



# Prince William 4-H

*Our Clubs, Our Community*

March 22, 2023

## Upcoming Events

- Mar 24 & 30** - Chick Drop-off
- Mar 31 - Apr 2** - Equismartz
- Apr 1** - 4-H Junior Camp Registration Opens
- Apr 4** - Farmer's Market Info Night
- Apr 8** - PW 4-H Cloverbud Club
- Apr 11** - PW 4-H Teen Club
- Apr 15** - PW 4-H Tree Planting
- Apr 15** - Northern District 4-H Contest Day
- Apr 26-May 7** - TSC Paper Clover
- Apr 29-30** - VA 4-H Healthy Living Summit
- May 13** - PW 4-H Cloverbud Club
- May 18** - PW 4-H Teen Club
- Jun 26-30** - Virginia 4-H State Congress

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## Prince William 4-H Association Meeting



[Click here to read the draft meeting minutes from March 21, 2023.](#)

The Prince William 4-H Association had a tremendous turnout last night for its bi-monthly membership meeting. The meeting opened with club updates by our fabulous 4-H youth and adult volunteers. Prince William 4-H Clubs are having a very busy spring between 4-H events, community service, club projects and more. We're so proud to see how much they are accomplishing and their investment in 4-H and their communities!

The business part of the meeting included the secretary, treasurer, and committee reports. The Association welcomed new adult volunteer secretary Mary McDonald who quickly turned around the draft minutes linked above. Fundraising to support the Prince William 4-H program camps, scholarships, and youth activities is a vital aspect of the Association. Sam Whyson presented a number of ideas for the Fundraising Committee to consider. We will be participating in Wreaths Across America again this year, an important community service event that also provides a fundraising opportunity for our program. Members discussed the pros and cons of another quilt auction. The Recognition Committee proposed ideas for Prince William 4-H Recognition Day.

New business included a discussion of a spring picnic and review of Engage Locally. Members were enthusiastic about a picnic and will be discussing at the next meeting. Prince William 4-H received a lot of positive feedback for our new Engage Locally event. We will be offering this event again next year. Both 4-H youth and adult community leaders have requested the event as a follow up to the Virginia 4-H Day at the Capitol.

The meeting concluded with a brief discussion on Tractor Supply Company Paper Clover Campaign ([see Page 5](#)) and the possibility of participating at additional local events.

Thank you to all of the Prince William 4-H Youth and Adult Board Members for conducting an informative meeting and for supporting Prince William 4-H!

## Club Clips: Kettle Run 4-H Club



[Click here to watch the report.](#)

Check out the latest report by Kettle Run 4-H Club youth Grayson! They've been working on a number of community service initiatives, Food Challenge, and more. Keep up the good work and thanks for the report, Grayson!

## 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.**

*Save the Date: 1st Time Junior Camp Parent/Camper Meeting, July 11th on Zoom*

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](mailto:Pam.Hardin@4-H.org) 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 theme 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](mailto:Pam.Hardin@4-H.org) at Prince William 4-H. **Designs must be received by April 12th.**

### 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!*

### 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.



**Camp registration for camp counselor siblings** will be open March 25th - March 29th. Be on the lookout for an email for registration link.



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



## April Prince William 4-H Cloverbud Club

**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 for the 4-H Community Service Day.](#)

Another terrific opportunity for our youngest 4-H'ers to participate in an exciting project with 4-H youth leaders! Our next Cloverbud Club meeting will be a day of using our Heads, Hearts, Hands and Health in the 4-H Pillars of Civic Engagement, STEM, Agriculture, and Healthy Living...all in one fun-filled event! It doesn't get more 4-H than this. Youth 4-H'ers of all ages will be participating, as well as many adult volunteers. We need YOU to help ensure the success of our project.



### 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 for more information and 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.



## 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.*

#### DID YOU KNOW...

According to the Virginia Farm Bureau, agriculture and forestry were Virginia's first industries, and are still the cornerstone of our state's economy. The industries of agriculture and forestry together have a total economic impact of \$105 billion and provide more than 490,000 jobs in the commonwealth. Every job in agriculture and forestry supports 1.6 jobs elsewhere in Virginia's economy.

Most Virginians live in cities or towns. Trees in yards, along the streets and parking lots and throughout the parks and trails make up an urban forest and so there is a need for urban foresters. VCE hires urban foresters but also trains citizen volunteers to take care of trees. 4-H can make a difference.

[Click here to learn more!](#)





## Prince William 4-H Youth Volunteers Needed!

### 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!



Celebrating YOU!

## Prince William 4-H Scholarships

### 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 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.



## Prince William 4-H Young Entrepreneurs Info Night

**Date:** Tuesday, April 4th

**Time:** 7-8:30 pm

**Location:** McCoy Conference Room, 4-H Office, Manassas, VA

**Who Should Attend:** All Prince William 4-H'ers signed up for the Farmer's Market Project. There are a few spots remaining for 4-H'ers not already registered.

[Click here to register.](#)

It's not too late to join the Prince William 4-H Young Entrepreneur's Project where youth will work together to create business plans, learn how to budget, design and produce a product, and sell your creations at a local farmer's market. Our Young Entrepreneur's 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 contact [DeeAnn Strand](#) with questions.

## Upcoming Prince William 4-H Teen Club Meetings



### PW 4-H TEEN CLUB: FOCUSING ON THE 4-H PILLAR OF AGRICULTURE

**Tuesday, April 11th, 7-8:30 pm, McCoy Conference Room**

Let's get dirty! Bring your own clean, empty milk jug (with lid) and learn about milk jug gardening. The milk jug acts as a greenhouse and seeds germinate in the sealed environment outdoors. Learn about the many benefits of this economical and effective homemade practice.

[Click here to register.](#)



### PW 4-H TREE SEEDLINGS PLANTING

**Saturday, April 15th, 9 am, Bristoe Station Battlefield Park, Bristow, VA**

Prince William 4-H will be planting 350 new trees as part of the Prince William 4-H Tree Seedlings Project. This is a great opportunity to earn community service hours! Bring a friend and join us in lending our heads, hearts, hands, and health to our community and our world!

[Click here to register.](#)



### PW4-H TEEN CLUB: FOCUSING ON THE 4-H PILLAR OF STEM

**Thursday, May 18th, 7-8:30 pm, McCoy Conference Room**

Learn about photovoltaic technologies (aka solar panels)...*more details coming soon!*



## Prince William 4-H TSC Paper Clover Campaign

**Campaign Dates:** April 26th - May 7th

**Location:** 10870 Balls Ford Rd, Manassas, VA

[Contact DeeAnn Strand for a table time for your club.](#)

### Ways to participate:

- Set up a table at TSC to promote your club, encourage youth to join, or sell your handmade goodies to raise funds directly for your club!
- Show at TSC and show your support for 4-H! Funds raised during the campaign directly benefit county youth attending leadership activities.



## 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

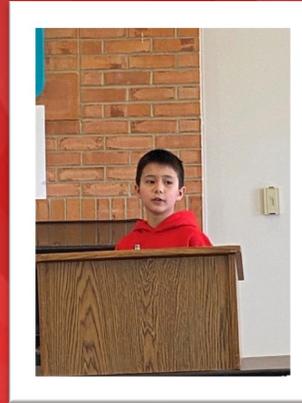
Registration due March 24  
<https://bit.ly/NE4HContestEntry>

# TRIGGER TIME 4-H CLUB

## Virginia 4-H Spring Air 2023

W.E. Skelton 4-H Educational Center

March 17-19, 2023





## Spring Air Updates by Ayden Strand, Trigger Time 4-H Club Youth Reporter



This past weekend, Trigger Time participated in the Spring Air competition. It was two days of competitive matches that consisted of BB, Silhouettes, Air Pistol, Archery and Air Rifle. Some of our members did presentations and public speaking.

- ★ Our BB team ranked 4th. The team was Rebecca Ahrens, William McPherson, Jubilee Richter, Valor Richter, and Samantha Holmes.
- ★ Lexi Strand and Sam Seagle were the top two in the Air Rifle Silhouettes, with Lexi having a perfect score.
- ★ Kira Lorentz ranked second in Air pistol – Basic Supported Division. Kira Lorentz, Valor Richter and Aisling Mintz ranked 4th as a team in the Basic Supported Air Pistol Division.
- ★ Noble and Noah Richter ranked 2nd and 3rd for Air Pistol International Standing. Noble and Noah Richter along with Caroline

McPherson were the number one Air Pistol International Standing Team for Seniors.

- ★ Ayden Strand, Rebecca Ahrens and Jubilee Richter ranked 3rd in the Junior Air Pistol International Standing Team Division.
- ★ Kudos to Ayden Strand, Samantha Erick, Noble Richter and Noah Richter for making it to Air Pistol Finals.
- ★ We took 6 of the top 8 spots in Recurve Archery. With Noah Richter taking first place and Kira Lorentz taking second.

In Air Rifle we took 6 of the top 10 spots with Lexi Strand in first place, Samantha Erick in second and Samantha Seagle in third. We had three Senior Air Rifle teams and one Junior team.

- ★ Team #1 took first place over all and consisted of Lexi Strand, Samantha Erick, Samantha Seagle and Noah Richter.
- ★ Team #2 took fifth place and consisted of William McPherson, Noble Richter, Koa Mintz and Jacob White.
- ★ Junior team took six place and consisted of Rebecca Ahrens, Ayden Strand, Valor Richter and Jubilee Richter.
- ★ Team #3 took eighth place and consisted of Colin White, Caroline McPherson, Amari Mason and Zaynab Mason.
- ★ Good job to Lexi Strand, Samantha Seagle, Samantha Erick, Rebecca Ahrens, Noah Richter, And William McPherson for making Air Rifle Finals. Rebecca Ahrens was the only Junior in the group.

We had 8 Trigger Time participants in Public Speaking and Presentations. Noah Richter got 2nd and Noble Richter, Colin White and Jacob White tied for 5th in Public Speaking. Ayden Strand got first place in Junior Presentations.

Overall, everyone did great in their discipline. It was a fun competition and weekend. On the way home on Sunday afternoon, some members stopped at Moo Thru for celebration ice cream. Way to go Trigger Time!!!



### Inside Story Headline

#### 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](mailto: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.

## Prince William 4-H Embryology Update

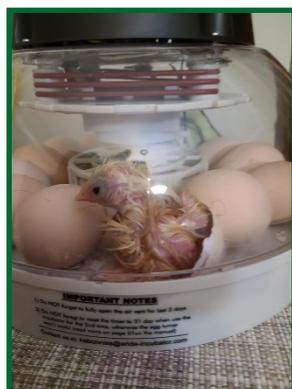
### *With a chick-chick here, and a chick-chick there...*

Our classes and clubs throughout the county are watching their chicks come out of their shells. The "Beginning of Life" 4-H project explores the life and growth processes utilizing the chick embryo. We've been waiting on this moment with great anticipation!

Keep your photos coming! Email [DeeAnn Strand](mailto:DeeAnn.Strand) or post to our [Facebook Page: https://www.facebook.com/PWC4HEmbryology](https://www.facebook.com/PWC4HEmbryology).

#### Chick Drop-Off Dates at the Prince William County Fairgrounds:

- March 24th from 2-6 pm
- March 30th from 12-3 pm



# THRIVE WITH 4-H

## Prince William 4-H Fair Camp

August 14-18, 2023 at the Prince William County Fairgrounds

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Fairgrounds. Youth learn and grow in a safe and exciting environment with activities, games, and art projects and more, in the 4-H Pillars of STEM, Healthy Living, Agriculture and Civic Engagement.

Come to 4-H Camp and learn what it means to **THRIVE WITH 4-H!**

Register at [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H). Registration opens April 1st.



## Virginia 4-H Youth Animal Science Updates

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.

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

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.

- 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  
**2023 Virginia Junior Beef Roundup:** April 15th-16th  
**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.

**The Virginia Beef Challenge will be held Friday, April 14th at the Expo. The Beef Challenge is a great opportunity for 4-H Food Challenge Teams and is open to youth ages 9-19. Register by April 5th. [Click here for more info.](#)**



### VIRGINIA 4-H/FFA POULTRY EVALUATION BY THE VIRGINIA POULTRY FEDERATION

**Date:** Thursday, April 27th at the  
**Location:** Rockingham County Fairgrounds.  
*More info coming soon.*

### VIRGINIA 4-H/FFA LIVESTOCK JUDGING CONTESTS

Wednesday, June 21st at the Alphin Stuart Arena at Virginia Tech. *More info Coming soon.*



# INTRO TO DRIVING CLINIC WITH EMILY LANGER

**Saturday, April 29, 2023 - 10:00 AM - 2:00 PM**  
**Focus Forward Driving Center**  
**1838 Glenarvon Dr, Bremo Bluff, VA 23022**

**Sign up under events @  
[www.ne4horse.org](http://www.ne4horse.org)**

## **COST**

**\$25 / YOUTH**

**\$75 / PRIVATE LESSONS**

**\$25 / STALL WITH BEDDING**

**PRIVATE LESSONS & EVALUATIONS MUST BE PREREGISTERED  
AUDITORS ARE WELCOME**

**To benefit Virginia 4-H  
Horse Ambassadors**

Please direct all questions to Kota at [gloucesterhippies@gmail.com](mailto:gloucesterhippies@gmail.com)



# 4-H Benefit 50-Mile Training Ride IN MEMORY OF ALAN SPIVEY

**BRING YOUR OWN HORSE - COGGINS REQUIRED**  
RAIN OR SHINE

**RIDE OPTIONS, SATURDAY, APRIL 15**

10AM - Easy/Moderate - approximately 4 hour ride

11AM - Easy/Moderate - 2 hour ride

OR ride with your own group on marked trails!

**AFTERNOON SOCIAL - SATURDAY 2PM**

**REMEMBERING ALAN SPIVEY**

**BRING A DISH TO SHARE & YOUR OWN CHAIR**

**SUGGESTED DONATION - \$25/RIDER**

**APRIL  
15  
2023**

**RSVP**

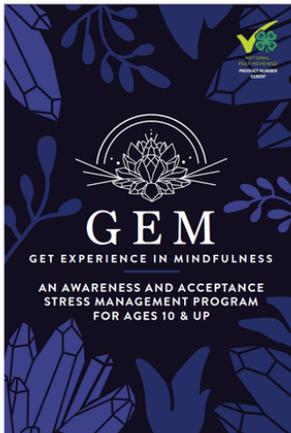


Location : Graves Mountain Campground  
3822 Old Blue Ridge TPKE, Syria, Va 22743

Alan Spivey, the voice of the VA State 4-H Horse Show and a longtime 4-H Volunteer, passed away unexpectedly on Oct. 13, 2022. Alan was recognized as a 4-H All-Star, which is the highest recognition that a Virginia 4-H member can achieve. He served as a Virginia State 4-H Horse Show announcer for more than 50 years. He was also the president and founding member of the Central Virginia Cattlemen's Association, president of Virginia Cattleman's Association, president of the Virginia Simmental Association, president of the Virginia Forage and Grasslands Council, and chairman of the Madison County Fair. His relationships with his shoeing clients and farming friends were a highlight for him. Alan had a far-reaching impact on so many in his community and across the state and we are so proud to call him one of our own. Alan will be greatly missed by so many. We thank his family and friends for sharing him with us for so many wonderful and remarkable years.



## New Healthy Living Curriculum Available at PW 4-H



### **GEM: GET EXPERIENCE IN MINDFULNESS** - an Awareness and Acceptance Stress Management Program for Ages 10 & Up

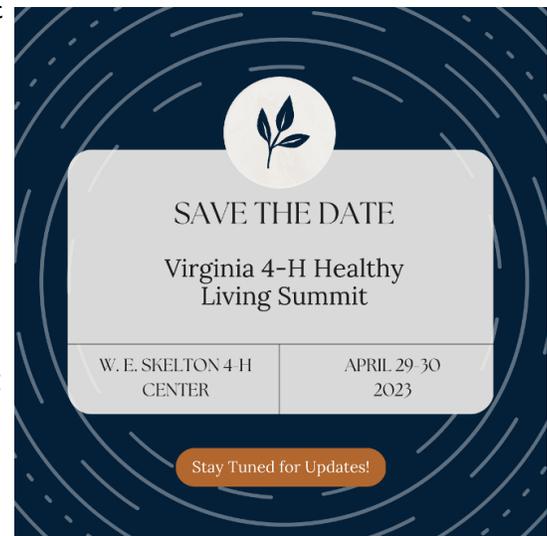
As 4-H youth start preparing for the end of the academic year, it is important to keep the 4-H Healthy Living Pillar in mind. As the National 4-H states, “Having the confidence and skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life’s challenges today and become leaders in their lives, careers and communities as they grow into responsible adulthood.”

Small steps can start youth on the path to more healthful living. The Washington Post (Tuesday, March 21, 2023) reports that “Five-minute breathing exercises can improve your mood and reduce anxiety.” “A study in Cell Reports Medicine showed that just five minutes of breathwork each day for about a month could improve mood and reduce anxiety...” Breathing exercises are easy to try any where and at any time with no special equipment needed.

For 4-H leaders and parents who are interested in leading their youth in breathing techniques and mindfulness, there is new curriculum in the 4-H office.

[Pam Hardin](#), Prince William 4-H Youth Educator, attended an informative training session and can help answer your questions. Come by and check it out!

[Click here for product information.](#)



## National 4-H Youth In Action



### **Applications due March 27**

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

Applications are now open for the 2024 National 4-H Youth in Action Awards sponsored by National 4-H Council. This application is separate from the Virginia 4-H Youth in Action Awards that are given at our Evening with Virginia 4-H event.

The national awards were previously awarded in the fall, but National 4-H Council decided to change the application time frame to the spring, because they received feedback that this is when students are more likely to apply for awards and scholarships.

Four award winners will be selected. In addition to other benefits, each will receive a \$5,000 scholarship, a trip to Washington, DC, and recognition at a National 4-H Council event. Any 4-H member age 15-19 is eligible to apply. All applicants will receive media, interview, and storytelling training from National 4-H professionals; and admission into the national 4-H story database; providing potential national multi-media and spokesperson 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](mailto: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](mailto:exchange@states4h.org) Call: 1-800-407-3314

Virginia Contact: Wendy Herdman Email: [wherdman@vt.edu](mailto: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



**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**

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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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Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

**Adult Officers**

Susan Wolf, President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
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Fundraising Committee - Samantha Whysong  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



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