



Prince William 4-H

Our Clubs, Our Community



January 31, 2024

Upcoming Events

- Feb 10 - [PW 4-H Contest Day](#)
- Feb 20 - PW 4-H Teen Club
- Feb 29 - [PW 4-H Portfolio Workshop \(rescheduled\)](#)
- Mar 8-10 VA 4-H Teen Summit
- Mar 9 - [PW 4-H Food Challenge](#)
- Mar 13-17 - Ignite by 4-H
- Mar 16-17 - VA 4-H Spring Air Championship
- Mar 22-23 - TALT Weekend
- Apr 5-7 - EquiSmartz
- Apr 13 - PW 4-H Cloverbud Club

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Click to Visit



Prince William 4-H at Virginia 4-H Day at the Capitol

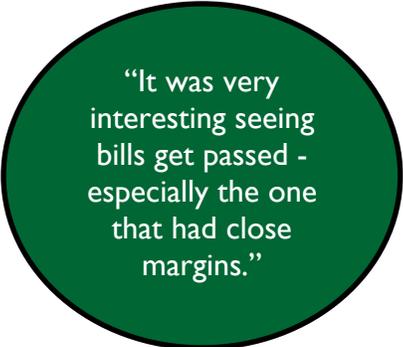


GO US! We got to meet Governor Youngkin!

What an incredible day. Mother Nature gifted us with a beautiful, warm, January day to explore our state's capitol. We were a little nervous trying to get to our busy schedule of meeting our legislators. We arrived to a line of more than 400 Virginia 4-H'ers that wrapped around the General Assembly building.

We broke into groups and began telling our 4-H Stories, seeing our government in action, meeting 4-H friends from Fairfax and Stafford, seeing the mace in the House chambers and John Marshall's robe, and so much more. As a special treat, Del. Sewell publicly welcomed Prince William 4-H'ers on the floor! Not only did we see government in action, but we actively engaged and participated in the process.

A HUGE 4-H THANK YOU to Delegates Thomas, Sewell, Henson, Maldonado, Lovejoy, King, Torian, and Senator McPike and Governor Youngkin for their time and for encouraging our next generation of leaders. Thank you to the volunteer chaperones. And thank you to the Prince William 4-H Association for sponsoring the transportation to the Capitol. [See Page 2 for photos.](#)



Prince William 4-H Share the Fun



Prince William 4-H'ers brought the house down on Friday at the annual Share the Fun talent show. The immensely talented youth played, sang, danced, and acted their way into our hearts. We're so proud of how much they've grown!

A HUGE 4-H THANK YOU to Adam Dove who helped secure the big stage and put in countless hours organizing and directing the production. Thank you to our 4-H families for yummy treats and bringing in many donations for the food pantry. Thank you to our amazing judges - Carol Hartt, Erin Wesol, Rhett Willey, Joshua Starzyk, Thomas Stachelski, and Sam Seagle. And a shout out to all of the volunteer helpers, backstage crew, emcees, performers, and families. It was fun to be back on the big stage at T. Clay Wood ES! [See Page 4 for photos.](#)

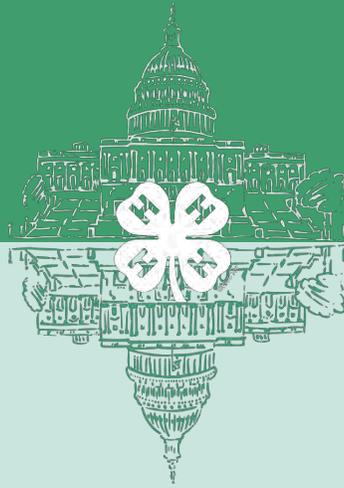
SHARE THE FUN PARTICIPANT FEEDBACK FORM: all 4-H'ers that participated in Share the Fun are encouraged to complete the feedback form so that we can continually improve and support our local youth. [Please click here for the quick survey.](#)

Prince William 4-H BINGO Planning Meeting

Thursday, February 1st at 7 PM

ALL 4-H Families are invited to help plan this fun, family event!
[Click here to join in the ZOOM meeting.](#)

Virginia 4-H



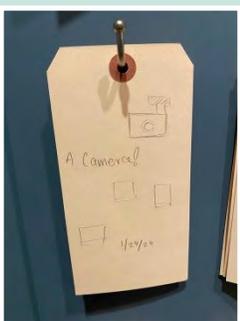
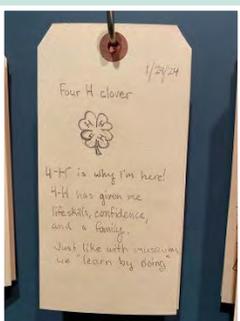
2024

Day at the Capitol



[Click here to see a video clip of our 4-Hers meeting the Governor!](#)





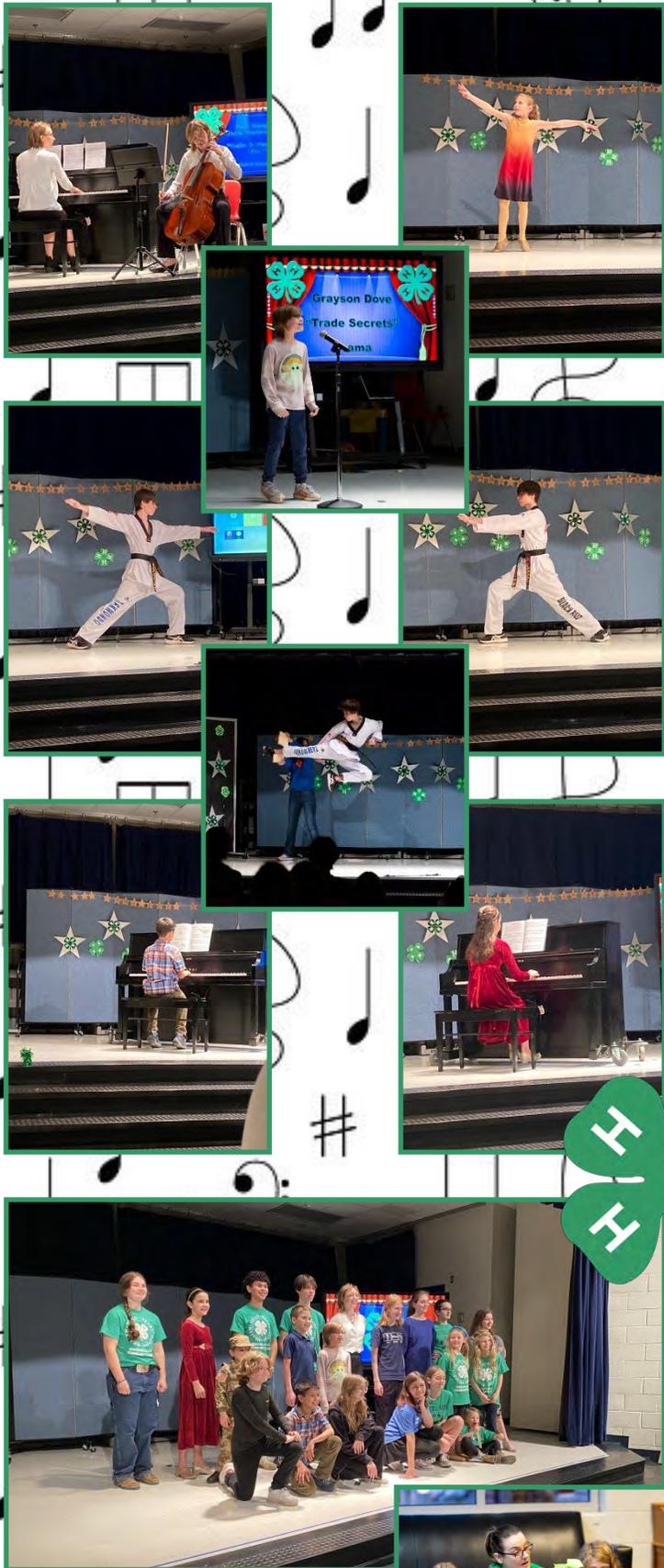
Prince William 4-H

SHARE THE FUN



4-H GROWS HERE





OUR EMCEES

Julia Lee, Kettle Run Community Club
 Cara Grahn, Kettle Run Community Club
 Ahryel Tinker, Special guest

SENIORS (AGES 14-19)

Sam Seagle & Nora Wallschlaeger
 Trigger Time 4-H Club
 Instrumental: Cello and Piano Duet #1

Michael DeRoche, Nokesville Community Club
 Variety: Taekwondo Poomsae

Julia Lee, Kettle Run Community Club
 Instrumental: En Sol Majeur

Bailey Dove & Evelyn Harm
 Kettle Run Community Club
 Drama: Draculala

Nora Wallschlaeger, Trigger Time 4-H Club
 Instrumental: Prelude in G Sharp Minor

INTERMEDIATES (AGES 12-13)

Sophie Carter, Trigger Time 4-H Club
 Instrumental: "Into the West"

JUNIORS (AGES 9-11)

John Sharp & Jason Sharp
 Kettle Run Community Club
 Variety: The Duck Song by Bryant Oden

Owen Lee, Kettle Run Community Club
 Instrumental: "Star Spangled Banner"

Maria Konstanty, Nokesville Community Club
 Dance: "Do you know the way to San Jose?"

Grayson Dove, Kettle Run Community Club
 Drama: Trade Secrets

Valor Richter, Trigger Time 4-H Club
 Instrumental: "Quiet Song" and "Lavender's Blue"

CLOVERBUDS (AGES 5-8)

Thomas Carter
 Drama: The Least Clumsy Soldier

MIXED AGE

Josephine Clinger, Jacqueline Clinger, Charlotte Peak, Maria Konstanty, Michael DeRoche, Ryan Nguyen, and Katie Saul
 Nokesville 4-H Community Club
 Combination: "Alice the Camel"

Prince William 4-H Contest Day - REGISTER TODAY!



Date: February 10th
Time: 10 am
Location: McCoart Building, 1 County Complex Ct., Woodbridge, VA
Who Should Participate: All Prince William 4-Hers
[Click here to register.](#) **Register by Friday, February 2nd.**



It's time to start preparing! Prince William 4-H Contest Day is a learning competition where 4-H'ers are scored against a rubric to encourage youth to hone their skills and be the best they can be. **Categories include:** Presentations, Extemporaneous, Radio/Public Address, Science Fair Presentation/Display, Fashion Review, and Table Setting.



[Click here for Virginia 4-H Competition and Scoring Aids.](#)

Prince William 4-H Food Challenge - Register Today!



[Click here to register your team or as an individual interested in joining a team.](#)
 It's time to **SPICE THINGS UP** at 4-H and **GO BANANAS** in the kitchen! This event might be the **BEST THING SINCE SLICED BREAD**. Be the **BIG CHEESE** in your 4-H club and form a team to **COOK UP A STORM** with culinary skills, **SPILL THE BEANS** with food nutrition and safety knowledge, and **BUTTER UP** the judges with public speaking skills.



IMPORTANT DATES

- County: Prince William 4-H Food Challenge Contest Date: March 9th
- District: Northeast District Food Challenge Contest Date: April 27th

Prince William 4-H Reporting Form for Clubs

Prince William 4-H MONTHLY CLUB REPORTING FORM		
4-H Club Name: _____ Reporter's Name: _____ Meeting Date: _____		
1. Secretary's Report	2. Treasurer's Report	5. Club Calendar
# of Members Present: _____ Absent: _____ # of Adults Present: _____ Club Leaders Present: _____	Ending balance LAST month: \$ _____ Total deposits this month: +\$ _____ Total checks this month: -\$ _____ Ending balance THIS month: \$ _____	List the dates, times, and locations of any workshops, field trips, clinics, practices, etc., that are planned.
3. Summary of Business Meeting	4. Educational Program	
List any main motions (and whether they were approved or not) and any major decisions for club activities, etc.	Briefly describe the educational program (and guest speaker, if applicable) presented this meeting.	
<p><small>4-H Club Reporter: Please complete this form and submit to cbelmfoster@pwva.gov within 1 week of your 4-H Club meeting. Acceptable submissions include completing this fillable form on a computer (preferred - save as a new file name and email the file), or take a photo of the handwritten report and email the photo.</small></p>		

We've updated an important tool for our 4-H Club Reporters!

The Monthly Club Reporting Form will help our 4-H'ers organize their notes from their club meetings and quickly send to Prince William 4-H. All clubs should email regular reports of their club activities. Be sure to attach photos to have your club featured in the Prince William 4-H Newsletter!

[Click here to download the fillable form to use at your next meeting.](#)

SHIMMER



Mooga

The easy version of these yoga poses for 2-4 minutes at the beginning or middle of class. Getting students energized and moving is proven to help students stay focused on learning!

WARRIOR



TREE POSE



LET'S GET MOO-VING

Designed by the Dairy Council of Florida, Mooga is cow-inspired yoga that is targeted towards teachers, students and their families. Mooga can bring mindful movements to any part of your day to help focus and energize your classroom, especially during these colder months! They have several videos you can use to guide this activity with your students this winter: Fuel Up Your Morning, Loading Your Bones with Mooga, Mooga for Balance, and Mooga for everyone. There are also posters and presentations you can download to plan a fun-filled Mooga activity session! The Mooga activities are ideal for students of all ages. [Click here to access the free activity.](#)



Q&A VIDEO WITH Farmer Pam

Farmer Pam from Selz-Pralle Dairy, who many of you may recognize from the Adopt a Cow program, took some time to answer your frequently asked questions about dairy farming (and your adopted calf) in this engaging, 15-minute video. [Click here to watch the video.](#)



HOW DO COWS NOURISH THE WORLD?

In this short, 2-minute video from The Dairy Alliance, learn more about milk and its 13 essential nutrients. Watch the video to learn about milk's amazing, bone-building nutrients and how milk can help build a healthy immune system. This video could connect to any health or nutrition lessons you might be planning. [Click here to watch the video.](#)

NATIONAL PIZZA DAY IS FEBRUARY 9TH!

More than 251,770,000 POUNDS of mozzarella cheese is used every year to make pizza in the United States. This is equivalent to 2.5 billion pounds of milk, or 2.92 million gallons of milk.



HUNGRY FOR PIZZA? [Click here for a recipe and try this healthy living Cauliflower Pizza with Greek Yogurt, Pesto, and Grilled Veggies!](#)



JOIN THE PW 4-H SPIN CLUB AND GROW WITH 4-H AND SHIMMER!

Log into our PW 4-H Shimmer Google Drive to access these lessons and activities. [Click here to access the Shimmer Google Drive.](#)



NEXT LESSON PLAN AND UPDATE COMING FEBRUARY 2024!



PRINCE WILLIAM 4-H

Embryology Project



“The Beginning of Life” 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. Educational material address Virginia SOLs for math, science, English, life science, and computer technology. Prince William 4-H provides fertilized eggs, guides participants through training, supports participants during the hatch, and then collects the chicks to be sent to a local farm.

Prince William 4-H Clubs, Prince William County Schools, Manassas City and Manassas Park Schools, and Homeschool Groups are invited to participate in this exciting 4-H project!



IMPORTANT DATES

Embryology Registration - CLOSED.
Program is full.

In-Person Leader Training (choose 1)
Feb 1, 6-7:30 pm, Woodbridge
Feb 7, 6-7:30 pm, Manassas
[Click here to register for training.](#)

Incubator Pickup (if rented from 4-H)
PW4-H, 8033 Ashton Ave, #105
Feb 8, 1 - 4 pm
Feb 12, 10 am - 2 pm

Egg Pickup
PW4-H, 8033 Ashton Ave, #105
Feb 21, 4 - 6 pm
Feb 22, 9 am-12 pm

HATCH DAYS: MARCH 13TH - 16TH!

Chick Drop Off
PWC Fairgrounds
Mar 19, 2 - 6 pm
Mar 21, 12 - 3 pm

CONTACT INFORMATION
DeeAnn Strand
4-H Youth Educator
dstrand@pwcva.gov
703-792-4762
www.pwcva.gov/4-H



RESOURCES:

- [Prince William 4-H Embryology Project Facebook Page](#)
- [Virginia 4-H Resources for School Curriculum Website](#)
- [VA 4-H The Beginning of Life Project Curriculum](#)



EMBRYOLOGY T-SHIRTS AVAILABLE!

[Click here to order.](#) **Orders due by February 2nd.**

Our local librarian Carolyn Vibbert has a fun opportunity to celebrate your spring chicks! Participants may order t-shirts through Custom Ink that will be available for pickup with egg distribution in February. *Please note that this is not a fundraiser - t-shirts are being sold at cost and Ms. Vibbert is organizing the distribution.* Questions? Contact [DeeAnn Strand](#) at Prince William 4-H.



IN-PERSON LEADER TRAINING DATES ANNOUNCED

[Click here to register for a training session.](#)

Thursday, February 1st -or-
6:00 – 7:30 pm
1 County Complex Ct.
Woodbridge, VA 22192

Wednesday, February 7th
6:00-7:30 pm
Sudley North – McCoy Room
7987 Ashton Ave.
Manassas, VA 20109



Virginia 4-H Teen Summit

Dates: March 8th - 10th

Location: Northern Virginia 4-H Center

Cost: \$55

Register through 4-H Online. **Register by February 14th.**

We are so excited to announce the dates for this year's Virginia 4-H Teen Summit registration is now OFFICIALLY OPEN! Our 4-H Teen Summit Leadership team has worked so hard to plan an amazing event. Teen Summit is an event, planned for teens, by teens that is focused on social equity, youth voice, and advocacy. During the summit, youth will be able to get learn, interact and have fun while empowering their voice around social equity issues. We will discuss issues such as disability inclusion, the environment, and culture diversity, as well as youth adult partnerships, and youth voice. All with an entirely teen planned and teen led weekend!

We are so excited for this event, and hope you will help us in marketing this phenomenal event created by an amazing group of teens!

WE AIM TO MAKE THE BEST BETTER FOR ALL

FOR
TEENS
BY
TEENS

VIRGINIA
4-H
TEEN
SUMMIT

This event focused on social equity allows teens to learn about their power within their own communities, while respectfully discussing their own ideas.



MAR
8-10
2024

LOCATION

WHO?

Northern Virginia 4-H Educational & Conference Center

Ages 14-18
Youth interested in leadership and making change.

REGISTRATION OPEN NOW UNTIL FEB 14
FEE: \$55

Virginia 4-H Shooting Sports Updates



7-YEAR INSTRUCTOR RECERTIFICATION SESSIONS

Dates: February 24th or November 2nd

Location: Holiday Lake 4-H Center

Register in 4-H Online by February 9th.

Shooting Education instructors who received their Level I certification in 2017 must attend a 7-Year Instructor Recertification Session hosted by the 4-H Shooting Education Council. Any instructor that fails to recertify will be decertified at the end of 2024. Those who received their certification in 2018 may attend the 7-year recertifications in 2024 if they choose. Please contact Lynn Wheeless, VA 4-H State Shooting Education Coordinator, Phone: (757) 778-1078, lynnwheeless1@vt.edu.



SPRING AIR 2024

Dates: March 16-17

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

[Click here for registration information.](#)

Registration deadline is February 20th. Project Portfolio Certification due February 27th.

Virginia 4-H members enrolled in a State 4-H Office approved 4-H Shooting Education Club and has completed project portfolios in the event(s) in which they are registered to shoot are invited to participate. Portfolios can be downloaded from the Virginia 4-H Shooting Education Website. Portfolios for each participant need to be complete and presented at registration. Please note that the deadline to submit the Project Portfolio Certification document for each competitor is February 27th. This document must be completed by the 4-H Agent or Club Coordinator using a high degree of integrity. If you have any questions you can contact: Robert Tillotson at ricochetrobort56@gmail.com or 434-841-6055 (cell) .

Events: BB Gun, Air Pistol, Air Rifle, Air Pistol Silhouette, Air Rifle Silhouette, Presentation Contest, Public Speaking Contest, and Archery.

Presentation and Public Speaking Contests: The 4-H Shooting Education Program is a vehicle for teaching life skills and the youth participating in the shooting program need to be able to communicate to others their interest and commitment to the shooting sports. Youth may participate in either the presentation contest or public speaking contest.



Virginia 4-H NE District Horse Updates



February 1st is the deadline to be enrolled online for 4-H Horse project members wanting to show at the State 4-H Horse Show.

Click here to read the [January 15th NE District Horse Advisory Council Meeting Minutes](#).

UPCOMING EVENTS

- Feb 9** Block and Bridle Hippology; Entries due Feb 2nd. [Click here to enter.](#)
- Feb 10** Block and Bridle Horse Judging Contest; Entries due Feb 2nd
- Feb 17** Hippology/Judging at Frying Pan Park
- Feb 27** District Hippology and Judging
- Mar 10** District Communications and Horse Bowl, Pole Green Park

Please visit www.NE4HHORSE.org for detailed information on the Virginia 4-H North East District Horse Program.

Virginia 4-H Animal Science Updates



2024 BLOCK & BRIDLE CLUB STOCKMEN'S, LIVESTOCK JUDGING, AND MEAT EVALUATION CONTESTS

- Feb 23** Junior Stockman's – Juniors in the morning and Seniors in the afternoon
- Feb 24** Livestock Judging – Advanced in the morning and Regular (non-reasons) in the afternoon
- Mar 2** State 4-H and FFA Meats Evaluation Contest

Location: Alphin-Stuart Arena on the Campus of Virginia Tech (Stockman's and Judging) and VT Meats Lab and Litton Reaves (State Meats Evaluation)

Who Should Attend: Enrolled 4-H and FFA Youth

[Click here for more information and to register.](#) **Entries due Friday, February 16th.**

Entry Fees: \$10 per individual in all divisions of the Stockmen's Contest and the Regular (nonreasons) divisions of the Livestock Judging Contest. Individuals competing in the Advanced divisions of the Livestock Judging contest will pay a \$15.00/person entry fee – this includes lunch for those contestants. Meats contestants who are only entering in the 4-H OR FFA contest will pay an entry fee of \$15/person and those contestants Dual-Entering as both 4-H AND FFA will pay \$20/person to cover the cost of additional awards and resources. All entries are due no later than Friday, February 16th Late entries will not be accepted.

The link to the entry forms will also be posted to the Block and Bridle Club's website:

Virginia Youth Livestock Website: <https://vtblockandbridle.wixsite.com/vtblockandbridle>

Virginia Youth Livestock Program: <https://ext.vt.edu/4h-youth/youth-livestock.html>

Virginia Youth Livestock Programs Facebook: <https://www.facebook.com/vayouthlivestock>

Former Virginia 4-H'er Hunter Liles THRIVES with 4-H

We are excited to introduce Hunter Liles as the newest member of our VCE Youth Animal Science Team here on campus in Blacksburg! Hunter is a native of Danville, VA and an alumni of the Virginia 4-H Horse Program. Hunter received her B.S. in Animal and Poultry Sciences, with an Equine Science emphasis, from Virginia Tech and a M.S. in Reproductive Physiology, focusing on beef and dairy cattle, from the University of Tennessee-Knoxville. Hunter has been the manager of North Point Farm, Inc. since 2020 where she managed and provided oversight of the reproductive programs, herd health protocol and young stock management for the 1300 head dairy cattle operation.

Growing up in the Virginia 4-H program, Hunter shares her favorite memories as being a member of the State 4-H Horse Judging Team and participating in the 50-mile ride. She was an active participating in the State 4-H Horse Show and loved getting to meet new people and make new friends from across the state.

Most recently, Hunter has served as a volunteer with the Virginia Youth Animal Science Program as one of the coaches for the State 4-H Horse Judging Team and working with the Western and Ranch Divisions at the State 4-H Horse Show. She has also been an active volunteer at the local level, assisting with several Augusta County 4-H programs, including the Augusta Market Animal Show and Sale.

Hunter brings a passion for positive youth development programs across numerous species and project areas within the scope of animal science and will be an incredible asset to our programs and our participants!



HOW CAN YOU GROW WITH 4-H?

National 4-H

GEORGIA BOOT TRAILBLAZERS CONTEST

Contest runs February 1st - March 3rd. [Click here for more information and to apply.](#) Want to show off your 4-H project? Apply for the 2024 Georgia Boot Trailblazer Contest. Georgia Boot is looking for four enthusiastic 4H'ers to share their 2024 project journeys with the Georgia Boot audience. Don't miss this chance to win a prize package valued at \$500!

CLOVER BY 4-H: SEQUENCE A DRONE DELIVERY

[Click here for FREE activity.](#)

Introducing the latest innovation in delivering convenience straight to your doorstep—Drone Delivery! Developed by The Ohio State University Extension and brought to you by Google, 4-H professionals can assist youth with learning about the concepts of automation and efficiency, and how they relate to computers.



Wizard of Oz Auditions - take your Share the Fun skills to a new level!

Wizard of Oz auditions start next Friday, February 2nd at the Pied Piper Theatre at the ARTfactory. There are still spots available for sign up - don't miss out on being a part of this beloved classic!

Follow the yellow brick road in this delightful stage adaptation of L. Frank Baum's beloved tale, featuring the iconic musical score from the MGM film. The timeless tale, in which young Dorothy Gale travels from Kansas over the rainbow to the magical Land of Oz, continues to thrill audiences worldwide. (Ages 8 - 18)

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



VASWCD Photo Contest



2024 PHOTO CONTEST

Presented by the Virginia Association of
Soil & Water Conservation Districts

Enter up to 10 digital images that represent:
"Conservation Across the
Commonwealth™"

FOR MORE INFORMATION VISIT:

WWW.VASWCD.ORG/PHOTOCONTEST

- Images must be taken in Virginia
- One Overall Winner, People's Choice, & Young Photographer will be selected
- Full list of rules can be found online



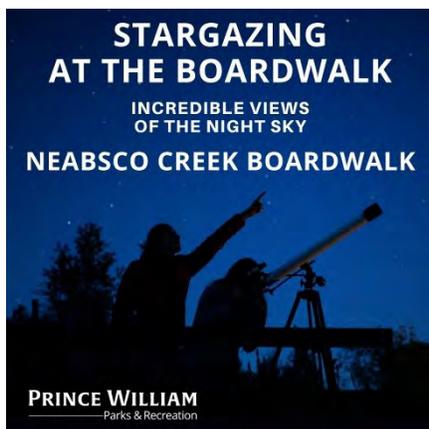
ENTRIES DUE
8.1.2024

The VASWCD is committed to conservation of natural resources through stewardship and education programs, and we want to see it through your eyes! The theme this year is "Conservation Across the Commonwealth." Capture those vibrant moments and express what conservation looks like through your lens. All photographs must be taken within the Commonwealth of Virginia. Photographs taken outside the state of Virginia will be disqualified.

The contest is open from January - August 1, 2024. You can submit up to 10 photos.

[Click here for contest rules and submission form.](#)

Stargazing at the Boardwalk



Date: Saturday, February 3rd

Time: 6-8 pm

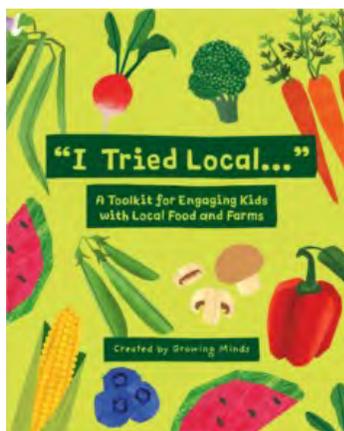
Location: Neabsco Creek Boardwalk, 15125 Blackburn Rd, Woodbridge

[Click here to sign up.](#)

Turn your eyes skyward and enjoy the spectacular night sky at the beautiful Neabsco Creek Boardwalk. Start the evening with a guided stroll along the boardwalk, followed by stargazing and hot chocolate. This is one show you don't want to miss!

Sign up early, this program will fill up quickly.

Resource & Lesson Plans for Clubs and Educators



"I TRIED LOCAL..." A TOOLKIT FOR ENGAGING KIDS WITH LOCAL FOOD AND FARMS

"I Tried Local..." is designed for use in ECE through second grade classrooms. The curriculum is divided into 10 units based on foods grown in North Carolina: blueberries, broccoli, carrots, green beans, mushrooms, peppers, radishes, sugar snap peas, sweet corn, and watermelons. You can move through the units in any order that makes sense based on your growing region, curriculum, or program structure. The toolkit has a plethora of additional resources around how to implement farm to school with gardens, classroom cooking, farm field trips and farmer visits, and local food in meals or snacks.

<https://growing-minds.org/i-tried-local-toolkit/>

<https://growing-minds.org/publications/>



Virginia Cooperative Extension

Virginia Tech • Virginia State University

2024 (Our 16th year!)

Expand Your Horizons with 4-H...

8 days and 7 nights in... 

Punta Cana, Dominican Republic

While in the Dominican Republic 4-H'ers will:

- Learn and practice speaking Spanish
- Try tropical foods
- Work with Dominican teen partners
- Conduct 4-H day camp activities for elementary school students
- Swim at the beach, snorkel over a coral reef
- Participate in service projects

WHO: 4-H'ers in grades 9-12

WHEN: July 16-23, 2024 OR
July 30-Aug. 6, 2024
(Choose one week)

COST: \$2,500
First payment of \$1,000 due March 15.
Final payment of \$1,500 due July 1.

INCLUDES: Insurance
Airfare and in-country transportation
Accommodations – local resort
3 meals/day (will need to purchase a couple of meals on your own while traveling)
Field Trip to the city of Higüey

Please submit applications by March 1, 2024

Participants need to apply for their passports asap!

2023 Blog:

<https://2023virginia4hdominicanrepublic.blogspot.com/2023/07/what-is-this-program.html>

Youth Program Application:

https://docs.google.com/forms/d/e/1FAIpQLSdJFmciJddrdB4JPAdPF7scS_uH2w09DYtNT3D45uitg8blDA/viewform?usp=sf_link

Adult Volunteer Program Application:

https://docs.google.com/forms/d/e/1FAIpQLSd4Yu6kBc6feykqfEnSMIV2wL0DiaVehNw6oX4pS2XQN6yDbA/viewform?usp=sf_link

Contact the Program Co-Leaders for more info:

Carol Nansel
Shenandoah Co. 4-H Agent
cnansel@vt.edu

Christine Hodges
Alleghany Co. 4-H Agent
chodges1@vt.edu



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**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[Prince William 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



Your Dedicated PWC 4-H Staff

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PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)
[4-H Online Information](#)
[The 4-H Foundation](#)
[4-H All Stars](#)
[STEM in Virginia 4-H](#)

Prince William 4-H

[PW 4-H Homepage](#)
[PW 4-H Programs](#)
[PW 4-H Camps](#)
[PW 4-H Events & Calendar](#)
[PW 4-H Document Center](#)

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](#)

[Prince William 4-H Member Record - President](#)
[Prince William 4-H Member Record - Vice President](#)
[Prince William 4-H Member Record - Officer](#)



2023-2024 PWC 4-H Association Officers

Youth Officers

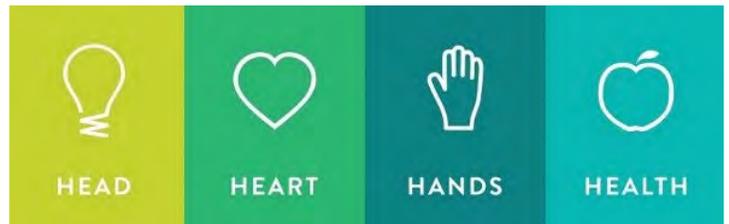
Lauren Byrd, President
Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

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

Committee Chairs

Fundraising Committee - Lauren Byrd
Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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