



# Prince William 4-H

Our Clubs, Our Community



March 20, 2024

## Upcoming Events

- Mar 22-23 TALT Weekend
- Apr 3 - PW 4-H Fair  
Camp Registration Opens
- 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
- Apr 24-May 5 Paper Clover Campaign
- Apr 26-25 VA 4-H Healthy Living Summit
- Apr 27 4-H NE District Food Challenge Contest

## Youth-Adult Partnerships (YAP) at Prince William 4-H



Prince William 4-H is fortunate to have strong adult leaders in our community to support our mission of **Making the Best Better**. YAP are central to the success of 4-H, contributing to key growth in our future leaders:

- **Empowerment & Leadership Development:** YAP empower young people to take on leadership roles inside and outside of 4-H. By working collaboratively with adults, youth learn valuable leadership skills, gain confidence, and develop a sense of ownership over their activities.
- **Mutual Learning & Growth:** Both youth and adults contribute unique perspectives, experiences, and expertise, and by collaborating, we have the opportunity to learn from each other, share knowledge, and grow personally and professionally.
- **Promotion of Civic Engagement:** Through YAP, 4-H promotes active citizenship and civic engagement. By working together on community service projects, advocacy initiatives, and other activities, Greater Prince William Area youth learn the importance of giving back to their communities and become actively involved in addressing local and global issues.
- **Development of Life Skills:** Engaging in meaningful partnerships with adults allows youth to develop a wide range of life skills, such as communication, teamwork, problem-solving, and decision-making. These skills are essential for success in school, career, and life.
- **Sustainability & Continuity:** YAP contribute to the sustainability and continuity of 4-H programs. By involving both youth and adults in program planning, implementation, and evaluation, 4-H ensures that its activities are relevant, responsive to community needs, and able to endure over time.

**WE INVITE YOU TO GET INVOLVED!** There's an **Opportunity for All** in 4-H and we invite youth and adults to **Grow with 4-H!** By working together, we can create meaningful experiences that empower local youth to reach their full potential and make a difference in the world.

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## Thank You PW 4-H Food Challenge Judges



A **HUGE 4-H THANK YOU** to our guest judges at the Prince William 4-H Food Challenge! Margie O'Leary is a food industry professional and also participated in 4-H Food Challenge when her children were in 4-H. Rhett Willey is a 4-H alum who participated in Prince William 4-H Food Challenge and credits his father and Food Challenge coach Mark Willey for his love of cooking today. Thank you both for helping *Make the Best Better!*

### Take your culinary skills further - Register for the 4-H/FFA Beef Challenge!

**Date:** Friday, April 19

**Location:** Junior Beef Round-Up at the Virginia Beef Expo, Rockingham

[Click here for more information and to enter.](#) **Entries due April 10th.**

Similar to the 4-H Food Challenge, Beef Challenge allows youth to showcase beef as part of a healthy diet. This combination cooking and communications contest is sponsored by the Virginia Beef Council and there is no cost to teams.



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Virginia Tech • Virginia State University



# BINGO



PRINCE WILLIAM 4-H ASSOCIATION

## 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.



## Northeast 4-H Spring Social



**Respond by April 1st.**

[Click here to complete the interest form.](#)

**Date:** Sunday, May 19th

**Time:** 3-6 PM

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

The Northeast District 4-H Cabinet Ambassadors invite all community members of all ages to the Northeast 4-H Spring Social where attendees can learn about 4-H while playing board games and getting to know fellow 4-H

## More Sprouting Seeds!



Mrs. Hardin's second milk jug of mystery seeds is sprouting! Be sure to check the moisture in the soil to make sure it's damp, but not wet.

## Kettle Run 4-H Club March Service

Kettle Run's March service project is volunteering at the Haymarket Food Pantry. The Haymarket Food Pantry is currently assisting twice as many families as they are set up to handle. If you are a teen needing community service hours or a family or club with a desire to help, here is some information on volunteering:

- Volunteers need to be 10 years of age or older (10-14 must be supervised by an adult)
- Shifts are M-Th evenings and Saturday mornings
- Volunteers fill out a quick application and then attend or view the volunteer training (30 minutes)

**DONATIONS NEEDED!** [Click here for a list of the Pantry's needs.](#) The are currently low on diapers, wipes, granola bars, box oatmeal, and spaghetti sauce. Donations can be dropped off at T Clay Wood Elementary School.



HANDS

Nokesville 4-H Equestrian Club Presents

# Egg My Yard

# 2024

Order your prefilled eggs to be hidden in your yard the night before Easter along with a note from the Easter bunny himself!

### IMPORTANT INFO

- This is a fundraiser and all proceeds benefit the Nokesville 4-H Equestrian Club and their yearly activities.
- If it rains your filled eggs, hunting bag and note from Easter bunny will be left on your porch...
- If you do not want eggs but wish to contribute toward the club your egg donations can be added to other hunts

**TEXT:**  
703 881 8201

**PLEASE COMPLETE THIS LINK FOR ALL ORDERS**

[https://docs.google.com/forms/d/e/1FajpQLS0pYvKAn\\_BAgEuhkvevXSP75oE0DMeAYZkcBvPrAwCvD7aw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FajpQLS0pYvKAn_BAgEuhkvevXSP75oE0DMeAYZkcBvPrAwCvD7aw/viewform?usp=pp_url)





**EGG DETAILS**

- \$15 for 1 dozen
- \$10 for each additional dozen
- Eggs to be filled with allergy free candy and trinkets
- Available for Prince William and Fauquier County



# SPRING AIR 2024

## **Submitted by youth reporters Ayden and Lexi Strand**

March 16-17, 2024. Trigger Time 4-H Club competed in the 2024 Spring Air. The competition was held at Skelton 4-H Educational Center in Wirtz, VA. Our team members traveled 4 hours to compete and some stayed the weekend. We had a lot of first-time members and a total of 27 compete.

Trigger Time had a member representative in each discipline. We had five participate in Public Speaking. Samantha Erick placed 3rd with her emotional speech about The 4-H Pledge, Sam Seagle tied 4th with a speech that compared the Stock Market to Shooting Sports, and Juila Wallschlaeger also 4th with a speech about NRA Safety. Ayden Strand placed 6th with his speech about Shooting Sports and Life Skills and Lexi Strand placed 8th with a speech about Importance of Shooting Education Programs.

Becca Isaacson competed in Compound Archery and received a score of 174.

In the Recurve discipline Trigger Time has 6 of the top 8 places. Noah Richter placed 1st with a score of 276, Kira Lorentz placed 2nd with a score of 275 and Zaynab Mason placed 3rd with a score of 272. Becca Isaacson placed 6th, Noble Richter placed 7th and Leia Roetta placed 8th.

Samantha Holmes placed 6th in the Genesis discipline.

**Now on to BB!** The BB participants shoot a match and took a BB test. We had the 2nd place team, and the members were Rebecca Ahrens who scored a 464, Noble Richter with a 440, Tanner Ridings with a 424, Ayden Strand 422, Jubilee Richter with a 420, Valor Richter with a 422, Sophie Carter 414, Lee Carter 400, Xanthie Mintz with a 366, Stella Carter with a 367 and Aisling Mintz with a 347. Rebecca Ahrens placed 4th individually and received a 98 on the BB test!

Kira Lorentz placed 5th in the Air Pistol Silhouette with a score of 12.

In the Air Rifle Silhouettes, Sam Seagle placed 1st with a score of 18 (5 rams), Noah Richter placed 3rd with a score of 18 (4 rams), Samantha Erick placed 5th with a score of 17 and Jubilee Richter placed 6th with a score of 16.

In Air Pistol - Basic Supported, Valor Richter placed 12th with a score of 328.

Air Pistol - International Standing, Noble Richter placed 2nd with a score of 333, Samantha Erick placed 4th with a score of 326 and Noah Richter placed 5th with a score of 312. Placing in the top 8 put them in Air Pistol Finals where Samantha Erick placed 3rd, Noah and Noble Richter placed 6th.

We had three Air Pistol teams:

- ★ Mixed team with Valor Richter 328, Ayden Strand 276 and Tanner Ridings 267, place 3rd.
- ★ International Standing team with Noble Richter 259, Samantha Erick 320 and Noah Richter 312 placed 1st.
- ★ International Standing team with Juila Wallschlaeger 259, Leia Roetto 197, Kira Lorentz 169 placed 2nd.

In the Air Rifle discipline, we had 5 members place in the top 8. They participated in the Air Rifle Finals and Sam Seagle placed 2nd with a score of 621, Samantha Erick placed 3 with a score of 615, Rebecca Ahrens placed 4th with a score of 602, Lexi Strand 5th with a score of 589 and Noah Richter placed 8th with a score of 502.

We had three Air Rifle Teams:

- ★ Team A which placed 1st with a combined score of 2106, team members were Sam Seagle 534, Samantha Erick 537, Rebecca Ahrens 522 and Lexi Strand 513.
- ★ Team B which placed 3rd with a combined score of 1857, team members were Noah Richter 502, Ayden Strand 472, Jubilee Richter 444 and Tanner Ridings 439.
- ★ Team C which placed 7th with a combined score of 1665, team members were Juila Wallschlaeger 442, William McPherson 411, Tonchi Mintz 411 and Koa Mintz 401.

Trigger Times three Ambassadors helped pass out the awards during the award ceremony and help raise funds for the Ambassador program by selling t-shirts and pins during the weekend. If you would like information on the Ambassador program, please see one of our Ambassadors!

Thank you to our Coaches, volunteers, and parents for making Spring Air a great weekend!! Way to go Trigger Time and working together as a team!



# Trigger Time 4-H Club



On Monday, March 18th, Trigger Time 4-H Club had a busy business meeting. Spring Air awards were given out to those that were not able to attend the award ceremony. The participants in the Orion New Shooters League for Air Rifle and Air Pistol were recognized, as they have finished their matches for the season. Great job to all the new members that participated in the matches!

We had two special guests attend the meeting. Mr. Phil Hill, who is with VGCA, talked to the club about upcoming Gun Show tables and that VGCA donated \$880 to the club for shooting education. Susan Wolf, 4-H Association President, gave a talk about what the Prince William 4-H Association does and that three junior board positions will be opening once our current seniors graduate. She also gave an update on BINGO night and how the proceeds from association fundraisers are used to support our local 4-H'ers.

Trigger Time would like to thank Mr. Phil and VGCA for their donation and time. Thank you to Susan Wolf for taking the time to talk with the club. And congrats to our 4-H'ers for their success and personal growth in their chosen disciplines.



# SHIMMER



## MARCH IS NATIONAL NUTRITION MONTH!

From the milk you drink for breakfast to the ingredients that cows consume on a daily basis to produce the milk in your glass, nutrition is a huge part of the dairy industry. Here are some interactive nutrition activities you can share with your 4-H Club or students this month:

- **What Do Cows Eat to Stay Healthy?** [Click here to watch a short animated video](#) to discover what dairy cows eat every day as part of a well-balanced diet. Dairy farmers work with nutritionists to develop special diets for cows to make sure they get the nutrients they need. See what goes into a cow's total mixed ration (TMR) — you may be surprised by some of the ingredients!
- **What's In Your Glass?** Choices are great, but they can be overwhelming. [Click here for an at-a-glance chart](#) that can help you understand what's in your 8-ounce glass of milk. This chart is ideal for middle and high school students.
- **"Nutritious" Game.** This game celebrates artistic fun and nutrition! Players will sketch or sculpt clay into a food listed on their Nutritious Food Card and see who can name their creation. [Click here to download directions for the game.](#) This game is ideal for grades K - 5.
- **Health Education Lessons.** These lesson plans teach students the importance of choosing healthy beverages for their growing bodies. Understanding Nutrition Facts Labels, weight management, and the economic impact of empty calories are all included in this two-part series. [Click here for lesson plans that are ideal for 7th-12th grade students.](#)

## WORLD WATER DAY IS MARCH 22ND!

How is water recycled on Dairy farms? Plant- and animal-based foods, including dairy, require water to grow and create the delicious, nutritious foods that sustain us. Water is a vital resource on dairy farms for the many roles it plays, and farmers do what they can to make every drop count!

**Introduction:** [Click here to watch how water is recycled on dairy farms.](#) It includes an introductory video you can watch that features a dairy farmer explaining how much they value water.

**Dive Deeper:** Dairy farmers are innovative when it comes to how they recycle water. [Click here for an article](#) to dive deeper into this topic and see how a barn roof at Blan Dougherty's farm in southeast Tennessee not only is used to shade and protect his cows from the elements, it is used to catch rainwater.

**Take It a Step Further:** Access to safe, quality water is more uncertain throughout the Western United States, meaning effective management of the precious resource is increasingly important. Nearly 50% of the country's dairy production is in the Western U.S., but farms face an arid climate with moderate to extreme drought conditions. By reducing, reusing, and recycling water, Western U.S. dairy farmers get the most out of every drop. [Click here to read more.](#)



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.](#)



## Virginia 4-H Healthy Living Summit - REGISTER TODAY!

**Dates:** April 26th -28th

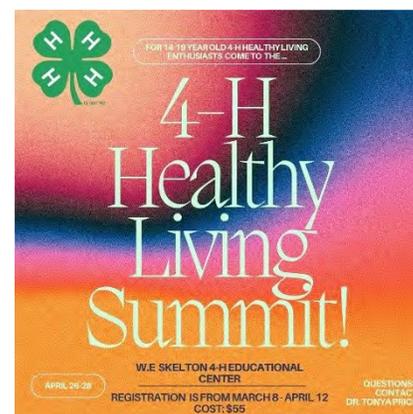
**Location:** W.E. Skelton 4-H Educational Center

**Who Should Attend:** Prince William 4-H teens ages 14-19 with an interest in healthy living

**Cost:** \$55

Register through [4-HOnline](#).

The 4-H Healthy Living Summit will bring together teens from all across the Commonwealth who share an interest in learning more about topics related to nutrition education, physical fitness, wellness, and emotional well-being. The overall goal of the summit is to equip teens with the tools and resources to not only help improve their own personal health and wellness, but to help others as well.



## 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.](#)

### 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.

### JUDGES NEEDED!

**Time:** Training for Judges 9:30 AM. Contests begin at 10 AM

[Click here for contest guidelines and score sheets.](#)

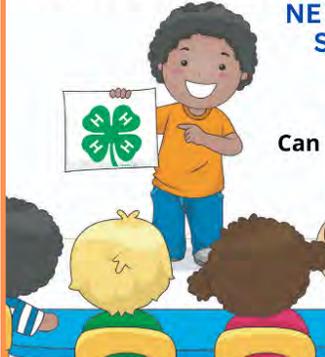
[Click here to sign up to volunteer as a judge or room chair.](#)

We are in need of volunteers that would enjoy the judging experience and could provide constructive feedback to our 4-H members.

## 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 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!

**Scholarships are available!** [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.



## 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.



## 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



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.

## Virginia 4-H Events and Camps



### HOMESCHOOLERS OVERNIGHT ADVENTURE

**Dates:** April 30 - May 1, 2024

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

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

The Holiday Lake Homeschoolers' Overnight Adventure is a one-night weekday retreat in the Spring designed for homeschooling families. The experience allows you and your family to develop a closer bond in nature while making friends and connections with other homeschooling families and groups! The retreat is educational in nature, as participants will partake in a variety of Natural Resource Education classes and outdoor activities.

The activities are designed for the 7-13 age range, although family members outside of this range are welcome to attend (though full participation in all classes is not guaranteed). The full schedule will be listed on this page when available. A parent or legal guardian must be on-site and responsible for the supervision of their camper(s) for the duration of the event. Information packet, included a health form, will be sent out upon registration. For questions please call [Jack Wagstaff](#) at 434-248-5444 or email Jack at .



Women's Outdoor Weekend

### WOMEN'S OUTDOOR WEEKEND

**Dates:** May 31 - June 2

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

**Who Should Attend:** Must be 10 and up. 17 and under must be accompanied by a registered adult.

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

Come enjoy the weekend while learning the outdoor skills you've always wanted to master! Classes include: Edible/medicinal plants, Outdoor cooking, Wilderness first aid, Climbing wall, Food prep and storage, Woodswomanship, Kayaking/canoeing, Urban survival, Basic handgun, Archery, Self defense, Swimming, and Shotgun.



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

### MILITARY TEEN ADVENTURE CAMP: EXPLORATIONS ON THE APPALACHIAN TRAIL

**Dates:** June 9th - 13th

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

**Who Should Attend:** youth ages 13-18

*Registration opens mid-March.*

Do you enjoy the outdoors and trying new things? Is your guardian Active Duty, Guard, Reserve or Retired? THEN...NOVA 4-H Military Teen Adventure Camp is the place to be this summer! Join us for a weeklong adventure in the gorgeous Shenandoah Valley while learning new skills and exploring how awesome it feels to step outside of your comfort zone! Campers will participate in traditional camp activities, adventure activities, leadership activities, and more. Lodging will be a mixture of semi-private lodge rooms and camping out under the night sky. For questions or more information, contact [Tatyana Yates](#).



### MILITARY TEEN ADVENTURE CAMP

**Dates:** June 17th - 21st

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

**Who Should Attend:** youth ages 13-18

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

Residential camp for teens (ages 13-18) ready to explore the outdoors in many different facets. Living in a community of their peers, campers will experience a variety of camp activities and enjoy spending time in the outdoors. Participants will have the opportunity to leap outside of their comfort zones with activities such as canoeing, kayaking, climbing our 30ft climbing wall or our 25ft high ropes course that ends with a ride down our zipline, or try their hand at hitting the target on our archery, rifle, and shotgun ranges. We will be taking full advantage of the abundance of natural resources being in the middle of the state forest provides by get up close and hands on with nature and all that it has to discover.



### CAMP LOUD AND CLEAR

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

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

**Who Should Attend:** Campers aged 9-13, counselors-in-training aged 14-18 (Age as of Sept. 30, 2024)

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

An overnight camp experience specifically tailored to the deaf and hard-of-hearing community. Activities include: swimming, fishing, canoeing, archery, nature studies, crafts, vespers, team building fun, and adventure. For more details, contact [Tyler Cheely](#).

## Virginia 4-H Events and Camps *continued*



### SUMMER CLOVERBUDS CAMP

**Dates:** June 21st-23rd

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

**Who Should Attend:** Youth ages 5-8 with an accompanying adult

**Cost:** \$160/participant

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

Registration for Summer Cloverbuds 2024 is now open! Join us for a dino-filled weekend of camp for youth ages 5-8 with an accompanying adult! All participants MUST also be registered and approved in 4-H online and sign up for our event AFTER completing the above registration.



W.E. Skelton 4-H  
Educational Conference Center  
at Smith Mountain Lake

### ERAS CAMP (TAYLOR SWIFT)

Night 1: June 21st Ages 6-17 (may attend with parent)

Night 2: June 22nd Age 18+

**Location:** W.E. Skelton 4-H education Center, Wirtz, VA

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

Are you READY FOR IT? It won't be a CRUEL SUMMER at the W.E. Skelton 4-H Center! Join us for an ENCHANTED night with your besties and other Swifties as we SHAKE IT OFF and live out our WILDEST DREAMS! Activities include: a Swiftie pool party, karaoke, an Eras Tour viewing party on the big screen, a Taylor/Eras-themed photo booth, dancing, friendship bracelet making, cupcake decorating, chicken tenders and fries for dinner (Taylor's favorite!), costumes, glitter, and so much more!



W.E. Skelton 4-H  
Educational Conference Center  
at Smith Mountain Lake

### SUMMER CLOVERBUD: PIRATES OF SMITH MOUNTAIN LAKE

**Dates:** June 28th - 30th

**Location:** W.E. Skelton 4-H Education Center, Wirtz, VA

Registration will open mid to late spring. More information coming soon. Open to Cloverbud Campers with or without their parents

### MILITARY TEEN ADVENTURE CAMP

**Daes:** July 22nd - 26th

**Location:** W.E. Skelton 4-H education Center, Wirtz, VA

**Who Should Attend:** military youth ages 13-18 of an active duty, guard, reserve, or retired personnel

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

Join us at Smith Mountain Lake for horseback riding, climbing wall, archery, riflery, high ropes, kayaking, swimming, fishing, canoeing, a blacklight party, color blast party, and so much more!



## Virginia 4-H Horse Program



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

**Date:** Saturday, March 23rd

**Location:** Piedmont Virginia Community College, Charlottesville  
**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, Clear Brook,

**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.



### 2024 EAST COAST AGGIE HORSE JUDGING CLINIC

**Dates:** June 8-9

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

[Click here to register.](#)

The East Coast Aggie Judging Clinic is led by Virginia 4-H Alumni and current Texas A&M Horse Judging Team Coach, Sarah Shobert, and assistant coach and former member of the TAMU Horse Judging Team, Megan Miller. The Texas A&M Horse Judging Team was the 2023 AQHA World Champion Sr. Collegiate Team, along with many other notable wins from last year. This is an incredible and unique opportunity to learn from the best while staying close to home right here in Virginia! Youth and adults are welcome! There will be sections for all ages and experience levels, as this clinic provides current industry instruction for those that are new to horse judging or are looking for a refresher! Instruction will be given on halter/conformation, performance classes, scoring, and reasons.



### 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



### STATE 4-H HORSE SHOW SILENT AUCTION

Volunteers are collecting raffle items and have secured a handmade wooden item, Pampered Chef portable tabletop grill, fire ring, and cooler. Please contact [Rose McDonald](#) if you have a raffle item, item for the silent auction or cash donation.



### EAST COAST AGGIE HORSE JUDGING CLINIC

*2023 AQHA World Show Champion Collegiate Team*

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

**\$150 PER PARTICIPANT UNTIL APRIL 15TH**  
**8:30 A.M. START DAILY - HOUSING NOT INCLUDED**

**JUNE 8-9, 2024**

- Up-to-date Industry Instruction
- Led by TAMU Coach Sarah Schobert, Assistant Coach Megan Miller
- Individual Reasons Help and Small Group Activities
- Adult/Coaches, Intermediate/Advanced, Beginner Sections
- Lunch each day, T-Shirt, and Judging Manual provided
- Price will increase on April 29th and May 19th
- Registration with the Link Below or Scan QR Code:

<https://www.ticketleap.events/tickets/texas-am-horse-judging/2024-aggie-eastcoast-horse-judging-clinic>



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

Youth Animal Science Program

## 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



## Virginia Cooperative Extension

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[www.ext.vt.edu](http://www.ext.vt.edu)

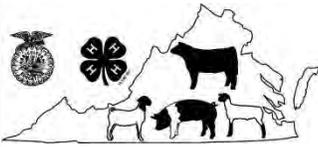


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*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Hunter Liles at (434-429-5342), 9-5, Mon.- Fri. to discuss accommodations 15 days prior to the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

**ENTRY DEADLINE: March 29th**

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



## Virginia 4-H 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.

If you have students that are not competing and wish to attend, Dr. Grandin's team has graciously created a Student Ticket option for \$20.

- You must use this link: <https://tinyurl.com/Temple-Grandin-Student-Tickets> to purchase tickets and receive the \$20 Student Ticket Price
- Tickets must be paid for in cash or by check when you pick them up on Wednesday evening, March 27th. Checks are to be made payable to: Rockingham County Fairgrounds.
- Deadline to order tickets is Friday, March 22nd, at 12:00 noon
- These tickets are to be used for 4-H or FFA Youth and an adult/advisor accompanying them.

### STATE 4-H/FFA TRACTOR OPERATORS CDE

**Date:** Wednesday, April 17th

**Location:** Rockingham County Fairgrounds

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

The Tractor Operator CDE requires students to demonstrate their skills in diagnosing tractor maintenance problems, safety, and operating skills.

### STATE 4-H/FFA FORESTRY CDE

**Date:** Wednesday, April 24th

**Location:** Mountain Gateway Community College

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

The Forestry CDE requires students to demonstrate their skills in diagnosing forest disorders, managing forests and forest inventory and applying approved silviculture practices.



## Outstanding Young Agriculturalist Award

[Click here to apply.](#) **Applications must be received by March 31st.**

The Farm Bureau Young Farmers State Committee's Outstanding Young Agriculturalist Award application is now available! The purpose of this contest is to recognize students who demonstrate outstanding achievement in academics, community involvement, and agriculture. By participating, you will have the opportunity to evaluate your progress and career goals, as well as strive for leadership opportunities in the agriculture and agribusiness industries.

The judging process will involve evaluating your academic performance, leadership skills, farm/agriculture-related experience, and recommendations. Finalists will have the chance to compete for the state title at the Young Farmers Summer Expo in July.

The state winner will receive a 1,500 cash scholarship sponsored by Farm Credit, Southern Farm Bureau and the VFBF Young Farmers Committee. The winner will also be invited to present their platform at the VFBF Annual Convention at the Omni Homestead Resort Dec. 3-5. A runner-up will receive \$500 from VFBF Young Farmers.



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

### Host a Japanese Exchange Student in Summer 2024

Accepting Host Family Applications Now



### 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/SummerProgramFAQs>: <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.

## National 4-H Updates



### 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!

For More Info [www.powermaxcompany.org](http://www.powermaxcompany.org) Location 3944 Cameron St, Dumfries, VA 22026

# Manassas Park City Community Services Department

Presents...



# COMMUNITY DAY!

WHEN

**APRIL 20, 2024**  
**10:00 AM - 2:00 PM**

WHERE

**CITY HALL**  
**100 PARK CENTRAL PLAZA**  
**MANASSAS PARK, VA**

## INFORMATION & RESOURCES

- ~ HOUSING
- ~ HEALTH
- ~ FINANCES AND BANKING
- ~ EDUCATION

## FUN AND ENTERTAINMENT

- ~ FOOD VENDORS
- ~ FACE PAINTING
- ~ REPTILES
- ~ LIVE BAND!



## WE THANK OUR SPONSORS!!

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CONTACT: Ivette Monney ~ [i.monney@manassasparkva.gov](mailto:i.monney@manassasparkva.gov)

**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

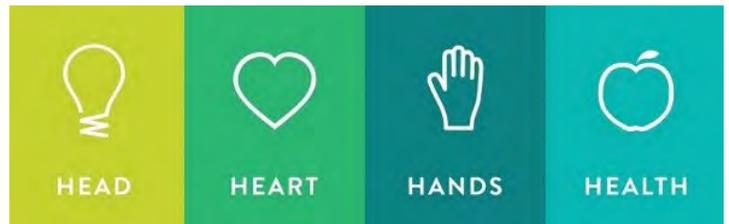
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

### 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



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