The Adams Farm, 855 Jones Store Road, Red Oak, 10:00 AM. Contest Coordinator: Joanne Jones jojenkil@vt.edu
- Saturday, April 1st, New River Valley, G & G Livestock, 169 Fort Chiswell Rd, Fort Chiswell, 9:00 AM. Contest Coordinator: Cynthia Hurst, cyhurst@vt.edu
- Wednesday, April 5th, Shenandoah Valley, 1718 Keezletown Road, Weyers Cave, First round will begin at 9:00 AM. Contest Coordinators: Andy Seibel, gseibel@vt.edu and John Benner, benner89@vt.edu
- Wednesday, April 5th, Central Virginia, Senterfitt/Virginia Livestock, 5866 Orange Rd, Radiant, 1:00 PM. Contest Coordinators: Kaci Daniel, kcoppedg@vt.edu, and Brad Jarvis, bjarvis@vt.edu
- Friday, April 7th, Southwest Virginia, Copenhaver Farms, 31118 Blue Springs Road, Meadowview, 9:00 AM. Contest Coordinator: Phil Blevins, pblevins@vt.edu



STATE CATTLE WORKING CONTEST AT THE VIRGINIA BEEF EXPO

Date: Friday, April 14th

Location: Rockingham County Fairgrounds, Harrisonburg, VA

Entry Fee: \$25/team

[Click here to enter.](#) **Enter by 5 pm on March 24th.**

Top two teams from each Regional Contest will advance to the State Youth Cattle Working Contest. Team members who comprised the team at the Regional Event, must be the same ones who compete at the State Contest. All participants must be 14 years of age by September 30, 2023 and have not had their 19th birthday prior to January 1, 2023



2023 VIRGINIA PORK INDUSTRY CONFERENCE

Date: March 21st

Location: Central High Cultural and Educational Complex, Goochland, VA

The Virginia Pork Council invites you to the 2023 Virginia Pork Industry Conference, Tuesday, March 21, 2023. Special guest speakers and group discussion will include the latest in swine education, health, and research across the Commonwealth. Join us for an opportunity to network and enjoy the company of your industry colleagues. [Click here to register.](#)





States' 4-H International Exchange Programs

2023 INBOUND PROGRAMS

Host a delegate in your home this summer and give your family a global perspective!



Host a Japanese youth in Summer 2023 through States' 4-H International!

Invite an international youth into your home for three and a half weeks and share an American experience. Expand your family's cultural understanding, learn about new foods and customs, and possibly a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country too!

Open your home to an exchange student and open your lives to the world!



HOSTING PERIOD: 3 1/2 weeks from late July to mid August

- You can host a youth aged 12-18 or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- **You don't need to be involved with 4-H to host**



For more information - Visit: <http://www.states4hexchange.org>

Email: exchange@states4h.org Call: 1-800-407-3314

Virginia Contact: Wendy Herdman Email: wherdman@vt.edu Call: 1-804-493-8924



Facebook: <https://www.facebook.com/states4hexchange/>



Instagram: [@states4hinternational](https://www.instagram.com/states4hinternational)

Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility



2023 TEEN SUMMER VOLUNTEER PROGRAM

Apply now!

UVA Health Prince William Auxiliary is excited to welcome back our Summer Teen Volunteer Program to UVA Health Prince William Medical Center, which introduces students to the culture of the hospital.

Applicants must be between 15 and 18 years old and have finished their sophomore year of high school by summer 2023.

There are only 48 available slots, so students are encouraged to apply early! Applications received after the initial 48 will be placed on a waiting list.

The three two-week sessions for 2023 will be held:

- June 19 to June 30
- July 10 to July 21
- July 24 to August 4

Summer Teen Volunteer Program participants may be placed in the following areas, which are subject to change:

- Emergency Department
- Guest Services
- Surgical Services
- Registration
- Materials Management
- Physical Therapy
- Gift Shop

Successful completion of the program may lead to year-round volunteer opportunities.



LEARN MORE

Visit

<https://uvahealth.com/services/volunteer/prince-william> or call UVA Health Prince William Volunteer Services' office at 703.369.8173 for more information.

Research Surveys for Local Farms



FARMERS AND RANCHERS SOUGHT FOR A STUDY ABOUT BALANCING CHILDREN AND WORK

Researchers at the National Farm Medicine Center and The Ohio State University are looking for farmers and ranchers who are raising children 0 to 18 to participate in an online survey. The survey asks about your families' experiences of taking care of children (age 0 to 18) while also working on and off the farm/ranch. The survey is open to part time and full time farmers, ranchers, and their partners operating in rural, urban, or suburban areas. Participants have the option to enter a raffle for one of fifty \$50 checks.

National Farm Medicine Center

- [Click here to fill out the 15 to 20 minute survey.](#)
- For questions or to request a paper survey, contact Florence Becot at 715-389-9379 or becot.florence@marshfieldresearch.org

National Farm Medicine Center • National Children's Center for Rural and Agricultural Health and Safety • Marshfield Clinic Research Institute • Marshfield Clinic
1000 North Oak Ave ML-1, Marshfield, WI, 54449



Volunteer for Virginia Tech Study on Responsible Innovation in Precision Agriculture

The purpose of this study is to understand responsible innovation that promotes economic welfare and environmental security on farms by co-designing precision agriculture technologies.

Benefits and Compensation:

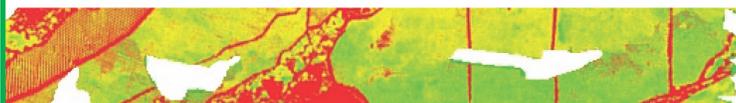
- **\$500 baseline participation payment** over two years equivalent to \$50/hr
- Opportunity for **\$500-\$1000/year of additional incentives** for reducing nitrogen and/or phosphorus amounts to be decided and agreed upon based on baseline measurement (random selection)
- Free access to your field level data on crop yields, soils and nutrients.

What is required of participants:

- 10 hours total over two years
- Interviews and surveys (1.5 hours each year)
- Two design workshops / trainings for technology use each year (3 hour each)
- 30 minutes phone check-in (twice per year for three years)
- Play serious computer game (1 hour)
- Unmanned aerial drone flights with hyperspectral camera over fields (twice per year)

Field-level information on soil and water will be collected through unmanned aerial drone flights (twice/year) with explicit participant permission before each flight.

In a subset of your farm (identified by you), we may setup a soil and water sampling program to collect periodic soil and water samples. This data will be help supplement imagery collected from the drones.



For more information contact Dr. Brianna Posadas at (951) 387-0022 or email at bposadas@vt.edu, or contact the Principal Investigator: Dr. Maaz Gardezi (515) 686-1594, or email at maaz@vt.edu
National Science Foundation Future of Work Human-Technology Frontier # 2202706



Bluebell Festival

April 8th

FREE! More information coming soon.

[Click here to volunteer.](#)

Tree Giveaway!



Date: March 4th
Time: 10 - 11:30 AM
Location: Todos Neighborhood Market
[Click here for FREE ticket.](#)

Several hundred Eastern Redbuds (*Cercis canadensis*) and Flowering Dogwood (*Cornus florida*) are looking for new homes to add a little beauty and so much more to your yard.

Sign up to pick up 2 seedlings - one Redbud and one Dogwood per ticket holder. Seedlings are limited to the first 250 people that sign up. FREE! Donations are appreciated.



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



Your Dedicated PWC 4-H Staff

MaryBeth Lerch
Associate Extension Agent, 4-H
mblerch@vt.edu
703-792-4536

Pam Hardin
4-H Youth Educator
phardin@pwcva.gov

DeeAnn Strand
4-H Youth Educator
dstrand@pwcva.gov

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



PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)
[VCE COVID-19 Updates](#)

[4-H Online Information](#)
[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](#)



**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



Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.