



Prince William 4-H

Our Clubs, Our Community



May 17, 2023

Upcoming Events

- May 19-21 - VA 4-H Spring Teen Summit
- May 24 - Fundraising Committee Meeting
- May 25 - PW 4-H Teen Club
- Jun 10 - Market Day #1
- Jun 26-30 - Virginia 4-H State Congress
- Jul 15 - Market Day #2
- Jul 23-27 - Prince William/Stafford 4-H Junior Camp
- Aug 5 - Market Day #3
- Aug 14-18 - Prince William 4-H Fair Camp
- Sep 2 - Market Day #4
- Oct 14 - Market Day #5
- Nov 24-28 - National 4-H Congress

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Click to Visit



Please Register! Prince William 4-H Teen Club Next Week



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

Date: Thursday, May 25th

Time: 7-8:30 pm

Location: McCoy Conference Room

*Registration is free but required for planning/supply purposes.

[Click here to register.](#)

Join us for an electrifying exploration of squishy circuits and more! The Prince William 4-H Teen Club will be focusing on the 4-H Pillar of STEM. All Prince William Junior 4-H'ers 12 and up are invited to attend this Teen Club Meeting and learn about this special interest club.

UPDATE - PW 4-H TEEN CLUB MILK JUG GARDENING

By Prince William 4-H'er Nesi Linares Espinosa

"So since our meeting in April, my flowers have started to grow and I think it's almost time that I move them into a bigger space to grow! My flowers were Nasturtium! I've enjoyed watching my plant grow these past couple of weeks :) Here's how much they've grown!"



Please Attend the Prince William 4-H Association Meeting



Prince William 4-H Association Finance Committee Meeting

Date: Wednesday, May 24th, 6:30 pm

Location: McCoy Conference Room, Prince William 4-H Office

Who Should Attend: All 4-H youth and adult members interested in helping fundraise to support Prince William 4-H activities, camps, and scholarships. Each club should also send an adult and youth 4-H member to relay information back to their club.

Let's Put the FUN in FUNdraising!

Help support our local youth with your creative ideas! Cost should not be a deterrent to participate in 4-H. Help make our programs, activities, and events affordable and accessible to all by creating and implementing simple and FUN fundraising events. Your Prince William 4-H Association Finance Committee has researched many ideas and needs your input to select and implement programs...each with a little extra FUN for all!

Register for Prince William 4-H Summer Camps



PRINCE WILLIAM - STAFFORD 4-H JUNIOR CAMP: ADVENTURE WITH 4-H
Registration Fees increase by \$50 after JUNE 1st! We cannot guarantee camp t-shirts after June 1st.

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.](#)

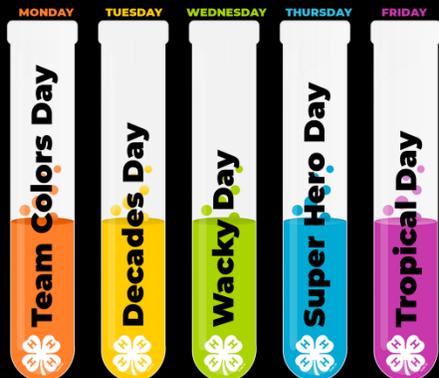
Save the Date: 1st Time Junior Camp Parent/Camper Meeting, July 11th on Zoom

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.

THRIVE WITH 4-H

Prince William 4-H Fair Camp

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



PRINCE WILLIAM 4-H FAIR CAMP: THRIVE WITH 4-H
Registration Fees increase by \$50 after JUNE 1st! We cannot guarantee camp t-shirts after June 1st.

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.

CLUB POSTERS NEEDED!

Our clubs are excited to create their own posters! We're excited to see your craftiness and to celebrate your club at the PWC Fair. Please submit your club poster to DeeAnn Strand at the 4-H office for display in the Prince William 4-H Children's Barn. **Posters need by July 12th.**



PW 4-H FAIR CAMP WORKDAY WEDNESDAYS

START JUNE 21ST

[Click here to sign up!](#)

It's time to use your helping hands, earn volunteer hours, and ensure the success of the Prince William 4-H Fair Camp! Workday Wednesdays are every Wednesday from June 21st to August 2nd from 10 am - 2 pm. Volunteers can come and go as your schedule permits. Be sure to bring a lunch and water.

COMMUNITY SERVICE OPPORTUNITY - PAINTING AT THE FAIRGROUNDS

Interested in a community service project for your club? The Prince William Fairgrounds is in need of a little touch-up paint. The fairgrounds will provide the paint and brushes. You provide the volunteers. The work may begin anytime, but needs to be completed prior to the fair in August.

[Please contact MaryBeth Lerch for more information.](#)





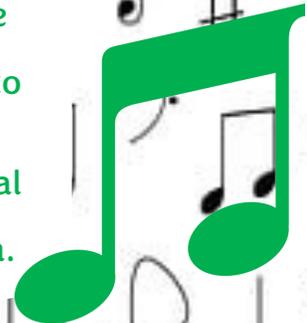
Exploring the Science of Sound

[Click here to watch a short video of our sounds!](#)



Prince William 4-H Cloverbud Club met last Saturday to learn about sound waves and how, even though we cannot see them, we know they are still there. From percussions to woodwinds, we used our heads, hearts, hands and health to combine science and art into beautiful music.

A HUGE 4-H THANK YOU to our special talented guest Paul Lanier Hardin for leading our creative investigation.



PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023



4-H CHILDREN'S BARN

Daily Activities, 2-8 pm

THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

Daily Exhibits, 2-8 pm

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can **THRIVE WITH 4-H!**

4-H FAMILY FUN NIGHT AT THE SHOW BARN

Wednesday, August 16th, 5 pm

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

PRINCE WILLIAM 4-H FAIR CAMP

August 14th-18th, 9 am-12:30 pm, \$50 fee includes activities, snacks, and a camp t-shirt. 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. Visit www.pwcva.gov/4-H for more information and registration links.

Discover a world of opportunities in Prince William and **THRIVE WITH 4-H!**



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. Camp is Monday - Friday from 9 am - 12:30 pm. Registration fee is \$50 and includes activities, a healthy snack, and a camp t-shirt (if registered by June 1st).

**These materials are neither sponsored nor endorsed by PWCS.*



VOLUNTEER

and THRIVE
with 4-H!

Prince William 4-H at the County Fair

4-H YOUTH VOLUNTEER OPPORTUNITIES

Workday Wednesdays

Dates: Every Wednesday from June 21st - August 2nd

Time: 10 am - 2 pm; bring a bag lunch

Location: PWC 4-H Office

Who Should Volunteer: All middle school and high school 4-H'ers (bring a friend!)

[Click here to signup.](#)

Youth volunteers will be planning the activities, cutting, pasting, organizing, bagging, and more, for the enrichment activities at the 4-H Children's Barn at the PWC Fair and Prince William 4-H Fair Camp. Whether you're crafty, strong at lifting, good at organizing, innovative, or a worker bee, we need you to help us prepare!

PWC Fair 4-H Children's Barn & Ag Barn - Youth Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts available

Location: PWC Fairgrounds

[Click here to signup.](#)

Youth volunteers are needed to assist youth and families with their activities as well as help direct the community service activities, assist with activities, share their 4-H stories and more.

ADULT VOLUNTEER OPPORTUNITIES

4-H Summer Fair Camp Chaperone

Dates: August 14th - 18th

Time: 8:30 am - 1 pm

Location: PWC Fairgrounds

Signup coming soon.

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience. Adults are primarily chaperones, group facilitators, or help to distribute snacks. Any time that you can offer is welcome!

PWC Fair 4-H Children's Barn & Ag Barn - Adult Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts

Location: PWC Fairgrounds

[Click here to signup.](#)

Visitors to the 4-H Children's Barn will be greeted by the Barn Manager and directed to activities. Adult volunteers will be on hand to answer any questions, assist with activities, and assist youth volunteers with community service and Ag Barn activities.



Thrive with 4-H

PRINCE WILLIAM

Postcard Station at the Prince William County Fair, August 11-19, 2023

4-H EMPOWERS KIDS WITH THE SKILLS TO LEAD FOR A LIFETIME

In 4-H, kids and teens explore their potential through fun, hands-on experiences in the pillar areas of science, health, agriculture and civic engagement - all with the support of caring adults and peers. As you navigate military life, 4-H also offers your family consistency, meaningful connections, and a sense of community.



**4-H
Military
Partnership**

RESILIENCE ★ CONFIDENCE ★ RESPONSIBILITY ★ FRIENDSHIP ★ COURAGE

Please write a message of support to our deployed military on the postcards provided. Here are some ideas of what you can say:

- ★ We appreciate your service on this day and every day.
- ★ Wishing you and all armed forces members a great day.
- ★ Your country thanks you today, and so do I.
- ★ Thank you for committing yourself to our country's safety.

Prince William 4-H provides kids with community, mentors, and learning opportunities to develop the skills they need to create positive change in their lives and communities. Our clubs participate in Wreaths Across America, Run for the Fallen, Honor Flights, service projects for Veterans Parades, postcards to deployed military, 4-H camp scholarships for military connected youth, and more. Visit www.4-hmilitarypartnership.org for even more opportunities through National 4-H to help your family stay connected.

THRIVE WITH 4-H AND SHOW SUPPORT FOR ALL BRANCHES OF OUR MILITARY!



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Prince William 4-H Young Entrepreneurs



SATURDAY: MANASSAS FARMER'S MARKET FIELD TRIP

Commuter Car Park, 9024 Prince William St., Manassas
May 20 9 - 10 am

WORKSHOPS

McCoy Conference Room, 7987 Ashton Ave., Manassas
May 23 6:30 - 8 pm
May 30 6:30 - 8 pm

MARKET DAYS

Commuter Car Park, 9024 Prince William St., Manassas
June 10 7:30 am - 1 pm
July 15 7:30 am - 1 pm
August 5 7:30 am - 1 pm
September 2 7:30 am - 1 pm
October 14 7:30 am - 1 pm



4-H Night with the FredNats!



Date: Wednesday, June 7th

Time: 7:05 PM

Location: Virginia Credit Union Stadium 42 Jackie Robinson Way Fredericksburg, VA

Cost - Baseball Ticket: \$14

Cost - Baseball Ticket & Food Voucher: \$26.84

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

Come and join the network of youth organizations of 4-H for a night of FredNats Baseball and Fun! All Prince William 4-H families are invited to attend.

Register for Virginia 4-H State Congress



Dates: June 27th - 30th

Location: Virginia Tech, Blacksburg, VA

Who Should Attend: All Prince William 4-H'ers ages 14-18

Registration Fee: \$270

[Click here to register through 4honline.](#) Registration closes May 26th.

REGISTER EARLY - workshop sessions fill quickly.

Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

[Click here for the full information packet.](#)

[Click here for more information and details on the Virginia 4-H Website.](#)

Virginia 4-H Pork Challenge

Date: Saturday, August 26th

Location: George Washington Carver Center,

9432 James Madison Highway, Rapidan, VA

Who Should Participate: All Prince William

4-H'ers, especially Food Challenge Teams

Registration Opens: July 6th

Registration Deadline: August 4th

[Click here for contest rules and website for registration.](#)

The Virginia 4-H Pork Challenge challenges youth to create a dish using only a predetermined set of ingredients. From these ingredients, youth must identify and prepare the dish, then make a presentation about it to the judges. This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.

Please note that the rules were adapted from the other food challenge contest areas and thus, very similar in nature. This contest will be limited to 10 teams and when registration opens on July 6 it will be handled on a first-come, first-serve basis.

Smithfield.
Good food. Responsibly.®



VIRGINIA 4-H PORK CHALLENGE

GEORGE WASHINGTON
CARVER CENTER
RAPIDAN, VA

Saturday, August 26, 2023



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.

Made with PosterMyWall.com

*Open to teams who registered by August 4, 2023

*For youth 9-18 years of age (as of 9/30/23)

*For more information contact:

Dr. Tonya Price
tonyaprice@vt.edu
540-232-6012

or

Mrs. Kelly Mallory
malloryk@vt.edu
540-948-6881

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the State 4-H Office at 540-231-6372 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.

**Virginia
Cooperative
Extension**

Virginia Tech
Virginia State University

VPC Supports IOW Agricultural Land Lab and Youth Ag Education

The Virginia Pork Council (VPC) joined representatives from the Isle of Wight (IOW) Agricultural Land Lab at the IOW School Board meeting, taking place May 11, 2023, at Westside Elementary School, in Smithfield, VA, to advocate and promote youth agriculture education through the VPC funding a livestock trailer for transporting livestock, including swine, for educational purposes. The Council was delighted to approve a 2023 grant to the Isle of Wight County Schools Agricultural Land Laboratory, providing a brand-new livestock trailer, to promote opportunities for youth agriculture education.

The IOW Agricultural Land Laboratory is a unique, hands-on opportunity for students to learn about agriculture, as well as providing the opportunity to visit students of all ages and support youth showing swine. Jessica Cunningham, president of Virginia Pork Council said, "the VPC is honored and excited to be able to support the IOW Agricultural Land Lab. Funding for the trailer provided by the VPC will provide not only youth agriculture education, but also will provide opportunities to discuss animal health and welfare; to provide training for students in the form of PQA and TQA; and to continue the revitalization of the local Virginia FFA chapter. We look forward to continuing and growing partnerships like this in the future."

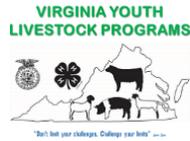


[Click here to learn more about the IOW Agricultural Land Lab.](#)

Virginia 4-H Youth Animal Science Updates

IMPORTANT LINKS

- [Click here for the Virginia Youth Animal Sciences Calendar](#)
- [Click here for the Virginia Youth Animal Sciences Facebook Page](#)



JUDGE LIKE A CHAMPION LIVESTOCK JUDGING CAMP

Dates: June 4th -6th

Location: Rockingham County Fairgrounds, Harrisonburg VA

Who Should Attend: 4-H Youth ages 9-19 with all animal judging level experience

Registration fee must be received by June 1st.

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

Two days of Camp instruction (Sunday & Monday) followed by a Contest (Tuesday). The Camp registration fee is \$175/person. This includes dinner on Monday night and all meals through Lunch on Tuesday, and entry into the Tuesday contest. The registration fee does NOT include lodging.

Attendance is limited to the first 75 youth to register.

VIRGINIA STATE 4-H HORSE SHOW

Date: September 7th - 10th

Location: Lexington, VA

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

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



This year's Declaration Process will be the same as last year and will be completed electronically via 4HOnline. That system should open on May 1st and will close on July 1st. Instructions and details will be sent out when the system opens. This fully electronic process does not require you to print paperwork for an Agents signature, as the Agent in your Unit will "approve" those declarations within the system.

Declaration Portal Available in 4HOnline: OPEN

State Show Entry System will Open: June 1st

Declaration Deadline: July 1st

State Show Entry Deadline: July 17th

Please check the Virginia 4-H Horse Program website for District Qualifying Events:

- Qualifying Clinics: <https://ext.vt.edu/4h-youth/horse/events/district-qualifying-clinics.html>
- Qualifying Shows: <https://ext.vt.edu/4h-youth/horse/events/district-qualifying-shows.html>
- Horsemanship Skills Opportunities: <https://ext.vt.edu/4h-youth/horse/events/horsemanship-skills/skills-calendar.html>

2023 STATE 4-H HORSE SHOW SILENT AUCTION

Last year's silent auction brought in over \$13,000 for the Virginia 4-H Horse Program! If you are able to donate an item for the auction, raffle, or cash donation to offset costs, please contact Rose McDonald, 4-H State Horse Show Silent Auction Chair, 540-877-4935.



East Coast Aggie Horse Judging Clinic to be held on the Campus of Virginia Tech



The Virginia Youth Animal Science Program is excited to partner with Texas A & M Horse Judging Coach, and Virginia 4-H Horse Program Alum, Sarah Schobert, to offer a two-day Horse Judging Clinic for youth and coaches.

You won't want to miss this incredible opportunity to learn from the coach and members of one of the most successful collegiate horse judging programs in the country. Sarah Schobert was a member of the Virginia 4-H State Horse Judging Team, attended Blackhawk Junior College and Oklahoma State University, serving as a successful member of the horse judging team at both institutions. She began her coaching career as a graduate student at OSU, and currently serves as the Horse Judging Team Coach and Equine Lecturer at Texas A & M University. We are excited to welcome Sarah and her team back to Virginia to share her talent and knowledge with our Virginia youth.

There will be sessions for both youth participants and coaches – everyone must register using the information below.

- Registration is required by June 6th. [Click here to register.](#)
- A room block at the Hilton Garden Inn has been reserved at the rate of \$129/night. This rate is available at the Hilton Garden Inn until June 8th. [Click here to rooms.](#)
- A special rate of \$139/night has been arranged at The Inn at Virginia Tech – this rate will be available until the rooms are gone, do not wait: East Coast Horse Judging Clinic

If you have questions directly related to the Camp or content, please contact Sarah at sarah.schobert@ag.tamu.edu.



EAST COAST AGGIE HORSE JUDGING CLINIC

2022 Congress Champion Collegiate Team

LOCATION:
175 W. CAMPUS DRIVE, 380 LITTON REAVES HALL,
BLACKSBURG, VA 24061

\$250 PER PARTICIPANT
8:00 A.M. START DAILY - HOUSING NOT INCLUDED

JULY 8-9, 2023

- Up-to-date Industry Instruction
- Led by TAMU Coach Sarah Schobert, Assistant Coach Hannah McLochlin
- Individual Reasons Help and Small Group Activities
- Adult/Coaches, Beginner, Intermediate/Advanced Sections
- Lunch each day, T-Shirt, and Judging Manual provided
- Entries Due by June 6, 2023
- For Registration and more info visit URL Link <https://texas-am-horse-judging.ticketleap.com/texas-am-horse-judging-clinic--virginia/>



CONTACT INFO: SARAH SCHOBERT
EMAIL: [SSCHOBERT@TAMU.EDU](mailto:sschobert@tamu.edu)
PHONE: (540) 597-2408



Co-Hosted By:



VIRGINIA TECH.

Youth Animal Science Program

Katherine Carter

Tim McLochlin
NHJTCA Vice President

Hotel Block:
Hilton Garden Inn
900 Plantation Road
Blacksburg, VA 24060
Rate is \$129/night



Southeast District 4-H Shoot

Date: Saturday, June 24th

Location: Airfield 4-H Conference Center, 15189 Airfield Road, Wakefield, VA

Entry Fees: \$30 per shooter; \$35 if competing in shotgun

Registration Deadline: June 1st

[Click here for more information.](#)

** Open to all VA 4-H Shooting Education Members

Events: Air Pistol (Progressive Position & Silhouette), Air Rifle (3-Position & Silhouette), Archery (Compound, Traditional, Instinctive, and National), BB Gun (4-Position), Shotgun (Trap & Skeet), Smallbore Pistol Silhouette (only for senior 4-H members) and Smallbore Rifle (3-Position & Silhouette)

Competitors will only be allowed to register for four events, including two separate archery events.

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

We're so close to meeting our goal!
[Click here to see a special Facebook Post by Virginia 4-H.](#)

Programs
PAMS
Respectful

Host a Japanese Youth in Summer through States' 4-H Exchange 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



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! **We need 4 more family applications 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.

2023 June Dairy Month 4-H Poster Contest

Posters Due June 15th.

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

June is Dairy Month! This year's theme is "Around the Dairy in Seven Days. The purpose of the contest is to learn more about milk and milk products and their importance to human health. All Virginia 4-H'ers are invited to participate. Awards are provided based on age group:

Junior: 9 to 11 years old (as of September 30, 2023)

Intermediate: 12 to 13 years old

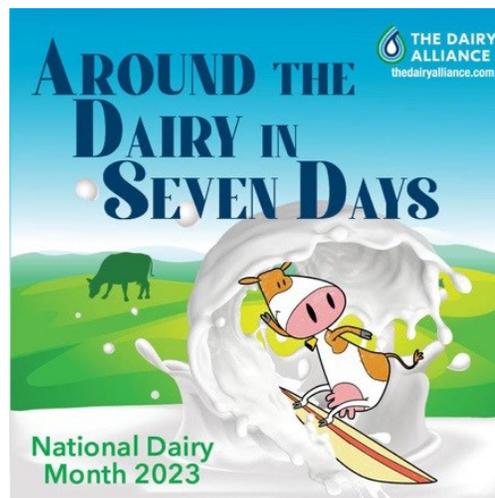
Senior: 14 to 19 years old

Virginia State Prizes for each age group:

\$100 First Place

\$75 Second Place

\$50 Third Place



Military Connected Youth Scholarships Still Available!

The Virginia Army 4-H Military Partnership Event Scholarships are still available. Each scholarship recipient may use their scholarship to assist with cost to participate in one of the following:

- Junior 4-H Camp
- Other Virginia 4-H Center camping opportunities
- Virginia 4-H State Congress 2023

Who Can Apply?

Youth ages 5 to 18 of Army Military Connected families must live in Virginia. This eligible youth may live on or near an installation or live in communities across the state.

The military parent or legal guardian of youth must currently serve in one of the following:

- Army Active Duty
- Army Reserve
- Army National Guard

Deadline to Apply: Scholarships will be awarded based on available funds or through June 9, 2023. First Come, First-Serve!

For more information please contact Louetta Jones – 4-H Military Club Director, at lojones@vt.edu.



Join Us!

*Fun Activities
Make New Friends
Develop Life Skills*

*For more information contact
your County or City 4-H Program
of Virginia Cooperative
Extension. Visit:
www.ext.vt.edu/offices*

Virginia 2023 Army 4-H Military Partnership Outreach & Support Project



4-H Event Scholarships for Youth Ages 5-18 of Army Military-Connected Families Living in Virginia

To be eligible for the 4-H Military Event scholarship, youth must have a parent/legal guardian currently serving in Active Duty Army, Army Reserve or Army National Guard

Scholarships are limited. First Come, First Served!
Scholarships to be awarded based on available funds or through June 9, 2023.

Use scholarships to assist with cost to participate in one of the following Virginia 4-H Events:

2023 State 4-H Congress
Jr 4-H Summer Camp or Other VA 4-H Center Camping
Event

If you are a person with a disability and desire assistance or accommodations, please notify your local Virginia Cooperative Extension Office when you call during business hours of 8:00 a.m. and 4:30 p.m.
TDD number is (800) 828-1120



www.ext.vt.edu

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Buzzy BODY & BITES for Teens

Buzzy



Spring Cleaning

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

Here are some questions to ask yourself, or a loved one to check in, and see where help is needed:

- How do you feel right now, really?
- How have you been sleeping?
- What is sitting heavy in your headspace right now?
- What is one thing you are looking forward to this week?
- What is something you wish someone would ask you?

As the seasons change, many households decide to clear their homes of unwanted clutter or tackle projects that have been put off. This spring I encourage you to do some internal spring cleaning. Make a list of everyone who is important to you, and think about the different relationships you find yourself in. Are you happy with where you are? Where do you need more support? If you are on social media, you may have seen the “check on your happy friends” trend. In reality, that can be hard to maintain.

As we near the end of school, stress can be ramping up. Check-in on your support group and loved ones to see how you can better support each other during this time. A strong group of friends brings a sense of belonging, and improved resiliency during stressful times. This improves your ability to handle stress in healthy ways and decreases the feeling of being overwhelmed. This week, try and schedule even just a few minutes to check in with someone. You might be surprised how much better it can feel to talk things out!

For more questions and prompts; visit [IDONTMIND.com](https://www.IDONTMIND.com)

BITES



BUILD YOUR OWN Trail Mix

Choose from your favorite ingredients and make it your own!

Prep Time: 10 minutes
Total Time: 10 minutes



GRAIN



4 cups whole-grain cereal O's



4 cups whole-grain cereal squares



8 cups 94% fat-free microwave popcorn

FRUIT



1 cup raisins



1 cup dried cranberries



1 cup dried banana chips

PROTEIN



½ cup unsalted peanuts



½ cup unsalted almonds



½ cup sunflower seeds

Directions:

- Select a grain, fruit, and protein.
- Mix grains, fruit, and/or protein choices in a bowl.
- To add flavor, spray trail mix with nonstick cooking spray and toss with your choice of seasonings, such as ground cinnamon, chili powder, or unsweetened cocoa powder.
- Makes 4 servings.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, and protein options.

Find more recipes at
eatSMARTmoveMOREVA.org

Exercise Your Mind

Mindful Jar

This activity can teach teens how to listen to their body dealing with food and regular diet.

First, get a clear jar (like a Mason jar). Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Next write down healthy foods and snacks you would like to try on a piece of paper. Cut them into strips and put them inside of the jar. Shake the jar up for easy ready to pull options!

This exercise not only helps teens be mindful of what they are eating, but it also facilitates the practice of mindfulness while making a fun and creative way of regulating a healthy diet. Try having teens focus on one food or snack at a time, this makes it easy for teens to focus and stay on track with their diet. Discuss how the different options are good for you and how they better healthy living.

BODY

Memorial Day

Written by Lidija Westfall,

2022-23 Teen Healthy Living Ambassador

Our state is steeped in history, from Native Americans, the Early Settlers, the Revolution, and the Civil War. This month, as Memorial Day approaches, take time to remember and be grateful for those fallen on the battlefield. I encourage you to do this while exercising your body. It may be a good day to go on a hiking expedition. We have a multitude of both State and National Parks to choose from. While you hike, look around. What do you see here that you don't have at home? Make a checklist on your own or with friends and see how many things on that list you can find.

To find a Virginia State park near you visit <https://www.dcr.virginia.gov/state-parks/find-a-park>.

If hiking isn't your thing there are other activities outdoors that you can engage in as well. Some State and National Parks will offer activities such as kayaking and rock climbing. The important thing is to get outdoors!

Resources

Virginia 4-H | Facebook

www.facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatSMARTmoveMOREVA.org

www.facebook.com/VaFNP

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[4-H Online Information](#)
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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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