



Prince William 4-H

Our Clubs, Our Community



April 5, 2023

Upcoming Events

- 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
- Jul 23-27 - Prince William/Stafford 4-H Junior Camp
- Aug 14-18 - Prince William 4-H Fair Camp

Submit Your Drawing for the 2023 Camp T-Shirt Contests!

Summer camp registration for both the Prince William/Stafford 4-H Junior Camp and Prince William 4-H Fair Camp is underway and we need your creativity! Submit your drawings to Pam Hardin at Prince William 4-H. **Designs must be received by April 12th.**



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@pwcvva.gov) at Prince William 4-H. **[Click here to register for Prince William/Stafford 4-H Junior Camp.](#)**



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@pwcvva.gov) at Prince William 4-H. **[Click here to register for Prince William 4-H Fair Camp.](#)**

Camp registration is open! 4-H Camps are popular and fill quickly. See Page 2 for more information and click on the links above. We're looking forward to seeing you this summer!

Reserve Your Space for the TSC Paper Clover Campaign



Campaign Dates: April 26th - May 7th
Location: 10870 Balls Ford Rd, Manassas, VA
Contact [DeeAnn Strand](mailto:DeeAnn.Strand@pwcvva.gov) 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.



ISO Quotes from Youth Prince William 4-H's

We're busy preparing a display for our spring TSC Paper Clover event and need your help! Parents and youth, please email [DeeAnn Strand](mailto:DeeAnn.Strand@pwcvva.gov) at dststrand@pwcvva.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!

Inside this issue:

- [Prince William 4-H Summer Camps](#) 2
- [Prince William 4-H Updates](#) 4
- [VA 4-H Updates](#) 9
- [Buzz, Body & Bites for Teens](#) 16
- [Contacts & Recourses](#) 18

Click to Visit



Prince William 4-H Summer Camp Registration is OPEN!

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 to register for Prince William/Stafford 4-H Junior Camp.](#)

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](#) 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 to register for Prince William 4-H Fair Camp.](#)

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](#) 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!

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!**

[Click here to register for Prince William 4-H Fair Camp.](#)





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.

Prince William 4-H Tree Planting Community Service Day



**PLEASE
REGISTER!**

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 FOR CLASS/CLUB PROJECTS ARE AVAILABLE UNTIL SUPPLIES RUN OUT! Contact [Pam Hardin](#) at Prince William 4-H for more information.

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

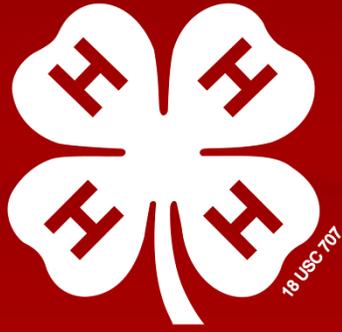
Prince William 4-H will be planting 350 new trees as part of the Prince William 4-H Tree Seedlings Project. This is a great opportunity to earn community service hours! Bring a friend and join us in lending our heads, hearts, hands, and health to our community and our world!

[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!*



Club Clips: Trigger Time 4-H Club

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

April 1, 2023: This weekend Trigger Time participated in the Civilian Marksmanship Program (CMP) VA Junior Olympic 3 Position Air Rifle State Championship Competition in Stafford, Virginia. Sam Seagle and Ayden Strand shot their personal best. Sam Seagle came in 2nd place overall. The participants were Sam Seagle, Samantha Erick, Noah Richter, Noble Richter, Jubi Richter, Rebecca Ahern, Lexi Strand and Ayden Strand. Great job team!

Lexi Strand was awarded a certificate for Virginia's Sporter Champion of the 23rd Annual American Legion Junior Shooting three position Air Rifle postal tournament. Way to go Lexi!





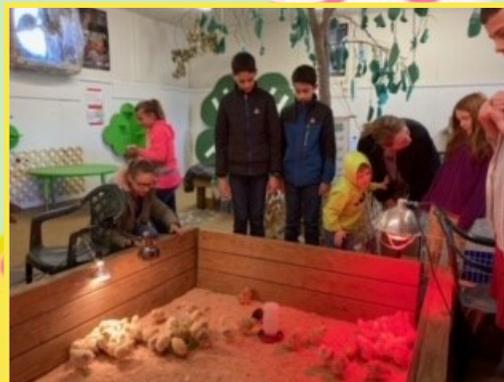
Prince William 4-H



EMBRYOLOGY PROJECT

While our Embryology Project has wrapped up for the year, we have more cuteness to share! Check out our photos from our final chick drop-off as well as photos sent in from around the area. A service dog at Independence Nontraditional School thinks the chicks are cute, too!

A HUGE 4-H THANK YOU goes out to all of the volunteers, school staff, and enthusiastic youth who continue to pursue experiential learning and support the 4-H Embryology Project. And **THANK YOU** to Sudley Elementary School for donating two incubators to 4-H for future projects.



Prince William 4-H Young Entrepreneurs Project

The Prince William 4-H Entrepreneurship project has begun! The project aims to help youth formulate product ideas, create a business plan, develop their products, and put the plan into action, transforming their ideas into sales at local Farmer's Markets. We'll work together to learn the basics of business and SPARK new ideas based on their talents!

4-H'ers only need to bring a willingness to learn to begin this incredible opportunity to learn business skills from the bottom up. They'll apply these skills and set the foundation to grow into future business leaders. Join us for an exciting hands-on adventure that will build on what you know and transform your talents into marketable skills.

Limited spots remain - contact [DeeAnn Strand](#) at Prince William 4-H to participate. Youth ages 6-19 are invited to apply. All participants are expected to attend all 4 workshops and a minimum of 3 markets.



ENTREPRENEURSHIP WORKSHOPS

All workshops are held at the McCoy Conference Room, 7987 Ashton Ave., Manassas

- **April 13th** from 6:30 - 8 pm
- **May 9th** from 6:30 - 8 pm
- **May 30th** from 6:30 - 8 pm
- **April 25th** from 6-7:30 pm - *location changed to Bull Run Library Maker Space, 8051 Ashton Ave, Manassas*

FIELD TRIP

- **May 20th** from 9 -10 am at the Manassas Farmer's Market, Commuter Car Park, 9024 Prince William St.

FARMER'S MARKETS (must attend at least 3)

All sales days will be at the Manassas Farmer's Market at the Commuter Car Park at 9024 Prince William St. 4-Her's should arrive by 7:30 am to set-up. The Farmer's Market is open 8 am - 1 pm.

- June 10th
- July 15th
- August 5th
- September 9th
- October 14th



Prince William 4-H Wellness Wednesday



Over the past couple of years, Prince William 4-H has held a weekly athletic conditioning program during the spring. Move it Monday and Wellness Wednesday were fun social opportunities to get together at the Prince William Fairgrounds, socialize, move, and explore the 4-H Pillar of Healthy Living.

We've had several members approach us to continue the program this spring. If you are interested in participating in a similar program starting after spring break, please reach out to [DeeAnn Strand](#) at Prince William 4-H by **Tuesday, April 11th.**

We're always up for movin' and groovin' with our 4-H friends!




PURPLE UP!
for military kids

Wear Purple

Wednesday, April 19, 2023

Celebrate & Show Support for Over 80,000 Virginia Military-Connected Children

Help turn Virginia purple on April 19th !

Share Purple Up Photos Using #Virginia4H

To learn about the 4-H Military Partnership and opportunities for military youth, visit virginia4-hmilitaryclubs.org

4-hmilitarypartnership.org




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

#WhatIWishPeopleKnew by 4-H



Imagine a World Where You Could Just be Yourself Online

National 4-H is launching a campaign to hold a microphone up to that voice inside each of us that wants to be heard. We're daring teens to share the actually-human things they wish others knew about them. We believe that by sharing with courage and listening with kindness, we can put the social back into social media.

Share your moments of joy and struggle that help define who you really are. If we listen with an open mind, we might discover what makes us all unique is also what makes us more alike than we ever realized.

How to participate: Lead by example and create an IG reel that reveals the real you. Open your video with "I wish people knew that..." and speak your truth. Tag @national4h and use the hashtag #WhatIWishPeopleKnew so we can share your message and inspire others to join.

Let's get honesty trending.

[Click here to learn more.](#)

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

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

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/>.

4-HOnline Tip Sheets:

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



VIRGINIA 4-H HEALTHY LIVING SUMMIT 2023

<p style="text-align: center;">WHAT IS IT?</p> <ul style="list-style-type: none"> 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. 	<p>WHEN: April 29 - 30th</p> <p>WHERE: W.E. Skelton 4-H Center Wirtz, Virginia</p> <p>COST: \$50</p>
<p style="text-align: center;">QUESTIONS?</p> <p style="text-align: center;">Email Dr. Tonya Price totaylor@vt.edu</p> 	<p>WHO SHOULD ATTEND?</p> <p>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!</p> 
<p style="text-align: center;">REGISTER THROUGH 4-H ONLINE! NOW UNTIL APRIL 12.</p> <p style="text-align: center;">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!</p> 	

Virginia 4-H Youth Animal Science Updates



STATE CATTLE WORKING CONTEST AT THE VIRGINIA BEEF EXPO

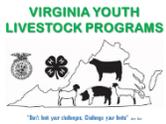
Date: Friday, April 14th, Rockingham County Fairgrounds
2023 Virginia Junior Beef Roundup: April 15th-16th
[Click here for more info.](#)

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.



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: 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.](#)





THE CROOKED ROAD LIVESTOCK JUDGING EDUCATIONAL CLINIC



The road to proper livestock evaluation.
 April 22, 2023
 Hosted by Ferrum College
 Sponsored by Franklin County Extension




Objective of this event
 This purpose of this event is to equip youth with the skills necessary to properly evaluate livestock. The day will consist of judging classes of beef and dairy cattle, goats, sheep, & stock horses.

Cost of event
 Participant fee:\$5.00
 cost includes experts judging options and knowledge as well as lunch.

Registration

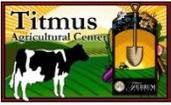
- Registration deadline April 14, 2023
- To register please fill out the following Google form 

Judging Experts
 Dr. Knowlton - Virginia Tech
 Dr. Nancy Brubaker - Ferrum College

Location
 Titmus Agricultural Center
 370 Ferrum School Road, Ferrum VA, 24088

Event Schedule

- Registration: 8:00-8:30AM
- Judging clinic begins: 9:00AM
- Oral Reasons (optional) 11:00AM-12PM
- Lunch: 12:00PM


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.



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**

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

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.



Austrian Exchange Youth Seeking Prince William 4-H Volunteer Family



Help "Bring the World" to your 4-H club by hosting an international exchange student! Virginia 4-H is hosting an (IFYE) International Four-H Youth Exchange representative from Austria June 19-August 14. She will arrive at Dulles International Airport and participate in orientation and be ready to stay with a family on June 19th. She is scheduled to travel to Virginia Tech for the Virginia 4-H Congress June 26-30. Prince William 4-H families are needed to host the delegate for 1-2-3 weeks at a time.

About the Delegate: Jasmin is a 19 year-old from Austria and asked to come to Virginia so she could improve her English language skills and learn more about the state. She is fluent in German and pretty good in English. As a college student studying mechatronics (electrical, informatics and mechanical applications), Jasmin is interested in learning about technical connections and more about farming and cooking. She can drive a tractor, does land judging, and organizes events. She likes nature and likes to hike. She wants to improve her "English" and learn more about Virginia. She also likes to play the clarinet. "My host family can expect a young and powerful woman who wants to learn more about the world."



Please respond by April 27th if you are able to host Jasmine for a week or two this summer. Families will need to complete an application, provide references and have a background check. Please contact [MaryBeth Lerch](#) for more information.

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

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



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.



A BACKCOUNTRY EXPERIENCE AWAITS!

May 5-9, 2023 - Rock Climbing
 June 9-13, 2023 - Kayaking
 July 14-18, 2023 - Horseback Riding



Join us for a backpacking experience that offers **Military youth, ages 13-18** of Active Duty, Guard, Reserve and Retired personnel a high adventure backcountry experience including: gear selection, navigation, proper food storage and preparation, site selection, camp management and basic wilderness first aid.

During the trek, opportunities abound to acquire and practice leadership skills such as communication and decision making while participating in fun teambuilding activities.



540-635-7171

Front Royal, Virginia

info@nova4h.com

4-H Camp for Military Youth

Who Should Attend: Military youth, ages 13-18 of Active Duty, Guard, Reserve and Retired personnel

Virginia 4-H Centers are partnering with Purdue University to offer Teen Adventure Camps for Military Youth this summer.

Grants are available to pay for camp fees and supplies a small travel stipend so families are able to send their youth for a very minimal out of pocket expense.

For more details and registration links, visit: <http://www.nova4h.com/camp-page/>

If youth are looking for a little less intense adventure, all other Centers are offering camps, too, and those can be found at: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/camps-by-location.html>

Please note that registration will close 2 weeks prior to the camp start date unless it meets capacity before then.

National 4-H: Citizenship Washington Focus

Limited Spots Remain for Citizenship Washington Focus!

Registration Fees:

\$1,295 per person for double occupancy (youth or adult)

\$1,750 per person for single occupancy (adult)

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



Citizenship Washington Focus returns this summer for four weeks, from June 11th - July 7th, as the premier civic engagement leadership experience for high-school-aged teens.

Week One: June 11th - June 16th - SOLD OUT

Week Two: June 18th - June 23rd

Week Three: June 25th - June 30th - SOLD OUT

Week Four: July 2nd - July 7th

CWF encourages young leaders to become effective change agents in their community with what they learn in the Nation's capital. Register today to secure your spot. Limited spots remain for weeks two and four.



Buzzy BODY & BITES for Teens

Buzzy



The next time you are feeling stressed, try these activities!

1. Take your pet on a walk.
2. Snuggle with your pet.
3. Play with your pet and their favorite toy.
4. Go on an adventure! Take a drive or visit a pet-friendly restaurant or retail store.
5. Have a mini photoshoot with your pet! Then print the pictures and put them in a place where you will see them often.

Companion Animals and Stress Management

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

As we head from midterms into the final sprint before finals, stress can be at an all-time high. Personally, I find comfort in my barn, taking care of my animals. Studies have shown that playing or cuddling with our furry (or feathered!) friends releases a chemical called oxytocin, the feel-good hormone that results from that social and relational interaction with animals. This is the same chemical a mother and baby bond produces! Playing with animals also causes a decrease in blood pressure, and cortisol—the stress hormone. These three factors provide relief for your nervous system and is a great healthy coping mechanism when feeling stressed. While most studies are focused on dogs, most pets still have the same benefits! Other studies concluded that they can also decrease feelings of loneliness, increase feelings of social support and boost overall mood and mental health!



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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP), and was supported by Expanded Food Nutrition Education Program (USDANIFA).

BITES



Eat Smart • Move More

Hummus

Prep Time: 15 minutes
Total Time: 15 minutes



Ingredients

- 1/2 cups canned garbanzo beans (chickpeas), drained and rinsed
- 2 cups lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 2 teaspoons garlic powder
- 1 pound snap peas, stringed



Nutrition Facts

1/2 cup (125g)	
Serving size 1 serving (125g)	
Calories 110	
Total Fat	4g
Total Carb	20g
Total Protein	4g
Total Fat	4g
Total Carb	20g
Total Protein	4g

Directions



1. Mix all ingredients except for peas in a blender or food processor for 3-5 minutes until smooth.



2. Pour into a serving bowl and serve immediately with peas or cover and refrigerate.

Quick Tips

- To string peas, break off the stem and gently pull downward, removing the strings that run along the "seam" on each side.
- Did you know... 2 tablespoons of peanut butter can be used as a substitute for the tahini.
- 1/4 teaspoon of garlic powder is about 1/2 crushed garlic cloves.
- 1 pound of snap peas are approximately equal to 5 cups.

Get more recipes from us at www.eatasmartmovemoreva.org

www.eatasmartmovemoreva.org

Follow us | Like us



For more information on this activity, contact your local Extension Office. For more information on the 4-H program, visit www.4-h.org. For more information on the Virginia Cooperative Extension, visit www.vce.virginia.edu. For more information on the Virginia Family Nutrition Program, visit www.vfnp.org. For more information on the Virginia State Office, visit www.vso.virginia.edu.



For a nod to the Spring Season, use the **Hummus** recipe to create **Peter Rabbit's Garden** snacks. Fill sauce cups with hummus. Poke a hole in the tops of two baby carrots. Feed a sprig of parsley into the holes. Place carrots into the hummus.

Find more recipes at eatasmartmovemoreva.org

BODY

Make your own Geocache!

Written by Lidija Westfall,
2022-23 Teen Healthy Living Ambassador

Geocaching is a popular activity and a great way to get outdoors. In this game of hide-and-seek, seekers use GPS devices to find hidden caches. To make your own geocache, start by finding an airtight container and placing small trinkets inside. Include a small notebook such as a memo pad and pen, so visitors can log basic information such as name, date of visit, and place of origin. If you'd like to make it an official geocache, you can go to geocaching.com to see the official rules. Next find a place to hide the cache (make sure to double check for permit requirements), and disguise it! If you don't want to go through the hassle of registering your geocache, try sharing its coordinates and some clever clues on social media. Check on it every so often to ensure it's in running order.

Exercise Your Mind

Bunnies on the Brain, Rabbit Fun Facts and Riddles

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

- Bunnies are not rodents, they are lagomorphs! The only other member of that family, outside of Rabbits and Hares are Pikas!
- What do you call a parade of rabbits hopping backward? (A receding hair-line!)
- Bunnies come in a range of sizes, from 3 ½ pounds to over 20! The smallest breed is a Netherland Dwarf, and the largest is the Continental Giant!
- How can you tell which rabbits are getting old? (Look for the grey hares)
- Some bunnies are trained specifically in a sport called Rabbit Hopping, which originated in Sweden during the late 1970s and was known as "Kanininghopping" or "Rabbit Jumping!"
- Why did the bunny build herself a new house? (She was fed up with the hole thing)
- Angora rabbits are a big producer of wool, and the fiber industry loves their soft texture and dexterity for sweaters and other woolen products!

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatasmartmovemoreva.org

www.facebook.com/VaFNP

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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](#)

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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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