



Prince William 4-H

Our Clubs, Our Community



March 8, 2023

Upcoming Events

- 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 - Northern District 4-H Contest Day
- Apr 29-30 - VA 4-H Healthy Living Summit

Prince William 4-H Tree Planting Community Service Day - **Please Register TODAY!**



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!

EARTH DAY IS APRIL 22ND

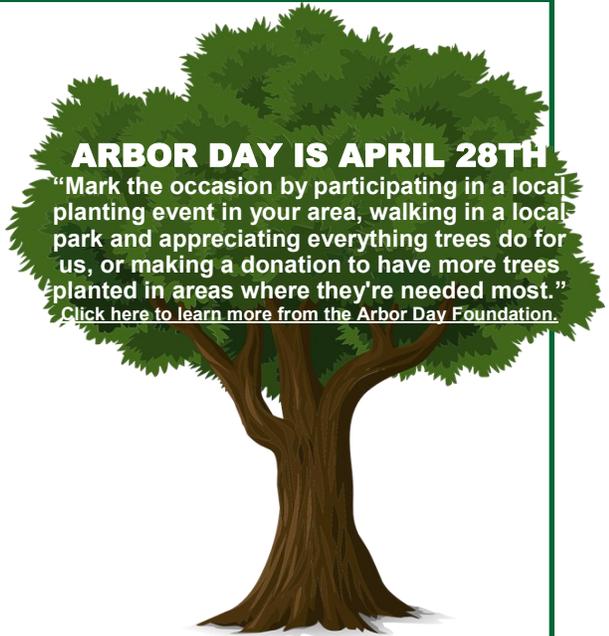
"This year, we rally behind the theme *'Invest In Our Planet'*, which highlights the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues. Investing in our planet is necessary to protect it and the best way to pave a path towards a prosperous future. When we *Invest In Our Planet* together, we are supporting healthy, happy, and wealthy communities worldwide."

[Click here to learn more from EarthDay.org.](http://EarthDay.org)

ARBOR DAY IS APRIL 28TH

"Mark the occasion by participating in a local planting event in your area, walking in a local park and appreciating everything trees do for us, or making a donation to have more trees planted in areas where they're needed most."

[Click here to learn more from the Arbor Day Foundation.](#)



4-H GROWS HERE

Tree Seedlings Available



Prince William 4-H Tree Seedlings Project has more trees available! It's not too late to request

seedlings. Seedlings should arrive the week of April 17th. [Click here for the application.](#)

The Virginia Department of Forestry and Virginia Cooperative Extension are providing free hardwood seedlings to schools and youth groups. The purpose of this project is to improve water quality by restoring forest cover to residential and riparian lands. Prince William 4-H is offering tree seedlings (American Elderberry, Red Mulberry, and Sweetgum) to youth educators for planting projects in the community. The Prince William 4-H Tree Seedling Project relates to many science, math and history Virginia SOLs. *Please note that this project is not intended for youth to bring home trees.*

Inside this issue:

- [Engage Locally](#) 2
- [Prince William 4-H](#) 4
- [Updates](#)
- [VA 4-H Updates](#) 10
- [Contacts & Recourses](#) 16

Click to Visit





Prince William 4-H

ENGAGE LOCALLY

March 2, 2023







**SAVE THE
DATE!**

**2023 Virginia
State
4-H Congress**

June 26th – 30th

Civic Engagement in Action at Prince William 4-H

After attending Virginia's 4-H Day at the Capitol, our youth requested more opportunities to engage with their local government leaders and to learn more about how their voices matter. Last Thursday, Prince William 4-H hosted **Engage Locally**, a local opportunity for 4-H'ers to build their citizenship skills, increase their understanding of local government, and provide an opportunity to promote their 4-H Story and experiences.

With over 50 attendees, **Engage Locally** was a tremendous success! Attendees were able to plug in with representatives of Prince William County, Manassas, and Manassas Park. Cloverbuds to 4-H alums narrated tales of hard work and good times in 4-H. The government representatives were also impressed and delighted to hear our 4-H Stories and filled the two hours with in-depth conversations about being involved in community service, staying informed, being a good neighbor, becoming a better leader, and so much more. Officials enjoyed learning about the many aspects of our local 4-H program and have volunteered to assist in our activities, such as volunteering as judges for Prince William 4-H Contest Day 2024. Some were also 4-H'ers and shared their 4-H Story!

OUR YOUTH HAVE POWERFUL VOICES!

The evening was successful because our government officials support our youth. A huge 4-H THANK YOU goes out to our guests and volunteers:

- ★ Shannon Geraghty, Legislative Aide to Virginia Senator Jeremy McPike, 29th District
- ★ Virginia Delegate Luke Torian, 52nd District
- ★ Logan Kapil, Chief of Staff to Virginia Delegate Brianna Sewell, 51st District
- ★ Amy Ashworth, Commonwealth's Attorney for the County of Prince William and the Cities of Manassas and Manassas Park (*her kids were in 4-H!*)
- ★ Roshni Dhillon, Senior Assistant, Commonwealth's Attorney
- ★ Sonia Vasquez Luna, Council Member, Manassas City Council
- ★ Yesy Amaya, City Council Member, Manassas Park
- ★ Darryl Moore, City Council Member, Manassas Park (*was a member of 4-H!*)
- ★ Prince William 4-H Association Board of Directors, both adult and youth members
- ★ Prince William 4-H Club Leaders
- ★ Prince William 4-H Adult Volunteers, Youth Volunteers, and Staff

THANK YOU FOR SUPPORTING THE NEXT GENERATION OF LEADERS!

Enriching Your Civic Engagement Experience: Civic Learning Week

Dates: March 6th - 10th...TODAY!

The goal of Civic Learning Week is to make "civic learning a nationwide priority for a stronger democracy." The website lists in-person and virtual events to promote civic engagement...including a Gaming for Democracy event today! [Click here for more information on Civic Learning Week.](#)



iCivics sponsors Civic Learning Week and is an organization with a library of resources and lesson plans for educators. Their website "champions equitable, non-partisan civic education so that the practice of democracy is learned by each new generation. We work to inspire life-long civic engagement by providing high quality and engaging civics resources to teachers and students across our nation." [Click here for the iCivics website.](#)

Greater Prince William Youth Civics Art Opportunity

2023 LAW DAY ART CONTEST

[Click here for art submission packet.](#)

ELIGIBILITY: Open to all local students enrolled for the 2022-2023 school year in grades 1st -12th in Prince William County, and the Cities of Manassas and Manassas Park Contest

TIMETABLE:

March 1: Contest begins

April 12: Entries due

April 17 – May 3: Public Voting

May 3 (5-7pm): Law Day Ceremony/Open House Artwork and Awards will be presented and showcased at the Circuit Court Clerk's Law Day Ceremony/Open House

Every year, in May, law professionals across the nation celebrate Law Day to cultivate a deeper understanding of the legal profession and role of the law in society. This year, the Clerk of the Circuit Court, Jacqueline Smith, Esq. is hosting her 3rd Annual Law Day Art Contest. All students and schools in Prince William County, and the Cities of Manassas and Manassas Park are invited to submit artwork that inspire the decision making necessary to address the challenges that face our nation.

The Clerk's Call for Student Artwork implores the American Bar Association's Law Day Theme: "Cornerstones of Democracy: Civics, Civility, and Collaboration". An interlacing of civics and art, the intention for the Clerk's Law Day art contest is to provide an exciting and educational way to enhance civil discourse and decision making within the community.

The Clerk of Circuit Court encourages all students in grades 1st-12th enrolled in all local (private, home, public) schools in Prince William County, and the Cities of Manassas and Manassas Park to submit artwork illustrating the Cornerstones of Democracy: Civics, Civility, and Collaboration.

JACQUELINE SMITH, CLERK OF CIRCUIT COURT
CALLS FOR ARTWORK

2023 LAW DAY ART CONTEST

ANNUAL LAW DAY ART CONTEST

CALL FOR STUDENT ART

**CORNERSTONES OF DEMOCRACY:
CIVICS, CIVILITY, AND COLLABORATION**

1ST-12TH GRADE STUDENTS

SUBMISSIONS DUE BY: APRIL 12, 2023
Presentation of Art & Awards will be on May 3, 2023

PW Public Libraries Civic Arts Contests

ALL TOGETHER NOW SUMMER DESIGN CHALLENGE

Entries Due March 31st. [Click here for entry form.](#)

Create a design around the theme "All Together Now." Entries will be judged on creativity, originality, technique, and emotional impact. Two winning entries will be used to decorate tote bags as part of PWPL's Summer Reading Program. Artwork should be line style with no shading, one color, and may be hand-drawn or digital.

2023 TEEN WRITING CONTEST

Entries Due March 31st. [Click here for entry form.](#)

Local teens grades 9-12: You Could Win \$300! "How has the library positively impacted your life?" Answer this question in 350 words or less for a chance to win a \$300 grand prize. Submit your essay in person to Bull Run, Central, Chinn Park, Haymarket Gainesville, Manassas City, Montclair, or Potomac Library or using the entry form link above.

March 1-31

All Ages

Summer Design Challenge

Create a design around the theme "All Together Now." Entries will be judged on creativity, originality, technique, and emotional impact.

Two winning entries will be used to decorate tote bags as part of PWPL's Summer Reading Program.

Artwork should be line style with no shading, one color, and may be hand-drawn or digital. Digital artwork may be submitted in the following formats:
.ai or .eps
.jpeg or .png
.pdf

For hand-drawn entries, please use this form and do not cut out the design. Submit the entire sheet of paper. Please note that hand-drawn/paper entries will not be returned.

Limit three entries per person.

The deadline for entries is Friday, March 31.
By submitting an entry, you are agreeing to allow Prince William Public Libraries to use your art for promotional purposes.

PRINCE WILLIAM
Public Libraries

Please submit entries to
libcommunications@pwgov.org

Prince William 4-H Embryology Project



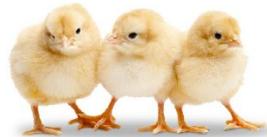
We're off to a great start with our Prince William 4-H Embryology Project! We distributed over 1,800 eggs to 84 schools and clubs in the greater Prince William area. Youth have the incubators up and running and are candling their eggs this week. Eggs are candled to determine which eggs are fertilized and the stage of embryotic growth.

Here are some quick tips:

- Make sure each egg is not out of the incubator for more than 1-2 minutes.
- Securely close the incubator lid after each opening.
- Days 7-11 are the best days to see movement.

[Click here to watch a video of candling during our in-office project trial run.](#)

Be sure to share your pictures! We'd love to see the excitement, how the chicks are developing, and how much you're learning. Be sure to send photos do [DeeAnn Stand](#) or post on the [Prince William 4-H Embryology](#) Facebook page!



Biorecurity For Embryology and Poultry Chain Programs

HPAI or Highly Pathogenic Avian Influenza has been reported in almost every state in the United States since January of 2022. While the virus can affect all birds, domestic and wild, it is not common in incubating eggs and baby chicks.

Increased biosecurity and limiting the handling of incubating eggs and young chicks are the best management practices for those actively engaged in these projects.

Best Management Biosecurity Practices

- *Practice good personal hygiene—washing hands thoroughly before and after handling eggs or chicks
- *Wear clean clothes and shoes—avoid clothing and shoes that were worn around other domestic or wild fowl
- *Limit egg or chick interaction with students or adults who have backyard or commercial poultry flocks
- *Limit handling of incubating eggs and newborn chick—use a “look, but don’t touch” policy
- *Remove chicks within one week of birth and deliver to permanent home

Sourcing Fertilized Eggs or Chicks

- *Use NPIP Certified flocks or hatcheries to source your fertilized eggs or newborn chicks
- *Avoid eggs from sources that cannot document or assure strict biosecurity practices
- *Discuss the importance of biosecurity with youth receiving poultry chain chicks, the need for a minimum 30-day quarantine from all other fowl or poultry, and limiting/avoiding any exposure to wild birds.
- *Remain current on updates and developments with HPAI <https://www.vdacs.virginia.gov/animals-avian-influenza.shtml>
- *Report any signs of HPAI to your local veterinary professional

For additional questions or information, Contact:

Katherine E. Carter, Extension Youth Animal Science Specialist, carterke@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.

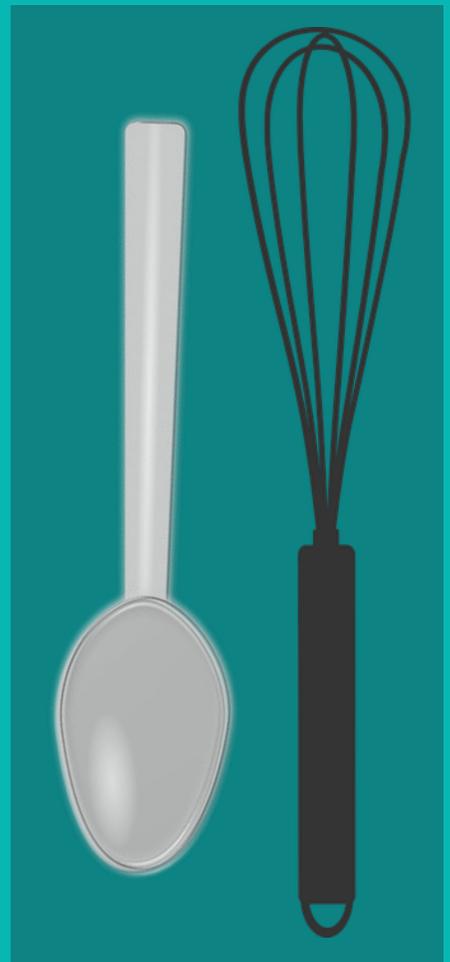


2022 4-H Photos

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!





Cloverbud Club is **THIS SATURDAY!**

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!

NEW! Cloverbuds Camp at the Northern Virginia 4-H Center

Dates: July 7th - 9th

Location: Northern Virginia 4-H Center, Front Royal, VA

Who Should Attend: Youth ages 5-8 that are interested in learning more about 4-H and 4-H Camps

***ALL PRINCE WILLIAM 4-H CLOVERBUDS ARE ENCOURAGED TO ATTEND!**

Cost: \$160

[Click here to register.](#)

Cloverbuds Camp is a 2-night residential camp designed to give younger children the opportunity to spend a night away from home and experience what 4-H Camp has to offer while sharing the experience with a parent, grandparent, or other trusted adult.

Every camper must be accompanied by an adult. Accompanying adults and youth will lodge together in their own private room. Adults register along with campers.

Camp activities will be facilitated by camp staff.



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 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.](#)

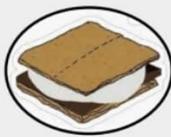
RECONNECT with the community and other 4-H members! Please join us for a fulfilled evening of networking and diving deeper into how we can better serve our community and 4-H youth. We will also be welcoming our new adult board secretary, Mary McDonald, as well as discussing larger events, such as TSC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



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 Cooperative Extension
Virginia Tech • Virginia State University

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.](#)

Virginia Northeast District 4-H Contest Day

Date: April 15th

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

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

Registration Fee: \$10/4-H youth

[Click here for more information.](#) **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. The skills gained will benefit them now and as they get older.

Contests Being Offered in 2023

Presentation ★ Public Speaking ★ Share the Fun ★ Fashion Revue ★ Science Fair ★ Career Development ★ Table Setting ★ Visual Arts



Northeast District 4-H Contests

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



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

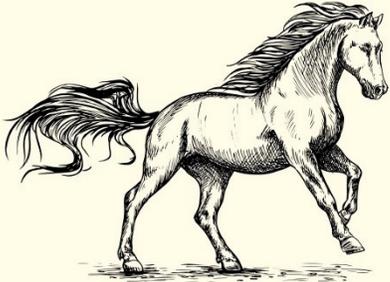
VIRGINIA HORSE COUNCIL PRESENTS

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)



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

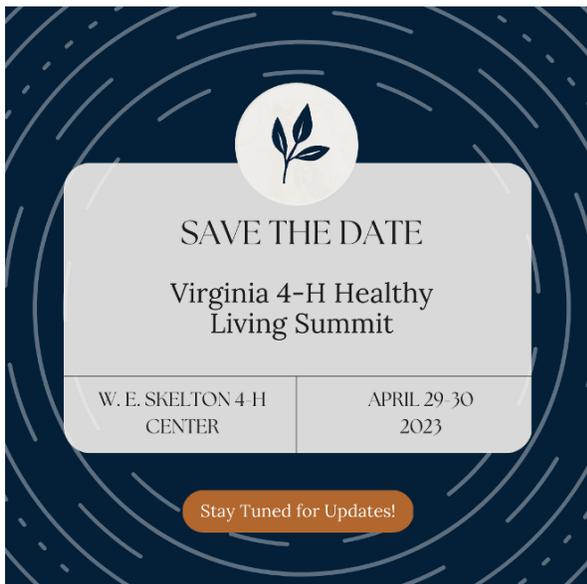
Dates: April 15th - 16th

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.

SAVE THE DATE

Virginia 4-H Healthy Living Summit

W. E. SKELTON 4-H CENTER	APRIL 29-30 2023
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Stay Tuned for Updates!

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 4-H Youth Livestock Updates

2023 STATE 4-H/FFA SKILLATHON

Date: Wednesday, March 29th, 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.

VIRGINIA YOUTH LIVESTOCK PROGRAMS



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.

- March 30th, Southern Piedmont, The Adams Farm, 855 Jones Store Road, Red Oak, 10 AM. Contest Coordinator: Joanne Jones jojenki1@vt.edu
- April 1st, New River Valley, G & G Livestock, 169 Fort Chiswell Rd, Fort Chiswell, 9 AM. Contest Coordinator: Cynthia Hurst, cyhurst@vt.edu
- April 5th, Shenandoah Valley, 1718 Keezletown Road, Weyers Cave, 9 AM. Contest Coordinators: Andy Seibel, gseibel@vt.edu and John Benner, benner89@vt.edu
- April 5th, Central Virginia, Senterfitt/Virginia Livestock, 5866 Orange Rd, Radiant, 1 PM. Contest Coordinators: Kaci Daniel, kcoppedg@vt.edu, and Brad Jarvis, bjarvis@vt.edu
- April 7th, Southwest Virginia, Copenhaver Farms, 31118 Blue Springs Road, Meadowview, 9 AM. Contest Coordinator: Phil Blevins, pblevins@vt.edu



STATE CATTLE WORKING CONTEST AT THE VIRGINIA BEEF EXPO

Date: Friday, April 14th, Rockingham County Fairgrounds

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

[Click here to register.](#)

The Virginia Pork Council invites you to the 2023 Virginia Pork Industry Conference, Tuesday, March 21st. 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.



2023 Summer Internship Opportunity

IG Livestock and Heaven's Hollow Farm LLC
Madison and Orange Counties in Virginia



Are you interested in learning from experienced graziers and direct marketers on a diversified livestock operation in beautiful Central, Virginia? Check out this unique opportunity!

Duties Include:

- Management and care of 80 custom grazed brood cows on native and improved forages with frequent herd rotations
- Fence repair and construction of temporary and permanent fence
- Pasture clipping with tractor and batwing rotary cutter
- Loading, hauling and sampling hay
- Grounds maintenance with zero turn mower and weedeater and assist with farm garden
- Mixing and applying herbicides strategically to maintain fences
- Chainsaw sharpening, cutting and splitting firewood
- Rotating, feeding, watering and processing pastured broiler chickens
- Hauling livestock to processor, inventorying meat and transporting it back to the farm
- Developing social media content for direct marketing enterprise
- Engaging with meat customers and expanding existing customer base
- Assist with developing a farm stay glamping enterprise

Learning Opportunities:

- Adaptive grazing is practiced on our operation, and you will strengthen skills of observation and critical thinking
- Learn about enterprise development, financing and value added marketing
- Develop skills and understanding of conservation practice adoption in agriculture
- You will learn how to successfully use several key apps and software programs on the farm
- Intern will be provided the opportunity to attend at least 2 livestock production workshops and seminars during the internship period

Desired Candidate: Must have a positive attitude, be willing to learn and engage as a team player and be passionate about agriculture. A valid driver's license is required along with the ability to work on your own and complete tasks in a timely manner according to instruction. Successful candidate will be expected to work during varying weather conditions such as hot and humid, rain and must be able to lift a minimum of 50 lbs.

Position is available from May 8th to August 18th, 2023 (14 weeks) but we can be flexible for the right candidate. Internship is paid with lodging, utilities and farm products provided. To apply, email cover letter, resume and application to Jacob Gilley at info@heavenshollowfarm.com by April 1st 2023.



Virginia 4-H Opportunity to Travel to Dominican Republic



Dates: July 25th - August 1st

Cost: \$2,000. First payment of \$900 due April 3rd. Final payment of \$1,100 due July 10th. Cost includes airfare, in-country transportation, local resort accommodations, 3 meals per day, insurance, and a special field trip to the city of Higüey.

Who Should Apply: 4-H'ers in grades 9-12

Prince William 4-H'ers should contact MaryBeth Lerch to learn more and apply.

Expand your horizons with 4-H! Christine Hodges, *Alleghany Co. 4-H Agent*, and Carol Nansel, *Shenandoah Co. 4-H Agent*, will be leading a 4-H Teen Program to the Dominican Republic from July 25 -August 1. This will be the 15th year for the program, taking high school age 4-H'ers to Punta Cana to learn about culture, practice using Spanish, develop positive cross-cultural attitudes and skills, and learn about tropical ecosystems through a partnership between Virginia Tech and the Grupo Punta Cana Foundation Center for Sustainability. While in the Dominican Republic, 4-H'ers will partner with Dominican teens to conduct a 4-H Day Camp for local Dominican children. They will also conduct several service projects alongside their Dominican teen partners.

While in the Dominican Republic 4-H'ers will:

- Learn and practice speaking Spanish
- Try tropical foods
- Work with Dominican teen partners
- Conduct 4-H day camp activities for elementary school students
- Swim at the beach, snorkel over a coral reef
- Participate in service projects

[Click here to see photos and read about the 4-H'ers experiences from their trip in 2019.](#)

*LIMITED SPACE AVAILABLE

Virginia 4-H: 2023 States' 4-H Exchange ISO 17 Host Families

Please consider hosting a young Japanese delegate in your home this summer!

Virginia 4-H is looking for families to host 16 Japanese youth delegates during summer 2023 and 1 adult delegate. Host family applications are available now. Please consider this amazing opportunity to grow your cultural competencies!

[Summer Program FAQs](#)

[2023 Online Application Link](#)

[Click here for the Virginia 2023 States' 4-H Exchange Facebook Page.](#)

- **Program runs July 24 through August 19, 2023**
- No previous 4-H experience is required
- Japanese delegates will be aged 12-18
- Youth have a range of English language abilities.
- Host family receives no stipend to host a delegate.
- To host a delegate, a family must have a child who is 9+ years old.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- Families without youth can host adult chaperones.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support before, during & after the exchange
- Host families will be screened and interviews as part of our risk management protocol.





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



SUMMER ENRICHMENT EXPERIENCE AT VIRGINIA TECH

APPLICATION DEADLINE: APRIL 1st



SCAN ME



2023 SEE VT
Residential camp for rising 6th and 7th grade gifted students from rural communities

Place-based academic enrichment, STEM and humanities focus, social activities, campus life, field trips, and more!

Camp Details

June 25-30, 2023
Virginia Tech, Blacksburg, VA

NO FEES TO ATTEND
WITH SUPPORT FROM JACK KENT COOKE FOUNDATION

More Information
rural.vt.edu/see-vt
SEEVT@vt.edu

Apply at www.t.ly/pcCT



CENTER FOR RURAL EDUCATION
VIRGINIA TECH

Virginia 4-H Alumni Newsletter

[Click here to read the newsletter.](#)

The spring edition of our Virginia 4-H Alumni and Friends Newsletter features our 2023 Youth In Action Award Winners, Virginia 4-H Emerald Clover Winner, and Friend of Virginia 4-H Award. These recipients were recognized at An Evening with Virginia 4-H on January 19, 2023 in the Historic Carpenter Theater. Click below to hear from the Overall Youth In Action award and read more about their stories.



Join our 4-H Alumni and Friends Network. We are in the process of forming the Virginia 4-H Alumni and Friends network. Stay connected about upcoming 4-H Alumni and Friends events, statewide 4-H programming efforts, volunteer opportunities and much more. [Sign up to receive information from Virginia 4-H.](#)

Stay engaged with Virginia Cooperative Extension and Virginia 4-H. [Visit VCE-Engage](#) to see what all is happening in Extension and 4-H.

VBFRM March 2023 Newsletter

[Click here for the March Virginia Beginning Farmer and Rancher Coalition Newsletter.](#)

The VBFRM Newsletter contains important links to upcoming training, Virginia Ag events, industry announcements, and more. Many events/activities fill quickly. Be sure to check the newsletter and register early.



Virginia Beginning Farmer & Rancher COALITION PROGRAM
www.vabeginningfarmer.org

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Newsblast
March 2, 2023
Photo by Katie Trezzo

[Click here for the VBFRM website to learn more.](#)

A Message from VBFRM

Hello everyone! We hope you are doing well as we enter Spring. As you prepare for the season, we wanted to share some upcoming trainings, events, and announcements from across the state. Enjoy!

Partner Highlight

The last two videos of Taste of Farming Season 2 are now out and available to watch:

- Seafood Safety (video available to watch now)
Hear from Katherine Parings Estrada, VCE, Muscle Food Safety Specialist
- Starting a Small Dairy (Cows and Goats) (video available to watch now)
Hear from Cynthia Martin, Franklin County VCE Ag Agent, and Jeremy Daubert, Rockingham County VCE Ag Agent

A Moderated Q & A Session will be held with the presenters on March 22 from 7-8pm.

The Virginia Beginning Farmer & Rancher Coalition is a state-wide and coalition-based Extension program, housed in Virginia Tech's Department of Agricultural, Leadership, and Community Education. Funding is sponsored by the Beginning Farmer and Rancher Development Program (BFRDP) of the USDA National Institute of Food and Agriculture (NIFA) Award #2020-49400-32226. This funding is led by VU's Small Farm Outreach Program.

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



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.

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



Virginia 4-H Beekeeping Essay Contest



**FOUNDATION FOR
THE PRESERVATION
OF HONEY BEES, INC.**

Sponsored by The Foundation for the Preservation of Honey Bees, Inc. & Virginia 4-H

Awards: Cash Prizes to 3 Top State Winners at these levels: 1st-\$100, 2nd- \$50, 3rd- \$25
State winner will be forwarded on to National competition: 1st - \$750, 2nd- \$500, 3rd- \$250

* Each state winner, including the national winners, receives an appropriate book about honey bees, beekeeping, or honey.

2023 ESSAY TOPIC: THE IMPORTANCE OF BEESWAX

Although honey bees are much-beloved for honey, bees also produce beeswax that can be used in many ways. For this essay, a 4-H student should discuss why beeswax is so important to the hive (it's a pantry, it's a nursery, it's the dance floor), but also discuss their favorite way to use beeswax outside the hive. Photos of candles, soaps, or lip balms that are made to show the 4-H'er's skill in using beeswax are welcomed as are recipes or brief instructions.

Put on your thinking caps and GO! An essential judging criterion is the scope of research you put forth in developing the ideas behind your essay—accounting for 40% of your score. The number of sources consulted, the authority of the sources and the variety of the sources are all evaluated. Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented. Note that “honey bee” is properly spelled as two words, even though many otherwise authoritative references spell it as one word.

Rules & Requirements:

- Contest is open to active 4-H Club members only. 4-H'ers who have previously placed first, second or third at the national level are not eligible; other state winners are eligible to re-enter.
- ELECTRONIC SUBMISSIONS ONLY, double spaced, 12-pt. Times or similar type style, following standard manuscript format. Submit as a Microsoft Word compatible document.
- Write on the designated subject only.
- All factual statements must be referenced with bibliographical-style endnotes.
- A brief biographical sketch of the essayist, including date of birth, gender, complete mailing address, and telephone number, must accompany the essay.
- Length – the essay proper: 750-1000 words.
- The word count does not include the endnotes, the bibliography or references, nor the essayist's biographical sketch – which should be on a separate page.
- Essays will be judged on (a) scope of research – 40%; (b) accuracy – 30%; (c) creativity – 10%; (d) conciseness – 10%; and (e) logical development of the topic – 10%.

Essayists should forward essays to the state judging team postmarked by April 14, 2023. The winner of the state contest will be forwarded to the national competition before May 1.

The state winner will be announced on May 1, 2023 and the National Winner will be announced the week of June 15, 2023.

All National entries become the property of the Foundation and may be published or used as it sees fit. No essay will be returned. The National winners' essay will appear in an issue of the American Beekeeping Federation's Newsletter.



Email state entries by the deadline (April 14, 2023) to:

safishe3@vt.edu

Subject line: VA 4-H Beekeeping Essay Contest

All entries received will be promptly acknowledged; if you have not received an acknowledgment after 3 business days, please resubmit.



**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



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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**

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