



Prince William 4-H

Our Clubs, Our Community



March 15, 2023

Upcoming Events

- 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
- May 13** - PW 4-H Cloverbud Club
- Jun 26-30** - Virginia 4-H State Congress

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Click to Visit



Prince William 4-H Summer Camp Registration Begins April 1st

And we're not fooling! Our 4-H Summer Camps are exciting and fill quickly. Be sure to register early!



PRINCE WILLIAM - STAFFORD 4-H JUNIOR CAMP: ADVENTURE WITH 4-H

Dates: July 23rd - 27th

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

Who Should Attend: Youth ages 9-14

Online registration opens April 1st at 9 am. *More information coming soon!*



Prince William-Stafford 4-H Junior Camp is our premiere camp for youth in 4-H as well as youth interested in 4-H. Camp will consist of morning classes, daily swim and recreation time, as well as evening programs and campfire. When registering on April 1st, youth will be able to select a program Track for morning activities. Classes will include archery, arts and crafts, canoeing, performing arts, ropes course, and so much more. New this year is a Taste of Camp program for those who are first time campers. This track provides the opportunity to sample some of the most popular classes available, such as STEM, campfire cooking, low ropes, swim, and outdoor living skills.



JUNIOR CAMP T-SHIRT DESIGN CONTEST: Create an inspirational t-shirt design for 4-H Junior Camp using the theme "Adventure with 4-H"! Youth ages 9-19 may submit designs via email to [Pam Hardin](#) at Prince William 4-H. **Designs must be received by April 12th.**



PRINCE WILLIAM 4-H FAIR CAMP: THRIVE WITH 4-H

Dates: August 14th - 18th, 9 am - 12:30 pm

Location: Prince William County Fairgrounds, Manassas, VA

Who Should Attend: Youth ages 5-12

Cost: \$50 and includes activities, a healthy snack, and a camp t-shirt

Online registration opens April 1st at 9 am. *More info coming soon!*

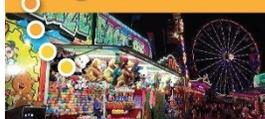


4-H Fair Camp is a day camp held during the week of the annual Prince William County Fair. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities. This year's them is "Thrive with 4-H", with activities in the areas of STEM, arts and crafts, potato scenes, and the opportunities to take advantage of special fair programming.



FAIR CAMP T-SHIRT DESIGN CONTEST: Create an inspirational t-shirt design for 4-H Fair Camp using the theme "Thrive with 4-H"! Youth ages 5-19 may submit designs via email to [Pam Hardin](#) at Prince William 4-H. **Designs must be received by April 12th.**

Save The Dates...
PWC Fair Returns
August 11-19 2023!



SAVE THE DATE FOR THE PWC FAIR!

- Get ready for the Youth Home Arts Contest! See the [2022 rules for ideas](#).
- Prince William 4-H Family Night at the Fair - Monday, August 14th
- Prince William 4-H Children's Barn at the Fair
- Prince William 4-H Ag Barn at the Fair
- *And so much more!*



Prince William 4-H Cloverbud Club

We got our hands dirty at last Saturday's Cloverbud Club! We planted seeds in egg cartons and did a seed wheel to identify and talk about their differences. We also talked about and read a book about Spring.

SAVE THE DATE: Our next Prince William 4-H Cloverbud Club is April 8th.



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.

Volunteer Opportunity for Prince William 4-H Youth

PWC COMMUNITY CONNECT

Date: Saturday, April 22nd

Time: 10 am - 1 pm

Location: 12581 Milstead Way Woodbridge, VA

[Please email Pam Hardin at Prince William 4-H to volunteer.](#)



The PWC Community Connect is a celebration of our community with local heroes, adoptable furry friends, food trucks, and so much more! This is a free family-friendly event where attendees can meet and connect with various county community partners and services, for a fun and informative experience for everyone.

Prince William 4-H is hosting a table at this event to promote **Safe at Home, Safe Alone** and needs 4-H youth to assist kids in making "bored bags" and help with face painting. This is a great opportunity for community service and for high schoolers to earn community service hours!

Prince William 4-H Embryology Project Updates

LOCH LOMOND ELEMENTARY SCHOOL: MS. GAIRZONE'S 4-TH GRADERS

Volunteers from Prince William 4-H visited Loch Lomond Elementary School last week to assist Ms. Gairzone's 4th graders in candling their eggs. The class was excited to see full grown chickens visiting and cheered every time they discovered a fertile egg while candling. The students have chick journals that they write in everyday and entered information in their journals as the eggs were candled.

A special thank you to Kristen and Katie Saul for helping with candling and Sheryle Moore for bringing in her chickens.



CUB SCOUT PACK 1343

A Tiger Den from Cub Scout Pack 1343 emailed Prince William 4-H with impressive photos from their Embryology Project. They built a homemade incubator and were candling over the weekend.



PLEASE NOTE: We are getting close to LOCKDOWN - if you have not candled your eggs - please do so today. Candling is important! It allows you to monitor the egg fertility and embryo development. By being able to identify and remove non-viable eggs (infertile or early death) you can also avoid the risk of a rotten egg exploding and contaminating your hatch with dangerous germs.

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!**

Tree Seedlings Available - Deadline Extended Until All Trees are Reserved



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.*

Prince William 4-H Scholarships



Celebrating YOU!

2023 JOANNE GUHL SCHOLARSHIP - APPLICATIONS DUE APRIL 1ST

[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 - APPLICATIONS DUE APRIL 1ST

[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.

VIRGINIA 4-H CAMP SCHOLARSHIP - APPLICATIONS DUE APRIL 3RD

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

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.

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

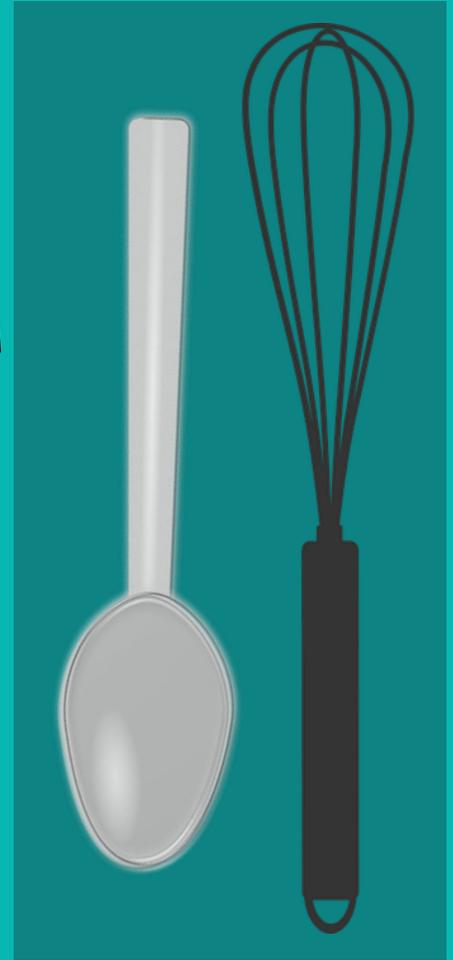


Registration due March 24
<https://bit.ly/NE4HContestEntry>

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!



Virginia 4-H Youth Animal Science Updates



2023 EQUISMARTZ

Dates: March 31st – April 2nd

Location: Lexington, VA

Entries Due March 15th - TODAY!

[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.](#)

Virginia 4-H
Dairy Quiz Bowl Materials



STATE 4-H DAIRY QUIZ BOWL

Date: Saturday, March 25th

Location: Litton Reaves Hall, Virginia Tech, Blacksburg

Entries Due March 23rd by noon.

[Click here to register.](#)

Check-In at 10:00 AM; Instructions/seeding test at 10:15 AM; Matches begin as soon as testing and seeding are completed. Registration is required. Study materials can be found at <http://youth.dasc.vt.edu/quiz-bowl.html>. (2023 packet) Questions for senior contestants will be taken from the whole packet. Questions for junior contestants will be taken from Chapters 1-9 and 14.

VIRGINIA YOUTH LIVESTOCK PROGRAMS



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.



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

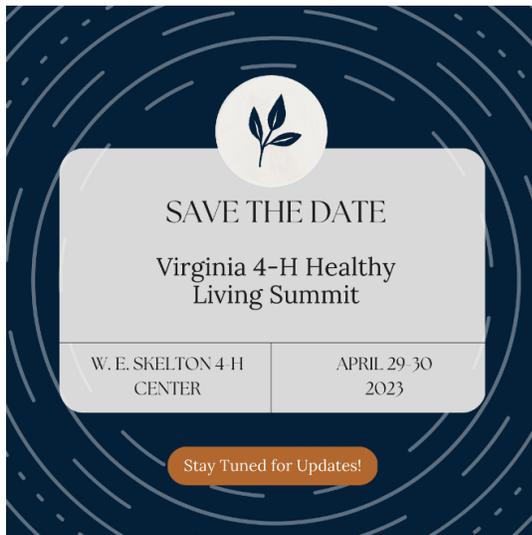
Entry Fee: \$25/team

[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.



[CLICK HERE FOR THE YOUTH ANIMAL SCIENCES CALENDAR](#)



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 Alumni Updates



NEW CAMPAIGN TO FEATURE VIRGINIA 4-H ALUMNI

[Click here to submit your 4-H Alumni Story.](#)

Virginia 4-H is implementing a campaign to feature alumni sorties on social media and in the 4-H alumni & Friends Newsletter. Please take a few minutes to share your 4-H story and provide a picture for us to use. Please share this link with your fellow 4-H alumni and encourage them to share their stories too!

- [Sign up to receive information from Virginia 4-H.](#)
- [Click here to read the newsletter.](#)
- Stay engaged with Virginia Cooperative Extension and Virginia 4-H. [Visit VCE-Engage](#) to see what all is happening in Extension and 4-H.

Virginia 4-H State Congress - Call for Presentations

Virginia 4-H is accepting proposals for presenters for workshops at our 2023 4-H Congress, which will be held on June 27th-30th, with workshops on June 28th. 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. This four-day event will take place on the campus of Virginia Tech in Blacksburg.

We are seeking workshop proposal that expose youth to different career interests, majors and pathways, life skill building sessions, and leadership session. It is very important that all proposed workshops incorporate hands-on activities to engage our youth.

Audience: Youth ages 14-19

Presentation Date: June 28th

Length of Presentation: Either 90 minutes or 2 - 60 minute workshops (back to back)

Applications Due: March 24th

[Please click here to submit a proposal.](#) A member of the 4-H Congress leadership team will be in contact with you once decisions are made regarding the specific workshops accepted.

SAVE THE DATE!

2023 Virginia State 4-H Congress

June 26th – 30th

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.



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





Federal Opportunity for Youth Advisory Board

The Office of Juvenile Justice and Delinquency Prevention's (OJJDP) [Opioid Affected Youth Initiative \(OAYI\)](#) supports the efforts of states, communities, tribal jurisdictions, nonprofit organizations, and institutions of higher education to provide integrated services supportive of youth and their families. Through this program, OJJDP provides funding to states and communities to develop and implement effective, data-driven, and coordinated responses to opioid abuse-related challenges and other substance use disorders that impact youth and community safety.

Applications are now open for the OAYI Youth Advisory Board! The OAYI YAB, supported by the OAYI training and technical assistance team, aims to create collaborative opportunities for young adults ages 18-24 to lead actionable efforts toward improving support for youth and families impacted by opioid and other substance use disorders. The board will advise on effective youth engagement strategies, inform the design of public education and awareness activities and materials, and advocate for positive change in their communities through the lens of their lived experiences. Please review the YAB Framework which outlines the core components of the board and includes information about the application process. You must submit a completed application for consideration of service on the board, as required by all interested youth. Applications close on March 10, 2023.

Please contact [Darian Appleton](#) or [Carol P. Gordon](#) for more information and to apply.

2023 Law Day Art Contest



2023 LAW DAY ART CONTEST

Entries due April 12th.

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

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 explores 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.

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.



SUMMER ENRICHMENT EXPERIENCE AT VIRGINIA TECH

SCAN ME



APPLICATION DEADLINE: APRIL 1st



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!

NO FEES TO ATTEND
with support from
JACK KENT COOKE FOUNDATION

Camp Details

June 25–30, 2023

Virginia Tech, Blacksburg, VA

More Information

rural.vt.edu/see-vt

SEEVt@vt.edu

Apply at
www.t.ly/pcCT



CENTER FOR RURAL EDUCATION
VIRGINIA TECH

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.



PRINCE WILLIAM
Social Services



THE PRINCE WILLIAM COUNTY CHILD ADVOCACY CENTER (PWC CAC) IS PROUD TO OFFER ITS FIRST CAREGIVER SERIES!

MOVING FORWARD THROUGH TRAUMA

On the last Thursday of each month at 6:30pm, we will hold a virtual session to present information and answer questions on how to support children and their families after they have experienced abuse.

DATES AND TOPICS:

- March 30 - Overview of Child Abuse
- April 27- How Abuse Affects Children and Teens
- May 25- How Abuse Affects Caregivers & Families
- June 29- Taking Care of Yourself as a Caregiver
- July 27- Navigating the Criminal Justice System
- August 31- Navigating Child Protective Services
- September 28 - What's Normal Sexual Development and How Do I Talk to My Kids About It?
- October 26- Teaching Kids Boundaries and Consent
- November 30- Recognizing Behavioral Health and Mental Health Symptoms in Kids
- December 14- Difficult Child Behaviors and Parenting Challenges

THESE SESSIONS ARE FREE!

Please call the PWC CAC at 703-792-6549 to register for the series and/or to receive additional information.

You are welcome to attend every session or only the ones that interest you.



2023 Summer Internship Opportunity

JG 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.





Buzzy BODY & BITES for Teens

Buzzy



Grow Your Own Luck

Written by Eleni Kasianides, 2022-23 Teen Healthy Living Ambassador

March is often thought of as the month of luck, or of a new start. People like to think that if they have hope, things will change. It can be disappointing when these things do not happen. It can be tempting to just wish for things to change, but did you know little changes in your daily habits can put you on the path to success? You can create your own "luck." By making your bed every morning you are more likely to be productive and 19% more likely to sleep better that evening! Changing the way we think about our surroundings and our habits gives us this organic "luck." By setting yourself up for success, you can keep the feeling year-round!

5 Easy Habits to Practice During the Month of March:

1. Make your bed every day.
2. Get outside for at least 10 minutes daily.
3. Drink 60oz of water per day.
4. Eat a fruit or vegetable at each meal.
5. Go to bed at a consistent time each night.

BITES



Radish and Avocado Toast

Prep Time: 10 minutes
Total Time: 10 minutes



Ingredients

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- 1/2 onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced



Directions



1. Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado, feta, and feta cheese into a creamy mixture.



2. Spread the mixture onto the slices of toast.
3. Top with onion, snow peas, and radishes.



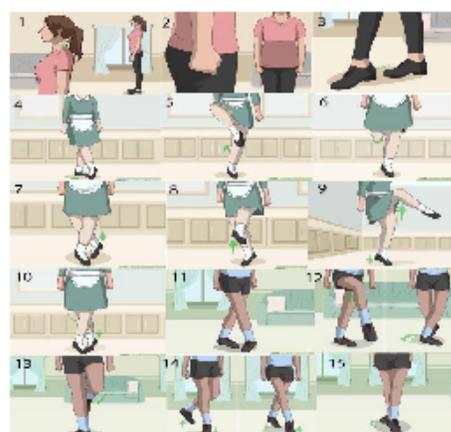
For a nod to St. Patrick's Day, follow steps 1-2 as written in the **Radish and Avocado Toast** recipe. On step 3, place sliced cucumbers in a triangle in the middle of the bread, and carefully cut around the cucumber to make a clover. Use green pepper and parsley leaf to garnish.

Find more recipes at eatsmartmovemoreva.org

BODY

The Irish Jig is a traditional dance dating back to the 16th century. This March, try learning an Irish Jig for St. Patrick's Day! You can use this tutorial from wikiHow as a framework, then expand upon the dance yourself:

<https://www.wikihow.com/Dance-an-Irish-Jig>



Exercise Your Mind

St. Patrick's Day Jokes

1. What genre of music do leprechauns like to listen to?
2. Why do you never want to iron a four-leaf-clover?
3. Why did the leprechaun get a job as a secretary?
4. What do you call a leprechaun who gets sent to jail?

Answers: 1. Shamrock 'n' roll! 2. Because you don't want to press your luck! 3. Because they were good at shorthand! 4. A lepre-conn!

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org
www.facebook.com/VaFNP

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Click to Visit Online:

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[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](#)



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