



# Prince William 4-H

*Our Clubs, Our Community*



April 12, 2023

## Upcoming Events

- 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
- May 19-21** - VA 4-H Spring Teen Summit
- 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

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Click to Visit



## Prince William 4-H TSC Paper Clover Signup



**Campaign Dates:** April 26th - May 7th  
**Location:** 10870 Balls Ford Rd, Manassas

[Click here to SIGNUP for table space.](#)

### 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! (ex: bake sale, hot dog sale)
- Shop at TSC and show your support for 4-H! Funds raised during the campaign directly benefit county youth attending leadership activities.

Don't forget to send your quote to [DeeAnn Strand](#) about something exciting that you learned, did, or love about 4-H!

## Tree Planting Community Service Day - **SATURDAY!**



**Date:** Saturday, April 15th

**Time:** 9 AM

**Location:** Bristoe Station Battlefield Park, Bristow, VA

**Who Should Attend:** All Prince William 4-H'ers, including Cloverbuds & Teen Club!

[Click here to register.](#)



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 as well as another terrific opportunity for our youngest 4-H'ers to participate in an exciting project with 4-H youth leaders! Our tree seedlings planting 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.



Bring a friend and join us in lending our heads, hearts, hands, and health to our community and our world!

## 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.

**DUE TODAY!**



**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@PrinceWilliam4H.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 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.

**DUE TODAY!**



**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@PrinceWilliam4H.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!*

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



# 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.](#)



Prince William 4-H

# Teen Club

04.11.2023



Prince William 4-H Teen Club had a beautiful day for gardening! Our teens planted milk jug greenhouses and learned the pros and cons of this technique. Youth 4-H'er Lexi Strand gave a talk explaining center pivot irrigation in large scale agriculture and participants took home a kit to make their own mini pivot sprinkler. A HUGE 4-H THANK YOU to Thomas Bolles, VCE Extension Agent, ANR, for providing expertise in soil health and planting.

## Prince William 4-H Teen Club Meeting - Save the Date

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

**Date:** Thursday, May 18th

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

**Location:** McCoy Conference Room

[Click here to register.](#)

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





### The Prince William 4-H Young Entrepreneurs Project is FULL!

We look forward to seeing our budding businesses showcased at the Manassas Farmer's Market on June 10th, July 15th, August 5th, September 9th, and October 14th.

## 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](#)

REGISTRATION DUE TODAY!



## 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](mailto: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!







# Prince William 4-H Volunteers of the Month

Prince William County Volunteers were celebrated during the Prince William County Board of Supervisors' meeting on April 11th. The Board issued a proclamation in honor of National Volunteer Week, April 16th - 22nd, 2023.

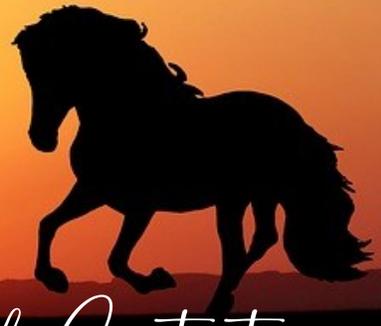
VCE Prince William's diverse and highly trained volunteers assist program staff in delivering educational programs. Each year we recognize 12 individuals who have provided significant contributions to the Unit. Three Prince William 4-H Volunteers were recognized this year.

Thank you Sandy Seagle, Brad Seagle and Bruce Erick for your dedication to the 4-H program!



Linda Christ, Parent Ed, Pam Rockox, Master Gardners, Audrey Spencer Horsley, Parent Ed, Paige Thacker, VCE Prince William Unit Director, Sandy Seagle, 4-H, MaryBeth Lerch, 4-H, Margie Leon, Financial Ed, Janice Buie, Parent Ed, DeeAnn Strand, 4-H





# EquiSmartz State 4-H Educational Contests

March 31 - April 2, 2023, Lexington, Virginia



## JUNIOR COMMUNICATIONS CONTEST

Chloe Canyon - All About the Appy, 4th Place  
Olivia Carter - The Belgian Draft, 5th Place  
Naomi White - Cribbing in Horses, 7th Place  
Peyton Barbour - Heel Cracks, 9th Place  
Sierra-Nicole Wimer - Eventing, 10th Place



## SENIOR COMMUNICATIONS CONTEST

Lauren Byrd - Positive Horse Human Interactions, 7th Place  
Addison Barbour - All About Shetland Horses, 8th Place  
Katelyn Kellum - Lyme Disease, 9th place



## HORSE BOWL JUNIOR TEAM

6th Place: Prince William Nokesville Team: Chloe, Olivia, Naomi, and Peyton



## HORSE BOWL JUNIOR INDIVIDUAL OVERALL

6th Place: Chloe Canyon, Prince William Nokesville



## HORSE BOWL SENIOR TEAM

6th Place: Nokesville Equestrian Club: Elena, Katelyn, Lauren, and Addison

Results for Hippology and Horse Judging coming soon!





## 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

**TUESDAY!**

#### SAVE THE DATE

### VA 4-H Teen Summit



#### WHO SHOULD ATTEND?

TEENS (14-18) INTERESTED IN ADVOCACY, SOCIAL JUSTICE ISSUES, LEADERSHIP, OR WANTING TO LEARN HOW TO CREATE CHANGE

#### REMINDERS!

REGISTRATION STARTS ON APRIL 3RD ON 4-H ONLINE

**THE DEADLINE IS MAY 8TH!**

#### WHAT IS THIS ABOUT?

FOCUSED ON SOCIAL JUSTICE AND EQUITY + INCLUSION ISSUES SUCH AS RACIAL JUSTICE, LGBTQ+ RIGHTS, THE ENVIRONMENT, MENTAL HEALTH, TEEN VOICE, AND EMPOWERMENT

**LOCATION:** W. E. SKELTON 4-H CENTER, WIRTZ, VA  
**COST:** \$50

**INFO SESSION:** A ZOOM MEETING EXPLAINING MORE ABOUT SUMMIT  
**DATE:** APRIL 17 @ 6 PM  
[HTTPS://FORMS.GLE/3D  
 DRM831PDEDZ8HW7](https://forms.gle/3DDRM831PDEDZ8HW7)

**DATES:** MAY 19 - MAY 21  
 PARTICIPANTS SHOULD ARRIVE ON FRIDAY FROM 6:30-7:30 PM AND DEPART ON SUNDAY @ 12 PM

## Virginia 4-H Spring Teen Summit

**Dates:** May 19th - 21st

**Location:** W.E. Skelton 4-H Center

**Cost:** \$50, made out to the Virginia Tech Foundation

[Register through 4-H Online.](#) **Register by May 8th.**

The Virginia 4-H Spring Teen Summit is designed and planned for teens by teens. Teens discuss topics that are important to them, learn about youth voice, and advocacy, and are given the tools to empower them to make action in their community around issues that they are passionate about. Over the last 8 summits, we have seen teens create action plans around passion areas such as: Mental Health, Food Security, Environmental Justice, LGBTQIA Inclusion, Racial Equity, Equity in Education and many more topics. The weekend is focused on peer leadership, safe spaces for conversation, and brave spaces for growth!

### INTEREST WEBINAR

**Date:** April 17th

**Time:** 7 pm

[Click here to register and receive Zoom link.](#)



**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.



**NORTHERN VIRGINIA 4-H**  
 EDUCATIONAL AND CONFERENCE CENTER



☎ 540-635-7171

📍 Front Royal, Virginia

✉ info@nova4h.com

**#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.](#)

**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.



**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](http://virginia4-hmilitaryclubs.org) or [4-hmilitarypartnership.org](http://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 employees 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 prohibited by law.

## Virginia 4-H Youth Animal Science Updates



### STATE CATTLE WORKING CONTEST AT THE VIRGINIA BEEF EXPO

**Expo:** April 14th - 16th, Rockingham County Fairgrounds

**2023 VA Beef Challenge:** April 14th. *Entries Closed.*

**VJBR Team Fitting Contes:** April 15th, 10 am. [Click here for more info and to enter.](#) **Limited to 10 teams.**

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

[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, Main Hoop Barn

**Entry Fee:** are \$10/contestant, include lunch, and are payable Virginia Poultry Federation.

[Click here to register.](#) Entries are due by 5 pm April 21st.

There are several changes to this year's contest – some of those are as a result of HPAI, while others were made to more closely align the contests with the National events for each respective organization.

- Dual-entered contestants (judging as both 4-H and FFA) are allowed – Please read the rules carefully to make sure you get those youth entered correctly and payment submitted correctly.
- There is a new Scantron for the 4-H Contest to accommodate the addition of a new category: Boneless Breaded Product Grading
- There will be NO LIVE BIRDS for the 2023 Contest – either video or picture classes will be utilized

### VIRGINIA YOUTH LIVESTOCK PROGRAMS



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

**Date:** June 21st

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

*More info Coming soon.*



### 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 the Show website.](#)

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



## 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





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## 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.



## 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 4-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](mailto:MaryBeth.Lerch@vt.edu) for more information.

## Virginia 4-H: 2023 States' 4-H Exchange ISO 17<sup>6</sup> Host Families



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



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! **So far we have 11 families with applications submitted - need 6 more by May 19th!**

[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
- 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.



# Join us for 4-H Night with the FredNats!




When: June 7th, 2023  
 Where: Fredericksburg Nationals Stadium  
 Fredericksburg, VA  
 Who: 4-Her's and their families  
 What: A fun and exciting night out at a FredNats game! Sit with other 4-Her's, join in on a pre-game parade on the field, and so much more!  
 Price: Tickets range between \$14-\$17 (processing fees may be applied)

Want to join our interest list to stay up-to-date with information on ticket sales, parade sign-ups, etc.? Please scan the QR code or fill out the information found at this link!  
<https://tinyurl.com/4-HNightwFredNats>  
 For more information, please contact your local Extension Office.



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.



## FAUQUIER EDUCATION FARM PRESENTS: TUNNEL VISION



Saturday April 22nd, 3 to 5 p.m. Free, no registration required!

Low tunnels are a great way to protect your crops from harsh weather conditions and insect damage thus extending your growing season and increasing your yield. Come join us and learn how to increase production in your own garden through the use of low tunnels.

Located at the Fauquier Education Farm, 8428 Meetze Rd, Warrenton, VA 20187  
 For additional questions, contact Ashley Goodwin at [ashleyg9@vt.edu](mailto:ashleyg9@vt.edu)



### Fauquier Education Farm Presents:



# Intro to Getting Your Hands Dirty





When: May 24th - June 28th  
 Wednesdays from 7:00-9:00 p.m.  
 Where: 24 Pelham St # 10, Warrenton, VA 20186

**Registration Fee:**  
 \$100 per person \$150 per couple



Intro to Getting your Hands Dirty is a 6-week course that gives you the basic tools and concepts involved in growing a crop in the field.

1. Soil Science
2. Amending Soil
3. Crop Selection
4. Weed Management
5. Pest Control
6. Infrastructure needs



To register, contact Ashley Goodwin at: [ashleyg9@vt.edu](mailto:ashleyg9@vt.edu)

## Job Opening - Prince William VCE



### FAMILY NUTRITION PROGRAM ASSISTANT (YOUTH) - PRINCE WILLIAM COUNTY

**Post Closes April 21st.**  
[Click here for more information and to apply.](#)

The Virginia Cooperative Extension Family Nutrition Program Assistant (Youth) assists eligible youth from limited-resource families in grades K-12, ages 5 to 19, to eat healthier meals and snacks and obtain the best nutrition at the lowest food cost. In collaboration with many organizations, the Virginia Family Nutrition Program aims to help reduce the risk of nutrition insecurity by working with children (and families within adult programs) to gain practical skills that result in changed behaviors to shop smart, eat smart, and move more.

The individual in this position will recruit, enroll, and teach youth in group settings (in-person or using video-conferencing) about basic principles of nutrition, food preparation, and physical activity. This position involves collaborating with local agencies and organizations that work with limited-resource families, marketing the program, and collecting evaluation records for all programs.

The Family Nutrition Program Assistant (Youth) is an employee and representative of Virginia Cooperative Extension and works under the supervision of an Area Coordinator. The person in this position is expected to travel to provide in-person programs and build community partnerships.

**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

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**Your Dedicated PWC 4-H Staff**

**MaryBeth Lerch**  
Associate Extension Agent, 4-H  
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703-792-4536

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**DeeAnn Strand**  
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**Candi Helmlinger**  
4-H Program Specialist, Newsletter  
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