



# Prince William 4-H

*Our Clubs, Our Community*



March 6, 2024

## Upcoming Events

- Mar 8-10 VA 4-H Teen Summit
- Mar 9 PW 4-H Food Challenge
- Mar 9 VA 4-H Horse Judging
- Mar 15 PW 4-H BINGO
- 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 13-14 New Shooting Instructor Cert.
- Apr 13 Northeast District Contest Day
- Apr 19-24 National 4-H Conference
- Apr 20 PW 4-H Tree Seedling Planting Day & Cloverbud Club

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Click to Visit



## Congratulations Virginia 4-H All Star Initiates!



**Congratulations to Julia Lee, Noah Richter, Katie Saul, and Lexi Strand for being nominated and selected to join the Virginia 4-H All Stars!**

Membership in 4-H All Stars is the highest recognition that a Virginia 4-H member or adult can achieve. Since “service” is the All Star motto, we look forward to their active involvement and service to 4-H as a Virginia 4-H All Star. To become a 4-H All Star, our initiates will participate in the tapping ceremony during State 4-H Congress on June 20th at Virginia Tech.

Congratulations Julia, Noah, Katie, and Lexi, on being selected for this tremendous honor! We’re so proud of how much you’ve GROWN with 4-H!

## Prince William-Stafford 4-H Junior Camp Registration is OPEN



**Camp Dates:** July 14-18

**Location:** Northern Virginia 4-H Educational Center, Front Royal, VA

**Who Should Attend:** Prince William youth ages 9-14

**Fees:** \$365

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

4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires. Register through 4-H Online today before camp is full!

4-H Camp Scholarships are available! **Applications are due April 1st. [Click here for more information and to apply.](#)** Only 8 youth will be randomly selected for full scholarships.

## Prince William 4-H Association Meeting



**Date:** Tuesday, March 12th

**Time:** 6:30 PM

**Location:** McCoy Conference Room, 4-H Office, Manassas

The Prince William 4-H Association Mid-Year Leaders’ Meeting and general meeting is Tuesday. This is an in-person meeting to review association business and the upcoming BINGO fundraiser.

## Prince William 4-H Association BINGO Night Reminders

Prince William 4-H Association

# BINGO

## FAMILY NIGHT

Join us for an unforgettable evening of excitement, camaraderie, and the thrill of the win at BINGO! Featuring rounds with themes, guest announcers, raffles from our sponsors, and tasty treats, this is an event to bring family and friends and get ready to yell BINGO! All proceeds will benefit youth development and educational opportunities offered by Prince William 4-H.

### PRIZES | RAFFLES | FOOD | FUN

Friday, March 15th at 6 pm  
Buckhall VFD, 7190 Yates Ford Rd, Manassas, VA

Cost: \$20 each and includes 9 games, a dauber, and a raffle ticket. Kids under 6 play for free. Scan QR Code to purchase tickets in advance and secure your seat.

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**Date:** Friday, March 15th  
**Time:** 6-8 PM  
**Location:** Buckhall VFD  
**Who Should Attend:** All Prince William 4-H families and their friends!  
[Click here for link for clubs and members to volunteer.](#)

We need all hands on deck for this exciting community event! Please see the signup to lend a helping hand to ensure the success of our fundraiser.

We are planning on this being a great event to raise money for the Association, get together to celebrate 4-H, and show the community how awesome 4-H is. We are asking all clubs to contribute and participate as much as possible because the Association supports all the clubs through program funding and scholarships. Here are a few things you can do to help:

→ **PARTICIPATION!** We would like you to bring your family and friends (non-4-H friends are absolutely welcome!), and we will need help from some volunteers. Please check out the [SignUp Genius link](#) for volunteer positions that need to be filled.

→ **DONATIONS!** We are asking each club to please donate at least 3 items, one of which should be a themed basket with a \$50-\$75 value.

Other potential donations could be items or gift certificates from businesses, or perhaps you specialize in something you could donate. We have attached a donation letter for you to use when you approach businesses. Please drop off all donations to the 4-H office by March 8th.

- **TICKETS!** We ask that each club sell 20 tickets. Tickets are \$20 each and include 9 games, a dauber, and a raffle ticket. Kids under 6 play for free. Tickets will be available at the 4-H office next week or contact [Susan Wolf](#) to coordinate drop off.
- **4-H POSTERS!** If you have posters already made from a past event, please bring them on Bingo night to spotlight your club. We are hoping to have 4-H info readily available and would love to show off our awesome clubs.

**PLEASE HAVE A CLUB REPRESENTATIVE ATTEND THE PRINCE WILLIAM 4-H ASSOCIATION MEETING ON TUESDAY, MARCH 12TH!**

## Documenting our GROWTH with 4-H! PW 4-H Portfolio Workshop

Last Thursday, Prince William 4-H'ers gathered to dive into their portfolios and explore tips and tricks to record and display their growth in 4-H. Through hands-on crafts and writing exercises, to games to get the creative juices flowing, these 4-H'ers are off to a terrific start! We hope to see many entries at the county and state fairs, as well as to Prince William 4-H for judging in September.



### TRIGGER TIME 4-H CLUB UPDATE

Submitted by Trigger Time 4-H'ers Lexi and Ayden Strand

**March 2, 2024** - Six Trigger Time members participated in the 2024 CMP National qualifier. The participants consisted of Sam Seagle with a 537 (19x), Lexi Strand with a 537 (15x), Rebecca Ahrens with a 514, Ayden Strand with a 512, and Samantha Erick with a 511. The team qualified for the CMP Nationals and will be traveling to Ohio in June to compete. Sam Seagle and Lexi Strand qualified as individuals and Ayden Strand shot a personal best that night. **Go Team!**

Nora Walrond and Sophia Defazio from Madison County 4-H also participated with Trigger Time, and both shot very well. Thank you to all coaches especially Coach Lepert from the Acorns Rifle Team and Coach Strand. [Click here for full results.](#)



### VIRGINIA 4-H NEW SHOOTING INSTRUCTOR TRAINING

**April 13-14 at the Holiday Lake 4-H Educational Center**  
Register by March 18 through your 4-H Club or Prince William 4-H. New instructor candidates will need to take an online training course before April 8.

The VA 4-H Shooting Education Council will hold an Instructor Certification session, for adults and experienced teens ages 16 and older, with training for the following disciplines: Archery, Coordinator, Hunting and Outdoor Skills, Muzzleloading, Pistol, Rifle, and basic Shotgun.



## Prince William 4-H Explores Milk Jug Gardening



Last spring, the PW 4-H Teen Club explored milk jug gardening to focus on the 4-H Pillar of Agriculture. It's time to get your milk jugs prepped and seeds growing!

- Step 1: Grab a clean milk jug
- Step 2: Cut it in half and punch/drill drain holes in the bottom
- Step 3: Fill the bottom with moist potting soil and plant seeds
- Step 4: Tape the jug together, label, and place in a sunny spot

Remove the lid when the weather warms up and transplant your plants to your home veggie or flower garden...or

encourage your 4-H Club to join together and grow flowers for your garden at the Prince William Fairgrounds! Prince William 4-H Youth Educator Pam Hardin is working on her milk jug garden pictured above and is available to answer any questions you have. [Click here to check out a quick video to get you started.](#)

# SHIMMER



## MOO COW DANCE CHALLENGE

Are you looking for a fun way to get your 4-H Club or students up and moo-ving? Check out the Moo Cow Dance Challenge! It's a fun way to take a brain break, and you might even win an ice cream party for your club/classroom. Click on the links below to watch the video, learn the lyrics, and see the motions. Then, try it on your own.

To take the challenge, take a video of your students doing the Moo Cow Dance and submit it by Thursday, March 28 at 11:59 PM EST using the links online.

To submit your video and participate in the Moo Cow Dance Challenge, you must follow these two steps:

- \* Step One: Complete This Submission Form
- \* Step Two: Upload Your Video to the Google Folder

All participants will be notified of the selected winners by Friday, April 12.

**\*\*Winners will receive cow-themed materials to have a classroom ice cream party and a gift card to buy the ice cream!\*\***

[Click here for more information and to participate in the challenge.](#)

[Original Moo Cow Dance Video](#)

[Moo Cow Dance Lyrics](#)

[Moo Cow Dance Audio \(3 minutes\)](#)

[Moo Cow Dance Audio \(1 minute\)](#)

[Past Moo Cow Dance Submissions](#)

## BUILD A HABITAT FOR YOUR ADOPTED CALF

This elementary classroom put their engineering and STEM skills (plus some creativity) to the test! Students built their own habitats for their adopted calf using Legos. Try this hands-on activity with Legos, craft supplies, blocks or any other item that your 4-H'ers or students could use to create a structure.



MARK YOUR CALENDAR FOR THE  
NEXT CALF UPDATE!

Update 3 will be in the April 3rd  
Prince William 4-H Newsletter.



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 lessons and activities.

[Click here to access the Shimmer Google Drive.](#)

## Save the Dates for Virginia 4-H State Congress

**Dates:** June 18-21

**Location:** Virginia Tech, Blacksburg, VA

**Cost:** \$285/person. Includes 3-nights lodging, 8 meals, t-shirt, educational sessions, and most activities

**Registration opens April 1st in 4-H Online.**



The mission of Virginia 4-H State Congress 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.

Activities and highlights include: 4-H State-Level Competitions, campus scavenger hunt, Tuesday picnic, opening session featuring Clovers & Co. from Georgia 4-H!, educational workshops, 4 dances, an opportunity fair, color run/walk, service learning opportunities, recognition of 4-H All Stars and Tapping, a closing ceremony with awards, and so much more!

[Click here to apply for needs-based scholarships.](#)

For 4-H'ers with a military parent currently serving in Active Duty Air Force, Air Force Reserve, or Air National Guard, contact [Louetta Jones, 4-H Military Club Director](#) for scholarship information.

## Virginia 4-H Horse Program



### NORTHEAST 4-H HORSE COUNCIL

The next meeting is March 11th at 7 PM on Zoom, [Click here for more information.](#)

### 2024 VIRGINIA HORSE COUNCIL EDUCATIONAL SEMINAR & ANNUAL MEETING

**Date:** Saturday, March 23rd

**Location:** Piedmont Virginia Community College, Charlottesville, VA.

**Cost:** \$35 for members, \$55 for non-members; includes continental breakfast and lunch

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

This is a great opportunity for youth and adults alike to network within the VA Equine Industry and learn more about horses and updates to the horse industry in VA.



### THE GOLDEN HORSESHOE 4-H CLUB OPEN QUALIFYING SHOW

**Date:** May 11th at 9 AM

**Location:** Frederick County Fairgrounds, 250 Fairground Rd., Clear Brook, VA

**Entry Fee:** \$12/class; Jackpot Classes are \$15/class; **Entries must be postmarked by May 4th.**

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

This is an approved Northwest District Qualifying Show for the Virginia 4-H State Horse Show. There is a Northwest District Qualifying fee of \$5 for each horse/rider combination. Negative coggins required. Food concessions available.



### THE VIRGINIA HORSE INDUSTRY BOARD 4-H HORSE CLUB GRANTS

[Click here for more information and to apply.](#) **Applications due by June 30th.**

The Virginia Horse Industry has grants of up to \$5,000 per club available to Virginia 4-H horse clubs for educational/project materials and marketing initiatives

### EQUINE ADVISORY COUNCIL COACHING OPPORTUNITIES - Apply by March 15th

- **State 4-H Hippology All-Star Team Coaches:** Serve as one of the coaches for the 2024 State Hippology Team, consisting of 8-10 individuals who qualified at the State Hippology competition at Equismartz. [Click here to apply.](#)
- **State 4-H Horse Bowl All-Star Team Coaches:** Serve as one of the coaches for the 2024 State Hippology Team, consisting of 8-10 individuals who qualified at the State Hippology competition at Equismartz. [Click here to apply.](#)
- **State 4-H Horse Judging All-Star Team Coaches:** Serve as one of the coaches for the 2024 State Horse Judging Team, consisting of 8-10 individuals who qualified at the State Horse Judging competition at Equismartz. [Click here to apply.](#)

### SAVE THE DATES! 2024 SOUTHERN REGIONAL 4-H HORSE SHOW

JULY 31ST - AUGUST 4TH | GEORGIA NATIONAL FAIRGROUNDS & AG CENTER | PERRY, GA



# 2024 EQUISMARTZ

April 5- 7<sup>th</sup>, Lexington, VA

## Virginia 4-H/FFA Horse State Educational Competition Weekend HORSE BOWL – HIPPOLOGY – HORSE JUDGING – COMMUNICATIONS



Please see rules posted on the 4-H Horse Program website for each specific contest. This competition is for Junior and Senior Contestants. Hippology and Horse Judging is for 4-H and FFA. Horse Bowl & Communications is 4-H only.

### FRIDAY, MARCH 31

- 4-H & FFA Hippology – Rockbridge County High School, Lexington, VA

**The 4-H horse judging phase of Hippology is Saturday. FFA horse judging phase is Friday.**

- 4:15 PM – Arrival & Registration. See parking map. Register at front of school.
- 4:15 PM – Seating: Juniors: **cafeteria**. Seniors: **auditorium**.
- 4:45 PM – Contest begins for all (Exam, Slides, Stations, Team Problems)
- 7:30 - 8:30 PM – Conclusion – watch Band App for groups finishing
- Awards for 4-H and FFA– Saturday following the Horse Judging contest, Rockbridge High School



### SATURDAY, APRIL 1

- 4-H & FFA Horse Judging – East Arena, Virginia Horse Center, Lexington, VA (indoor arena)

**All Contestants - bring clipboards, #2 pencils, dress appropriately for the weather.**

- 8:00 AM – Registration
- 8:45 AM – Contest begins
- 8:45 AM - Hippology Contestant Registration for those not doing full Horse Judging contest
- 12:00 PM – Bus Contestants to Rockbridge Co. High School for lunch and reasons
- 1:30 PM – Reasons begin (Rockbridge Co. High School)
- ~4:00 PM – Officials given from Horse Judging Classes (High School Auditorium)
- ~4:30 PM – Awards for 4-H Hippology and Horse Judging (High School Auditorium), FFA (High School Cafeteria)

### SUNDAY, APRIL 2

- 4-H Horse Bowl – Rockbridge County High School, Lexington, VA

**5 Jr. and 5 Sr. teams allowed per District, determined by your District Horse Council.**

- 8:00 AM – Registration begins for juniors (holding area for Juniors and Seniors – **cafeteria**)
- 8:30 AM – Junior Contest begins - **Classrooms** open to one coach per team due to space constraints
- 8:30 AM – Registration begins for Seniors
- 9:00 AM – Senior Contest begins - **Classrooms** open to one coach per team due to space constraints
- 1:00 PM (tentatively) – Junior and Senior Final Round – open for all to watch
- Awards following – **cafeteria or auditorium**

- 4-H Communications Contests – Rockbridge County High School, Lexington, VA

Individual and Team Presentations, Public Speaking.

- 11:00 AM - check-in (scheduled times pre-announced)
- 11:30 AM - CONTEST BEGINS for all Senior Contest and Junior Individual Presentations
- 12:30 PM - CONTEST BEGINS for all Junior Team Presentations & Public Speaking
- Awards to follow each contest



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*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Hunter Liles at (434-429-5342), 9-5, Mon.- Fri. to discuss accommodations 15 days prior to the event. \*TDD number is (800) 828-1120.*

**ENTRY DEADLINE: March 29th**

**CLICK TO ENTER:** [Horse Bowl](#), [Hippology](#) and [Horse Judging](#), [Communications](#)

## Virginia 4-H Northeast District Contest Day 2024

**Date:** April 13th

**Time:** check-in begins at 9:30 AM; competition begins at 10 AM

**Location:** Marshall Center (8800 Courthouse Rd, Spotsylvania VA)

**Registration Fee:** \$10/youth participating in 1 or 2 contests

[Click here to register.](#)

**Registration is due by March 22nd.**

[Click here for scoresheets and guides.](#)

The Northeast District Contest is coming up and registration is LIVE! Contests Being Offered in 2024 (*may participate in a maximum of two*):

- ★ Presentation
- ★ Public Speaking
- ★ Share the Fun
- ★ Fashion Revue
- ★ Science Fair
- ★ Extemporaneous Speaking
- ★ Table Setting
- ★ Visual Arts (Painting, Photography, Crafts, Sculpture, Drawing, Fiber Arts, Mixed Media, Trash to Treasure)

### 4-H Competitors:

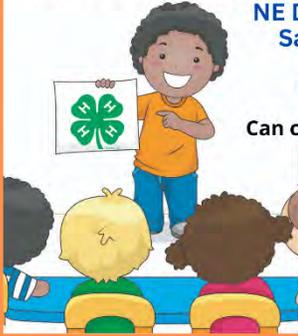
- ★ Must be registered in [4-H Online 2.0](#)
- ★ Must be a Junior, Intermediate, or Senior 4-H member. Unfortunately, Cloverbuds may not participate in the contest. All 4-Hers are invited to attend, observe, and learn.
- ★ Must be present to compete (speak to judges); No virtual entries will be accepted.
- ★ May compete in a maximum of 2 contests.

**Interested in Judging?** Email [Krista Gustafson](#) ASAP.

### 2024 NE District 4-H Communication & Expressive Arts Contests

Registration due Friday, March 22nd

**Register @ <https://bit.ly/24NED4H>**



**NE District 4-H Contests**  
**Saturday, April 13th**  
Marshall Center  
in Spotsylvania County  
(8800 Courthouse Rd)

**Can compete in two contests.**

**Presentation;**  
**Public Speaking;**  
**Share the Fun;**  
**Fashion Revue;**  
**Science Fair;**  
**Extemporaneous Speaking;**  
**Table Setting;**  
**Visual Arts**

**SAVE THE DATE!!!**  
Registration opens March 8

## VIRGINIA 4-H HEALTHY LIVING SUMMIT

APRIL 26-28  
@ W.E. SKELTON 4-H EDUCATIONAL CENTER  
Cost: \$55

**ABOUT**

The Virginia 4-H Healthy Living Summit is open to enrolled 4-H youth ages 14-19 interested in Healthy Living.

QUESTIONS? CONTACT  
DR. TONYA PRICE,  
TOTAYLOR@VT.EDU

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## Virginia 4-H Healthy Living Summit

**Dates:** April 26-28

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

**Who Should Attend:** Prince William 4-H teens ages 14-19

**Cost:** \$55

*Registration opens March 8th.*

Although planning is still underway, we can promise that this Summit will feature hands-on and engaging workshops, amazing speakers, and opportunities to engage in conversations that will empower teens to be healthy – body and mind, and gain skills that will better equip them to make healthy decisions.



## Northeast 4-H Spring Social

[Click here to complete the interest form before April 1st.](#)

The Northeast District 4-H Cabinet Ambassadors invite all community members, of all ages, to join them at the NOVA 4-H Center at Front Royal on Sunday, May 19th, 2024 from 3-6pm for the 4-H Spring Social, where attendees can learn about 4-H while playing board games and getting to know fellow 4-H members.



## VA Dept of Forestry - Camp Woods & Wildlife



### PRINCE WILLIAM 4-H TED/TOM WOODS & WILDLIFE SCHOLARSHIPS AVAILABLE!

**Dates:** June 17-21

**Location:** Holiday Lake 4-H Education Center, Appomattox, VA

**Who Should Attend:** Virginia youth ages 13-16 who show an interest in natural resources and have good academic standing.

[Click here for more information and to apply.](#) **Applications due April 15th.**

The Virginia Department of Forestry, in cooperation with other natural resource conservation agencies and organizations, has proudly administered Camp Woods and Wildlife (formerly called Holiday Lake Forestry Camp) for more than 70 years. Camp Woods and Wildlife is an academic, structured, residential camp that focuses on field experiences in forestry and other natural resources. This unique camping experience introduces 13-16-year-olds to the challenges, special skills, and knowledge needed for managing the forest resources we use and enjoy every day.

#### Camp Woods and Wildlife is ideal for students who:

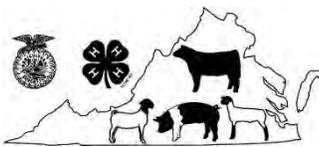
- \* wish to explore forestry and wildlife related careers
- \* participate in forestry and wildlife judging teams, Envirothon competitions, or ecology clubs
- \* want to experience hands-on learning and gain real-world skills in natural resources conservation

#### Camp Activities

- \* Classes are taught mainly outdoors, by natural resource professionals.
- \* Courses include: Sustainable Forest Management, Forest Ecology, Mapping, Environmental Protection, Forest Health, Wildlife Management, Tree Identification
- \* Other learning experiences include urban forestry and forest products demonstrations; exploratory classes in topics such as forest fire equipment and tactics, wilderness survival, canoeing, and archery; and presentations by conservation police officers, wildlife researchers, and other natural resource professionals.

- \* Campers participate in a Lumberjack Field Day with group competition in crosscut sawing, log rolling, and other traditional outdoor skills contests.
- \* Recreation and athletics include swimming and volleyball.

## 2024 Virginia 4-H Animal Sciences Updates



### 2024 VIRGINIA STATE 4-H/FFA SKILLATHON

**Date:** Wednesday, March 27th

**Location:** Rockingham County Fairgrounds, Harrisonburg, VA

**Entry Fee:** \$15/contestant entered

[Click here for more information and to enter.](#) **Entries due by March 22nd.**

This is the official State 4-H Skillathon Contest and FFA Teams are welcome and encouraged to participate. There is one contest – not separate 4-H and FFA Contests. There are two divisions – Juniors and Seniors – all contestants will be sorted into divisions based on birth date. Dual-entry as both a 4-H and FFA member is NOT permitted, as there are not separate 4-H and FFA contests.

**NEW AND EXCITING for 2024:** Dr. Temple Grandin will be speaking on Wednesday, March 27th, and has generously invited all State Skillathon Contestants, Coaches, and two parents/contestant to attend at no cost.



### VIRGINIA STATE YOUTH CATTLE WORKING CONTEST

**Date:** Friday, April 19th

**Location:** VA Beef Expo, Rockingham County Fairgrounds, Harrisonburg, VA

**Entry Deadline:** Friday, March 15th at 5 PM

**Entry Fee:** \$35/Team

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

**Entries due Friday, March 15th at 5 PM.**

## Virginia 4-H - States 4-H Exchange

**Build Your Global Skills - Host a Japanese Young Person in Your Home This Summer!**

Virginia 4-H is recruiting host families across Virginia to host 18 young Japanese people and 2 chaperones for the summer of 2024.

### Hosting Details and Requirements

- Program runs July 24 through August 17, 2024
- No previous 4-H experience is required
- Japanese delegates are ages 12-18 (most are 12-14)
- To host a delegate, a family must have a child who is 9+ years old.
- Families without youth can host adult chaperones.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- All Host families will be screened and interviews as part of our risk management protocol.
- Host families receive no stipend to host a delegate.
- Japanese delegates have a range of English language abilities.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support from the state coordinator and other host families before, during & after the exchange (not financial)

Host families should apply directly here and select Virginia as their state: <https://www.states4hexchange.org/apply/host/>

Summer Program FAQs: <https://www.states4hexchange.org/host/summer/faq/>

Please contact Wendy Herdman at [wherdman@vt.edu](mailto:wherdman@vt.edu) or 804-493-8924 if you have questions or need assistance.



## Virginia 4-H STEM Summer Camps at Virginia Tech

Virginia Tech Fralin Life Sciences Institute on Virginia Tech's Blacksburg Campus, in collaboration with 4-H, is running six week-long, half-day STEM Summer Camps. Camps will run Monday - Friday from 9 am - 12 pm, and are appropriate for kids ages 9-12. The camp is offered six times during the summer on the following dates (*participants may only attend one week*) and is limited to 16 campers per week.

May 28 - 31  
 June 3 - 7  
 July 8 - 12  
 July 15 - 19  
 July 29 - August 2  
 August 5 - 9

  
**FRALIN LIFE SCIENCES INSTITUTE**  
 VIRGINIA TECH™



Registration is \$100 (*May 28-31st which will be \$80*) and is non-refundable. [Click here to register.](#)

Each day we will focus on different STEM topics including Geology (including jewelry making), Horticulture (tour of the Hahn Horticulture Garden) and Engineering (design build activities). Since a majority of our time will be in a lab setting the child must wear long pants (or skirt to the ankle, if appropriate) and close toed shoes. We will also be moving around campus so please make sure your shoes are comfortable and plan on being on your feet the entire time.

Snacks will not be provided however we will take a 15 min break around 10:30 am so that students can eat a quick snack outside and use the restroom. We encourage kids to bring a water bottle.

## National 4-H Updates



### IGNITE BY 4-H - BYTES

[Click here for more information.](#)

Can't attend in-person in Washington, D.C? Don't miss the action and join in! Ignite bytes is the place to access content from Ignite 2024 online. Immediately following the event, the week of March 18th, get access to the Keynote Sessions from Gitanjali Rao, Emily Calandrelli, and Daniel Mac, plus behind the scenes with other speakers. Create an impact on your community and future with Lead to Change action planning and career building skills! The first 250 registrants will receive an Ignite by 4-H branded bucket hat (just like you would have received if you were in person) and a one-year subscription to Clover (valued at \$74)! Tickets are available now for only \$34.



### YOUTH IN ACTION APPLICATIONS OPEN

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

#### Applications due April 1st.

Teens aged 14-19 are encouraged to apply to the 4-H Youth in Action Program for the chance to tell their 4-H impact story and win a \$5k educational scholarship, tailored professional mentoring, national speaking opportunities and MORE!



### JOANN IN-STORE CAMPAIGN

[Click here for more information and coupon.](#) Campaign runs March 3rd - May 4th.

Join JOANN in supporting 4-H to help create kids who are ready to lead in their communities and take on life's greatest challenges. Shop and donate to support Prince William 4-H!



### CLOVER BY 4-H: CODE YOUR DANCE ROUTINE

[Click here to access free curriculum.](#)

Designed by The Ohio State University Extension and brought to you by Google, learn how to write computer code, why sequencing in coding is important, the meaning of key coding terms, and how to design algorithms and programs for real-life activities like dancing. Grades 5-8.



### CLOVER BY 4-H: ABSTRACTION - IT MATTERS

[Click here to access free activity.](#)

Practice abstraction by playing a game of Charades with your family or friends. Designed by Utah State University Extension and brought to you by Google, 4-H educators can help youth explore the use of the computational thinking skill of abstraction and its role in coding and daily life. Grades 3-8.

## PWC's Internship Pays College Students to Learn About Local Government!



[Click here for more information and to apply.](#) Apply before March 16th.

Do you know any college students looking for a paid internship that offers them valuable experience and knowledge in local government? Prince William County's Internship Program runs eight weeks and allows students to participate in professional development opportunities, such as skills and leadership training, mentoring, networking with executive leadership, field excursions, short-term projects, and hands-on experience, that will set them up for long-term success. The program runs from May 20 to July 11, 2024, and applications are now open! Interested candidates can [apply](#) for the program by visiting our website and accessing the application. Make sure to apply before March 16, 2024, as the deadline is quickly approaching. Spread the word and give college students the chance to gain invaluable experience and take their first step towards a successful career in local government.

**TERRIFIC  
OPPORTUNITY  
FOR OUR  
COLLEGE 4-H'ERS!**





# Virginia Cooperative Extension

Virginia Tech • Virginia State University

2024 (Our 16<sup>th</sup> 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](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](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](mailto:cnansel@vt.edu)

Christine Hodges  
Alleghany Co. 4-H Agent  
[chodges1@vt.edu](mailto:chodges1@vt.edu)



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CENTER FOR RURAL EDUCATION  
VIRGINIA TECH.



**APPLY BY  
MARCH 15**

# SUMMER ENRICHMENT EXPERIENCE

## AT VIRGINIA TECH

Residential camp for rising 6th  
and 7th grade gifted students  
from rural communities



Click or scan the QR code to apply!

Place-based academic enrichment, STEM and humanities courses, social activities, campus life, field trips, and more!



**June 16-21, 2024**



**VIRGINIA TECH, BLACKSBURG, VA**



**\$500 (FINANCIAL SCHOLARSHIPS AVAILABLE!)**



**SEEVT@VT.EDU**



**RURAL.VT.EDU/SEE-VT/**



Funded in part by **JACK KENT COOKE**  
FOUNDATION



**PLT**<sup>®</sup>

The Cornerstone for  
Environmental Education



## Project Learning Tree Explore Your Environment K-8 Workshop

- ◆ Become a Project Learning Tree-certified educator
- ◆ Be engaged in a hands-on workshop for both formal and nonformal educators
- ◆ Investigate environmental topics with indoor and outdoor activities
- ◆ Receive PLT's *Explore Your Environment Guide*, correlated to national and state K-8 academic standards

**Date:** Saturday, March 30, 2024

**Time:** 10 AM to 4:30 PM

**Place:** Northern Virginia 4-H Center, 600 \$-H Center Dr.  
Front Royal, VA

**Cost:** \$11 (Includes Explore Your Environment K-8 Guide)



**To register:**

<https://project-learning-tree.odoo.com/event/northern-virginia-4-h-center-15/register>

**For more information contact:** Lesley Newman

[lesley\\_newman@dnr.virginia.gov](mailto:lesley_newman@dnr.virginia.gov) (434) 981-6742



**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

**MaryBeth Lerch**

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



**Pam Hardin**

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

**DeeAnn Strand**

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

**Candi Helmlinger**

4-H Program Specialist,  
Newsletter  
[chelminger@pwcva.gov](mailto:chelminger@pwcva.gov)

## 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

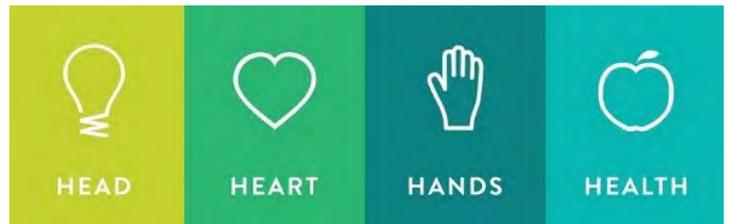
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

### 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



**Virginia Cooperative Extension**  
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