



# Prince William 4-H

*Our Clubs, Our Community*



March 29, 2023

## Upcoming Events

- 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

## Inside this issue:

- [Prince William 4-H Summer Camps](#) 2
- [Prince William 4-H Updates](#) 3
- [VA 4-H Updates](#) 11
- [Contacts & Recourses](#) 18

## Virginia 4-H Healthy Living Summit - Register by April 12th



### VIRGINIA 4-H HEALTHY LIVING SUMMIT 2023

**WHAT IS IT?**

- Created to give Virginia 4-H teens an opportunity to take responsibility for their health. This year's Summit theme is: Balancing the 4 H's for better living!
- Purpose of Event: Equipping teens with tangible tools to improve their personal health and wellness.

**WHEN:** April 29-30th  
**WHERE:** W.E. Skelton 4-H Center Wirtz, Virginia  
**COST:** \$50

**QUESTIONS?**

Email Dr. Tonya Price  
totaylor@vt.edu

**WHO SHOULD ATTEND?**

Teens ages 14-18 looking to gain a better understanding on the different aspects of Healthy Living, Leadership, or those who are looking for tools to take back to their communities!

**REGISTER THROUGH 4-H ONLINE! NOW UNTIL APRIL 12.**

Questions about how to register? Contact your local extension agent for specific instructions! The Healthy Living Ambassadors are excited to see you at the Summit!

**4-HOnline Tip Sheets:**

- [New Enrollments](#)
- [Re-Enrolling](#)
- [Event Registration](#)

Registration is open for the Virginia 4-H Healthy Living Summit!

The 4-H Healthy Living Summit will bring together teens from all across the Commonwealth who share an interest in learning more about topics related to nutrition education, physical fitness, wellness, and emotional well-being. The overall goal of the summit is to equip teens with the tools and resources to not only help improve their own personal health and wellness, but to help others as well.

Registration for the Summit will be done through 4-HOnline: <https://v2.4honline.com/>.

## ISO Quotes from Youth Prince William 4-H'ers



We're busy preparing a display for our spring TSC Paper Clover event and need your help! Parents and youth, please email [DeeAnn Strand at dstrand@pwcva.gov](mailto:dstrand@pwcva.gov) with a quick quote about something exciting that you learned, did, or love about 4-H. Please include the youth's first name and name of the club. Your quote will be on display at the Manassas

Tractor Supply Company Store encouraging shoppers to contribute to Paper Clover when they see how much 4-H means to YOU!



Click to Visit



## Prince William 4-H Summer Camp Registration Begins **SATURDAY**

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

**Click here for PW 4-H Camp Page.** **Registration link will be live 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@pw4h.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

**Click here for PW 4-H Camp Page.** **Registration link will be live April 1st at 9 am.**

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@pw4h.org) 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!*

### 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.



## 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'ERS ARE ENCOURAGED TO ATTEND!**

**Cost:** \$160

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

**CAMP IS FULL**  
**Email MaryBeth Lerch**  
**to be placed on a wait list.**

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



# Embryology Project



Check out our pictures sent in from around the Greater Prince William Area!





# Club Clips

Article submitted by Ayden Strand, *Trigger Time 4-H Club Youth Reporter*

**March 25-26, 2023:** This weekend the Virginia Gun Collectors Association (VGCA) had a Gun Show at the PWC Fairgrounds. Trigger Time helped out with setting up and selling tickets. We set up a table inside to help raise money for our club. The table included some of our Air Rifles and BB guns. We also had some targets and photos of our club. We hung our Orion match banners.

Thank you to all the families that helped set up, run the tables, and clean up.

And THANK YOU Ayden for your club update! Trigger Time 4-H Club staffed the ticket booth at the VGCA Gun Show, collected donations, and were given a donation from the VCGA for cleaning up after the event. The 4-H Club is raising funds for both the Bernie Malo Campership fund and to offset materials needed to support the sport. The Bernie Malo Campership fund provides scholarships for shooting education camps and college scholarships for Prince William 4-H'ers. A HUGE 4-H Thank you to the youth and adult volunteers who worked throughout the weekend to support our local youth!

## 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.

- [2023 VA 4-H Shooting Instructor Training - Registration for April 2023 Training](#)
- [2023 VA 4-H Shooting Instructor Training - Fact Sheet](#)
- [2023 VA 4-H Shooting Instructor Training - Online General Session for Adult Leaders](#)
- [2023 VA 4-H Shooting Instructor Training - Guide to Online Modules](#)

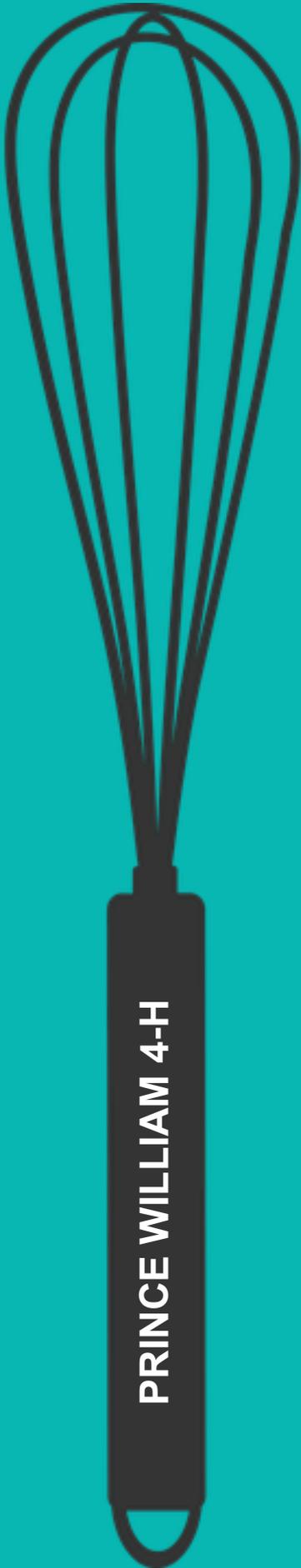


PRINCE WILLIAM 4-H

# 4-H FOOD CHALLENGE

2023





**Cooking Clovers**



**Cloudy with a Chance of Metballs**



**Food Ninjas**



**4-H**  **GROWS HERE**  
18 USC 701



## 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>

# 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 State Cabinet Elections - Accepting Applications!



**Who Should Apply:** All Prince William 4-H Teens in Leadership Positions

**Applications Due by Friday, May 5th at 5 pm.**

Up to 4 youth 4-H members from each of the 5 VCE Districts will be elected.

The State 4-H Cabinet is a youth/adult partnership in which youth and adults work together to promote and carry-out specific programmatic functions of the Virginia 4-H program. Serving as a State 4-H Cabinet member is designed to be a competitive and engaging leadership development experience within the Virginia 4-H program. The youth members of the Cabinet (Officers, Ambassadors, Mentors, Liaisons and the Past-President), serve as the 'voice' for 4-H youth across the Commonwealth. The adult members of the Cabinet provide additional Extension experience, help the youth members to see the larger context of Virginia Cooperative Extension and the Virginia 4-H program, and help the youth members to be successful.

- [Click here for PDF Application](#)
- [Click here for MSWord Application](#)
- [Click here for Current 4-H Congress Bylaws](#)

### 4-H CABINET APPLICATION 101 WORKSHOP

**Date:** Tuesday, April 18th

**Time:** 6:30 pm via Zoom

[Click here to register.](#)

Want to know more about being a Virginia 4-H Cabinet Member? Do you have questions about being a state officer or the application process? Register for the 4-H Cabinet Application 101 Workshop to receive the zoom link.



### SAVE THE DATE: 2023 VIRGINIA STATE 4-H CONGRESS

"Learn Today, Lead Tomorrow"

June 26th - 30th at Virginia Tech in Blacksburg, VA



## 4 for 4-H Fun Run to Benefit Virginia 4-H



**Date:** April 15th, 9 am Packet-Pickup/10 am Fun Run (rain or shine)

**Location:** High Bridge Trail State Park, Camp Paradise, Aspen Hill Road (Rt. 601), Rice, VA

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

**Registrations due April 1st.**

Plan to bring your family to the first annual **4 for 4-H Fun Run** on the High Bridge Trail to support Virginia 4-H! Our Central District 4-H Ambassadors are organizing and putting on the event. Please support their future efforts by registering for this fun day! 4-H is the largest youth development organization in the country and your contribution will go towards helping the youth of Virginia to "Learn By Doing"!

The **4 for 4-H Fun Run** will be on April 15th at 10am (Rain or Shine). We will start at the Camp Paradise Parking Area in Rice and run/walk over the scenic High Bridge and double back to the start/finish line. If you have never experienced the views from High Bridge, this is a must see! You can choose to run/walk the full 4 miles, 2 miles, or a 1 mile course. If you wear your green, there may be other exciting incentives!

Registration is \$30. Payments received prior to April 1st will guarantee the participant a T-shirt and finisher medal the day of the event. Registrations/payments will continue to be collected after April 1st; however, a shirt and medal are not guaranteed. Your registration is not complete until payment is received in full. There is a \$5 fee for parking at Camp Paradise. This is a Virginia State Park and parking is not paid through registration.



## For Educators: VCE Farm to School Toolkit Webinar Series



The Virginia Cooperative Extension (VCE) Farm to School Program Team is offering a webinar series designed to support and explain each chapter of the Virginia Farm to School Toolkit. This Toolkit is intended to guide VCE agents, school division administrators, school nutrition professionals, educators, school garden coordinators, and others toward using farm to school practices as a means to increase equitable access to fresh, healthy, Virginia/locally grown food while providing hands-on learning opportunities in a variety of educational settings.

To provide background about Virginia Farm to School efforts and the toolkit series, interested persons can view our pre-recorded video, "Introduction to the Virginia Farm to School Toolkit and Webinar Series": [Click here for video.](#)

**Upcoming Webinars** (all are at 2 pm, [Click here to register](#) and for more information)

APRIL 4 - Growing a Farm to School Team

MAY 2 - Funding and Evaluating Farm to School Initiatives

JUNE 6 - Telling the Farm to School Story

JULY 11 - Procuring Local Foods for Schools and Child Nutrition Programs

AUGUST 1 - Procuring Safe Food, Assessing Risks, and Documenting Practices

## Virginia 4-H Youth Animal Science Updates



### 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 YOUTH  
LIVESTOCK PROGRAMS



### 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

**Date:** Wednesday, June 21st

**Location:** Alphin Stuart Arena at Virginia Tech.

*More info Coming soon.*

### 2023 VIRGINIA STATE 4-H HORSE SHOW

**Date:** September 7th - 10th

**Location:** Lexington, VA

**Entry Deadline is July 17th.**

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

[Click here for 2023 State Show Rule Changes.](#)

[Click here for the Show website.](#)

**CLICK HERE  
FOR THE  
YOUTH  
ANIMAL  
SCIENCES  
CALENDAR**



# 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**



**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.





# 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)

## 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: 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](#)

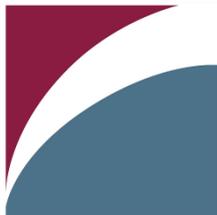
[2023 Online Application Link](#)

[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.



## Prince William VCE Full Time Job Opportunity



**Virginia  
Cooperative  
Extension**

Virginia Tech.  
Virginia State University

### **NATURAL RESOURCE SPECIALIST/VOLUNTEER COORDINATOR EDUCATION AND OUTREACH INSTRUCTOR**

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

**Application period closes April 10th.**

Make a difference in improving water quality and the environment as you teach and lead volunteers to help residents and organizations of Greater Prince William County to become good stewards of the environment!

Virginia Cooperative Extension (VCE) needs a Natural Resources Specialist to recruit volunteers, educate volunteers and members of the community, community organizations, schools, and County Agencies on topics related to water quality and environmental best practices.

As a member of the Agriculture and Natural Resources Team, you will plan and execute training and educational programming on topics related to water quality and environmental best practices, and provide technical assistance to County agencies and the community. You will work independently to manage over 200 volunteers and conduct environmental outreach in the community.

## Turfgrass Producers of Maryland Jim Claxton Scholarship

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

**Applications are due by 4 pm on May 31.**



The Turfgrass Producers of MD are accepting application for the Jim Claxton Memorial Scholarship, a \$500 scholarship with preference given to Mid-Atlantic-area students pursuing or enrolled in a 2-year or 4-year college program in the turfgrass related field or with experience in turfgrass production.



# 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**

**MaryBeth Lerch**  
Associate Extension Agent, 4-H  
[mblerch@vt.edu](mailto:mblerch@vt.edu)  
703-792-4536

**Pam Hardin**  
4-H Youth Educator  
[phardin@pwcva.gov](mailto:phardin@pwcva.gov)

**DeeAnn Strand**  
4-H Youth Educator  
[dstrand@pwcva.gov](mailto:dstrand@pwcva.gov)

**Candi Helmlinger**  
4-H Program Specialist, Newsletter  
[chelmlinger@pwcva.gov](mailto:chelmlinger@pwcva.gov)



**PWC 4-H Resources**

**National 4-H**

[National 4-H Homepage](#)

**Virginia 4-H**

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

[4-H Online Information](#)  
[The 4-H Foundation](#)  
[Educational Resources](#)  
[4-H All Stars](#)

[STEM in Virginia 4-H](#)

**Prince William 4-H**

[PWC 4-H Homepage](#)  
[PWC 4-H Programs](#)  
[PWC 4-H Camps](#)  
[PWC 4-H Events & Calendar](#)

**Portfolio Records**

[Member Record](#)  
[Cloverbud Sheet](#)  
[Project Record Ages 9-10](#)  
[Project Record Ages 11-12](#)  
[Project Record Ages 13-15](#)  
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



**2022-2023 PWC 4-H  
Association Officers**

**Youth Officers**

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

**Adult Officers**

Susan Wolf, President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
Mary McDonald, Secretary

**Committee Chairs**

Fundraising Committee - Samantha Whysong  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



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