



Prince William 4-H

Our Clubs, Our Community



April 3, 2024

Upcoming Events

- 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 18** - PW 4-H Young
Entrepreneurs
Interest Meeting
- 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

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Click to Visit



Thank YOU Volunteers!

At the Prince William Board of County Supervisors Meeting last night, three outstanding 4-H volunteers were recognized during the Board's proclamation of National Volunteer Week, VCE Prince William's diverse and highly trained volunteers assist staff in delivering educational programs. Twelve individuals are recognized annually for their significant contributions to the Unit. In FY23, 1,140 local volunteers contributed 22,777 hours in support of local programs. The value of their time is the equivalent of 11.7 full-time staff. **We are grateful they chose to volunteer with VCE!**



Adam and Mallory Dove, volunteers from Prince William 4-H, are the founders and co-leaders of the Kettle Run 4-H Club. Both are educators in Prince William County Schools and are dedicated to the positive development of our community youth. Adam and Mallory met at 4-H camp and now are raising their two children as active and thriving 4-Hers. They remain committed to the camping program and volunteer their time each summer to chaperone the almost 300 campers at 4-H overnight camp. The pair-chartered Kettle Run 4-H Club as an afterschool club based at T. Clay Wood Elementary School in 2015. Club members have benefitted from the Doves' leadership over the years encouraging them to participate in various service projects, public speaking, and dramatic arts competitions at the county and district levels. Adam most recently took on the much-needed role of Share the Fun Director organizing the first "back-to-the-stage" talent show since 2019! For the past few years, the Kettle Run 4-H Club has pursued the 4-H Food Challenge project. Adam and Mallory recruited 4-H parent Michelle Lee to help lead that effort.



Michelle Lee, a volunteer from Prince William 4-H, is a parent of three active 4-H members. She joined the club leadership to help support the 4-H Food Challenge teams' practice and growth. The club has had two teams qualify to compete at the state level and both qualified to compete at the national competition. This year, under Michelle's leadership and coaching, five teams were prepared and competed for the county Food Challenge contest. Michelle supports club efforts by participating in food drives, and other service-learning opportunities for the club members to give back to the community and to learn important life skills like respect, empathy, and caring. Like Adam and Mallory, Michelle is always willing to support club program events jumping in to help with activity leadership, event setup, and clean-up efforts.

Kettle Run 4-H is a growing, thriving 4-H Club thanks to the volunteer leadership of Adam Dove, Mallory Dove, and Michelle Lee!



The Prince William 4-H Association Fundraising Committee will meet to debrief and recap the BINGO Night fundraiser on **April 4th at 7pm via Zoom**. Anyone involved in the planning or execution is invited to come give feedback, input and best suggestions for our next BINGO Night!

[Click here to Join the Zoom Meeting.](#)



Prince William 4-H

FAIR CAMP

August 12 - 16, 2024 at the Prince William County Fairgrounds

www.pwcva.gov/4-H

Prince William 4-H Fair Camp is an exciting week for youth to explore the 4-H Pillars of STEM, Agriculture, Healthy Living and Civic Engagement.

4-H Fair Camp is open to youth ages 5-12 residing in Prince William County, Manassas City and Manassas Park



Explore how we experience summer using our 5 senses through hands on, sensory-themed activities.



Experience the Prince William County Fair close-up with behind the scenes access to Fair exhibits.



Explore daily themes, camp songs, creative crafts, face painting, and healthy snacks.



Engage with new friends and build confidence while exploring the Character Counts traits: trustworthiness, respect, responsibility, fairness, caring and citizenship.



DATES: Monday - Friday, August 12th - 16th

TIME: 9 am - 12:30 pm

LOCATION: Prince William 4-H Children's Barn at the PWC Fairgrounds

REGISTRATION FEE: \$50 and includes activities, a healthy snack, and a camp t-shirt (if registered by June 1st)

REGISTER: www.pwcva.gov/4-H

Registration opens TODAY!



CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.



RSVP BY SUNDAY FOR PIZZA COUNT

Pizza and Planning
FAIR CAMP
COUNSELORS

APRIL 9, 2024

Calling all counselors and adult volunteers. You are cordially invited to attend the pizza and planning meeting on April 9 at 6pm at the 4-H office. Join your 4-H staff to brainstorm ideas for this year's fair camp. What should this year's theme be? What should this year's t-shirt look like? Your ideas and energy are what makes fair camp a success.

<https://forms.gle/hs4i6tcAFPKdE7fu7>

Prince William-Stafford

4-H JUNIOR CAMP

July 14-18 at the Northern Virginia 4-H Educational Center, Front Royal

Prince William-Stafford 4-H Junior Camp is our premiere camp for youth in 4-H as well as youth interested in 4-H. Campers participate in morning classes, daily swim and recreation time, as well as evening programs and campfire.

2024 CLASS OPTIONS

Air Rifle • Archery • Campfire Cooking • Canoeing • Creeks & Critters • Fishing • Fitness Fun • High Challenge Course • Leadership Development/CIT • Line Dancing • Low Ropes Course • Model Rocketry • Newspaper • Outdoor Living Skills • Photography • Swimming • Tie Dye



DATES: July 23rd - 27th

LOCATION: Northern Virginia 4-H Educational Center

WHO SHOULD ATTEND: Youth ages 9-14

CAMP FEE: \$365* and includes meals and lodging for five days and four nights, a camp t-shirt, and class supplies.

For more information and to register, visit www.pwcva.gov/4-H.

*After June 1st, registration increases to \$415 and camp t-shirts are not guaranteed.

ABOUT PRINCE WILLIAM 4-H

Prince William 4-H is a community of young people across the greater Prince William area who are learning leadership, citizenship, and life skills. Our goal is to help youth grow into capable, responsible, confident members of our community by providing information, opportunities, activities, and events that are educational and fun! In 4-H, we learn by doing! Our programs focus on the 4-H Pillars of Citizenship, STEM, Healthy Living, and Agriculture. In clubs throughout Prince William, our youth conduct youth-led meetings to complete projects, community service, and participate in local and state government events.

There's an **#opportunity4all** in Prince William 4-H! Email 4HPWC@pwcva.gov for more information and to join a club.



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PW 4-H Staff Explore Urban Gardening in Washington, DC

Did you know about the exciting farming programs in Washington, D.C.? Prince William 4-H staffers MaryBeth Lerch and Pam Hardin traveled to the University of the District of Columbia last Wednesday to visit CAUSES (*College of Agriculture, Urban Sustainability and Environmental Sciences*). While in D.C. touring two of the four research farms, they watched Master Gardeners separating seedlings with a plastic fork. The Master Gardeners then repotted the seedlings in bigger pots. [Click here to learn more about CAUSES and their research initiatives.](#)



For those of you trying milk jug gardening, check out these photos and see how you can do the same when your seedlings are a bit bigger.

Virginia 4-H Healthy Living Summit - REGISTER TODAY!

Dates: April 26th - 28th

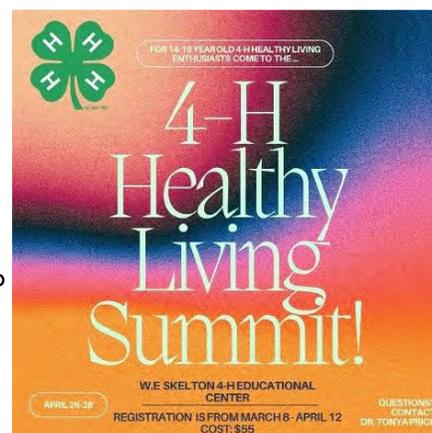
Location: W.E. Skelton 4-H Educational Center

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

Cost: \$55

Register through [4-HOnline](#) by April 12th.

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 State Congress - REGISTER TODAY!

Dates: June 18-21

Location: Virginia Tech, Blacksburg, VA

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

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

[Click here for more information.](#) Register through [4-HOnline](#).

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, and more!



PRINCE WILLIAM 4-H

Tree Planting Community Service Day



DATE: Saturday, April 20th

TIME: 9 AM

LOCATION: TBD

WHO SHOULD ATTEND: All Prince William 4-H'ers!

[Click here to register.](#)

Join Prince William 4-H and Prince William County Environmental Management for a fun filled service project, "Growing Trees and Kids for Virginia's Forest."

Tree seedlings are made available through generous gifts from the Virginia Forestry Educational Foundation, matching funds from Old Dominion Electric Cooperative and Virginia's Customer Owned Electric Cooperatives, Huber Engineered Woods and to the efforts of the VA DOF to provide low cost seedlings to Virginia citizens.

We will meet on April 20th beginning at 9am. We will celebrate Earth Day and Arbor Day by planting 100 new trees!



HANDS

WHAT TO BRING:

bring a shovel, gloves, water bottle, and dress for the weather





Save the Date!

Show me the money! The 2024 Young Entrepreneurs project introduces youth to the basics of running a small business. From product design, to budgeting, to business finance, our youth complete a series of four workshops leading up to an exciting market season!

NEW THIS YEAR! Prince William 4-H'ers will be showcasing their businesses and selling their products once a month at the Manassas Park Farmers Market in the VRE parking lot. More information coming soon.



6-6:45 PM

**Interest Meeting
Thursday,
April 18th**

**McCoy Conference
Room @ PW 4-H**

[Click here to register to attend.](#) Registration is free, but required.

PRINCE WILLIAM 4-H **YOUNG ENTREPRENEURS**



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SHIMMER



Look how much she has grown!

It's our last check up with Shimmer



Name: Shimmer

Updated Information
(At the time the photos were taken)

Age: 6 months old
Height: 46 inches
Weight: 467 pounds

Calf Update

Shimmer's Health and Protection Are Key

Farmer Courtney has done everything she can to protect and provide for Shimmer since birth. Can you remember 5 things Courtney did for Shimmer to keep her healthy and strong?

Let's Compare

How do your parents or guardians protect you from getting hurt or sick? Compare what Farmer Courtney does for Shimmer to what humans do for their children.

Health & Protection

Housing

Shimmer is now in a larger group with her herdmates, like how your classroom size got bigger from pre-school to elementary school. She will live with these herdmates until she is a pre-fresh cow.

Diet

Shimmer now eats heifer TMR. This is made of corn silage, haylage, and custom mineral mix that continues to help develop her four stomach compartments.

She is also eating more hay every day - 10 to 12 pounds daily!

Diet and Housing

FINAL SHIMMER UPDATE FROM DISCOVER DAIRY

Over the next couple of weeks, we'll be sharing images and videos from Discover Dairy from our last Shimmer Update from the farm.

LOOK AT HOW MUCH SHE'S GROWN! We hope you've been using the growth chart on the Shimmer Google Drive to track how quickly our calf has grown.

Lesson Plan 3 on the Google Drive has a number of fun STEM activities, including a barn design activity that will challenge your engineering skills!

MAKING COWS SMILE - VIRTUAL LEARNING ACTIVITY

1. Watch the video on Discovery Dairy Animal Care. [Click here for the video.](#)
2. Review the many fun facts that we've learned about dairy cows since adopting Shimmer. [Click here for the video.](#)
3. Read the e-book "Makin' Cows Smile." [Click here for the e-book.](#)
4. Review important dairy farming terms with this word search. [Click here for the word search.](#)

Mark Your Calendar for Your Live Chat
Don't forget to join us for Cave Hill Dairy's live chat on April 24, 2024 at 10:30 AM EST. Make sure to join us on YouTube or Facebook! [Click here for more info.](#)

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.](#)

SOLAR ECLIPSE

Monday, April 8, 2024

We are days away from viewing the Solar Eclipse! Here are some key links to help you make the most of this out-of-this-world event:

- ★ [NASA Eclipse Website](#)
- ★ [NASA Eclipse Watching Safety](#)
- ★ [Total Eclipse Safety Flyer](#)
- ★ [NASA Eclipse Glossary](#)
- ★ [2024 Eclipse Map](#)
- ★ [NASA Eclipse Fact Sheet](#)
- ★ [NASA Eclipse Science - Studying the Eclipse](#)
- ★ [Eclipse Citizen Science - Participate in the science](#)
- ★ [More Resources , Crafts & Activities from NASA](#)



The Heliophysics Big Year

The Heliophysics Big Year is a global celebration of the Sun's influence on Earth and the entire solar system. From Oct. 14, 2023, to Dec. 24, 2024, we are challenging you to participate in as many Sun-related activities as you can!

[Click here for more information.](#)

[Click here to learn more about NASA HEAT \(Heliophysics Education Activation Team\).](#)

4-H CLUB LEADER & EDUCATOR RESOURCES FROM NASA

[Educator-Friendly Lessons](#)

[What is a Solar Eclipse](#)

[Difference Between a Solar and Lunar Eclipse](#)

[What is the Sun's Corona](#)



Next Solar Eclipse: August 2044



2024 National 4-H Congress Applications Now Open



Who Should Apply: Prince William 4-H'ers ages 14-19

More information and the application is available through 4-HOnline.

Applications due May 6th.

[Click here for more information.](#)

For more than 100 years, National 4-H Congress has served as the premiere educational and recognition event for senior 4-H members. National 4-H Congress is held in Atlanta, Georgia, November 29 – December 3, 2024. National Congress provides participants an exciting opportunity to explore careers, engage in a variety of quality learning experiences, and have great fun by getting to know other 4-H members from across the country.

Outstanding 4-H members will be selected to represent Virginia at National 4-H Congress. Candidates for selection must be senior 4-H members in the current 4-H year who are able to demonstrate outstanding achievement as a 4-H member in the areas of leadership, citizenship, and personal development.

During this submission process, applicants will be asked to submit their cover letter, resume, three letters of recommendation, and a photo.

APPLICATION PROCESS:

Virginia 4-H values the life skills that members develop through personal record keeping. An electronic 4-H portfolio, which replaced the 4-H Achievement Record, will serve as the foundation for a 4-H member's application to participate in National 4-H Congress, if selected for an interview. The formal process includes two steps, which are intended to provide the 4-H member learning exercises that reflect an employment application and interview procedure:

- The submission of a written personal resume; and
- For those selected to interview, a presentation of an electronic personal portfolio (detailed information on the electronic portfolio will be provided to all youth selected to be interviewed)

All applications and resumes should be submitted in Google Forms by May 6: <https://forms.gle/tnMcWsv9NbR7XLdk7>.

Applicants should not send their application or portfolio to the State 4-H Office.

DWR's Hunter Education Challenge



VIRGINIA HUNTER
EDUCATION ASSOCIATION



Dates: May 3rd -5th

Location: Holiday Lake 4-H Educational Center

[Click here for more information.](#) **Team registration due April 12th.**

[Click here for official rules.](#)

All competitors must have successfully completed a basic hunter education course accepted by the Commonwealth of Virginia for the purchase of a hunting license. Teams will consist of five members. All individual scores will count toward team totals.

Virginia 4-H Animal Science Updates



Hokie Dairy Day

Date: Saturday, April 13

Location: William M. Etgen Large Animal Learning Center, 473 Plantation Rd., Blacksburg, VA

[Click here for more information and to register.](#) **Register by April 6th.**

Hokie Dairy Day is an educational event for 4-H and FFA youth who have an interest in learning more about dairy cattle and the industry. The event takes what our Dairy Science students learn in the classroom and applies it to fun educational activities.



2024 Virginia Beef Expo/Junior Beef Roundup

Dates: April 18th - 21st

Location: Rockingham County Fairgrounds, Harrisonburg, VA

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

The VA Jr Beef Roundup is open to active, enrolled Virginia 4-H and FFA youth that will be 9 years old by September 30, 2024 and have not reached their 19th birthday before January 1, 2024.



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.



2024 State 4-H/FFA Poultry Evaluation Contest

Date: Friday, April 26th

Location: Rockingham County Fairgrounds, Harrisonburg

[Click here for more information and to register.](#) **Register by 5 pm on April 19th.**

Registration/Check-in will be from 8 – 8:30 am; Contest Instructions will begin at 8:45 am; Contest for 4-H and FFA, Juniors and Seniors will begin at 9 am.



2024 June Dairy Month 4-H Poster Contest

Posters must be postmarked by June 7th. [Click here for more information and entry form.](#)

The theme for the 2024 June Dairy Month 4-H Poster Contest sponsored by Virginia Tech's youth dairy program is "May the Dairy Be with You." Here are some important tips:

- Posters must be done on 8 1/2" x 11" card stock.
- A complete official entry form is required for all posters submitted.
- State winners will be announced during State 4-H Congress.

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. The program runs July 24th-August 17th.

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/fdq/>

Please contact Wendy Herdman at wherdman@vt.edu or 804-493-8924 if you have questions or need assistance.

Host a Japanese Exchange Student in Summer 2024

Accepting Host Family Applications Now



Virginia 4-H Horse Program



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.



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.

National 4-H Updates

JOANN



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: LEND A HELPING FARM HAND

[Click here for FREE curriculum.](#) Grades 4-8

Help a pretend farmer solve real-world farming challenges! Meet Farmer Bastian. He's a (sort-of) make-believe farmer in the pretend town of Cloverville—and he needs your help. His farm faces a variety of challenges, from climate change and drought, to contaminated local water sources and the basic needs a farmer has to grow and sell his crops. In these activities, you'll help him tackle and solve these challenges facing Farmer Bastian—and real farmers all around the world.



CLOVER BY 4-H: GARDENING AT HOME

[Click here for FREE curriculum.](#) Grades 3-8

It's officially spring and the weather is changing, which means it's time to start thinking about gardening! Designed by Prairie View A&M University Extension and Texas A&M Extension and brought to you by the USDA, this curriculum consists of six different activities that help youth understand a plant's body and let them create their own garden at home.

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.](#) **Register by April 22nd.**

The Holiday Lake Homeschoolers' Overnight Adventure is a one-night weekend 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.](#) **Register by May 31st.**

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.](#) **Register by May 3rd.**

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

Dates: 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!



NEW! 4-H SHOOTING EDUCATION CAMP

Dates: July 28th - August 1st

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

[Click here for more information and to register.](#) **Register by July 10th.**

4-H Shooting Education Camp is an overnight camp for ages 12-16 with an interest and/or experience with firearms. Participants will receive 4 days of instruction related to their chosen disciplines, focusing on safety, marksmanship, fundamentals and theory. All instructors are certified/trained by 4-H, DWR, NRA, NAA, and other national certifying organizations.



NEW! NATURE ADVENTURE CAMP

Dates: July 28th - August 1st

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

[Click here for more information and to register.](#) **Register by July 10th.**

Overnight camp for campers age 12-16 with an interest in exploring the outdoors. This camp provides an opportunity to learn and have fun with peers in a natural setting. Hands-on classes such as wildlife ecology, survival skills, archery or edible insects are taught by quality instructors that will provide a memorable experience.

NOW RECRUITING TEEN LEADERS!

Holiday Lake 4-H Education Center is hiring teen leaders for 4-H Shooting Ed Camp and Nature Adventure Camp.

Leaders will receive a discounted registration. [Click here for more information and to apply.](#)



Buzzy BODY & BITES for Teens

Buzzy



Discovering Your Unique Self: Embracing Introversion and Extroversion

Introverts:

- Recharge by spending time alone or in a quiet setting.
- Are great listeners and observers.
- Enjoy activities like reading, writing, drawing, or playing instruments.
- Prefer deep conversations with close friends rather than large social gatherings.

Extraverts:

- Gain energy from being around people and engaging in social activities.
- Are outgoing, talkative, and enjoy being the center of attention.
- Thrive in group settings, love meeting new people, and are often seen as natural leaders.
- Enjoy activities like parties, team sports, public speaking, and group projects.

Have you ever wondered why some of your friends or even yourself love big parties and social gatherings, while others prefer quiet nights in with a good book or movie? Well, it's all about personality types! Let's dive into the personality traits of introversion and extraversion and learn why embracing your unique personality is so important.

Introverts are like deep-sea divers exploring the depths of their thoughts and emotions. If you find yourself enjoying alone time, getting lost in your thoughts, and feeling energized after quiet moments, you might be an introvert – and that's awesome! Introverts are fantastic listeners and observers. They have a knack for understanding people's feelings and thinking deeply about life's big questions. Whether it's writing poetry, painting, or solving puzzles, introverts thrive in activities that allow them to express their creativity and introspection.

Extraverts are like fireworks, lighting up the sky with their energy and enthusiasm! If you love being around people, making new friends, and feeling energized by social interactions, you might be an extravert – and that's super cool too! Extraverts are natural-born leaders and communicators. They excel in group projects, love being the life of the party, and always have a knack for making everyone feel included and valued. Whether it's organizing events, giving speeches, or simply chatting with friends, extraverts bring vibrant energy to every situation.

Understanding your personality type – whether introverted or extraverted – is like discovering a superpower. It helps you understand yourself better, play to your strengths, and navigate the world with confidence. If you're an introvert, cherish your moments of solitude and self-reflection. Use your creativity to express yourself in unique ways and make deep connections with those around you. If you're an extravert, embrace your social energy and positivity. Use your outgoing nature to bring people together, lead with enthusiasm, and create joyful experiences for yourself and others.

The best part of embracing introversion and extraversion is celebrating the diversity of personalities around us. We're all unique, and that's what makes our friendships, communities, and world so exciting! So, whether you're an introverted artist lost in your imagination or an extraverted social butterfly spreading joy wherever you go, remember to appreciate and celebrate your personality. It's what makes you, YOU!

BITES



Eat Smart • Move More

Granola Bars

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

Nonstick cooking spray
2 cups old fashioned oats
1 cup chopped nuts (such as, almonds, walnuts, peanuts, and pecans)
¾ cup seeds (any combination of sunflower, sesame, and pumpkin)
¼ cup wheat germ (optional)
½ cup honey
¼ cup packed brown sugar
2 tablespoons canola oil
2 teaspoons vanilla extract
1 cup dried fruit (any combination of apples, raisins, apricots, cherries, and blueberries), diced

Directions

- Lightly coat a baking dish with nonstick cooking spray and set aside. Heat the oven to 350°F.
- Spread the oats, nuts, seeds, and wheat germ (if using) onto the baking sheet. Place in the oven and toast for 15 minutes, stirring occasionally.
- Combine the honey, brown sugar, oil, and vanilla extract in a saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
- Once the oat mixture is done, remove it from the oven and reduce the heat to 300°F.
- Immediately add the oat mixture to the honey mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish. Bake for an additional 25 minutes.



NOTE: This recipe contains a major food allergen.

Nutrition Facts

12 servings per container		1 serving (65.32g)	
Amount per serving			
Calories		260	
		% Daily Value*	
Total Fat	11g		14%
Saturated Fat	1.5g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	36g		13%
Dietary Fiber	4g		14%
Total Sugars	22g		
Includes 14g of Added Sugars			28%
Protein	7g		
Vitamin D	0mcg		0%
Calcium	42mg		4%
Iron	2mg		10%
Potassium	304mg		6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Find more recipes at:
eatsmartmovemoreva.org

BODY

Self Love

Showing love and appreciation for those around you is important; however, showing gratitude towards yourself is just as crucial. A great and healthy way to show appreciation for your body is to make sure you're getting **adequate amounts of movement** from things you enjoy, because, believe it or not, you don't have to hit the gym for hours at a time to say you've had a good workout. There are so many different and valid ways to exercise that can be very enjoyable and accommodating. Examples could include: **indoor swimming, yoga, meditation, jump roping, dance classes, roller skating, and bike riding.** To make some of these exercises more fun or engaging, you can do things like listen to your favorite playlist or podcast while doing them, or even invite some friends or family to do these things with you. In addition, **drinking lots of water, eating well, and even saying positive affirmations to yourself before and/or after your exercise** can help keep you in a good headspace and could help with some fatigue you might get after workouts. Finally, please remember that you can't pour from an empty cup, so try to practice different forms of self-love whenever you can!

Exercise Your Mind

Take a personality test!

This personality test is designed specifically for teens and provides insights into your personality traits, including whether you lean more towards introversion or extraversion. It's a great way to learn more about yourself and understand how your personality influences your interactions with others.

<https://www.16personalities.com/free-personality-test>

Resources

Virginia 4-H

facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

www.facebook.com/VaFNP

Virginia Cooperative Extension

ext.vt.edu

facebook.com/VirginiaCooperativeExtension

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Click to Visit Online:

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[National 4-H](#)



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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

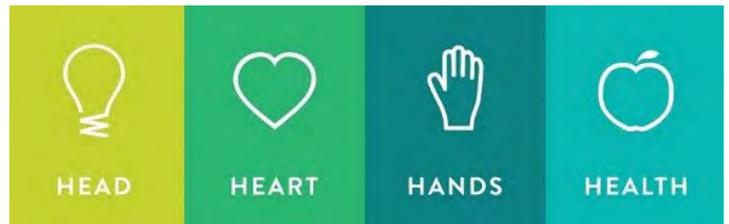
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Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

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Alan Lerch, Vice President
Sydney Nguyen, Treasurer
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Recognition Committee - Alan Lerch
Membership Committee - 4-H Staff



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