



# Prince William 4-H

*Our Clubs, Our Community*

February 26, 2025

## Upcoming Events

- Mar 1** - PW 4-H Jr Camp  
Registration Opens
- Mar 1** - VA 4-H Meats  
Evaluation Contests
- Mar 4** - PW 4-H  
Association & Leaders'  
Mid-Year Meeting
- Mar 7-8** - TALT  
Weekend
- Mar 12-16** - National 4-H  
IGNITE
- Mar 15** - PW 4-H  
Cloverbuds
- Mar 15-16** - VA 4-H 2025  
Spring Air Champs
- Mar 28-30** - VA 4-H  
Teen Summit
- Mar 29** - PW 4-H  
Association BINGO
- Apr 4-6** - VA 4-H  
Equismartz
- Apr 5-6** - VA 4-H  
Shooting Ed New

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## IMPORTANT ACTION ITEM for PW 4-H TEENS



Nominations for Virginia 4-H State Cabinet will be opening soon! The Virginia 4-H Cabinet has amended its bylaws and, beginning this year, voting for the Cabinet will now be open to all Virginia 4-H members ages 14 and up who are fully enrolled in 4-H Online no later than March 1, 2025. **PLEASE CHECK YOUR TEEN'S ACCOUNT TODAY!**

To meet this requirement, it involves two critical pieces:

1. A youth member must be individually enrolled in Virginia 4-H through 4-H Online
2. The youth member must also have an individual email address listed on their personal 4-H Online profile.

Having an email address only for the family profile is not sufficient. There must also be an email on the member's profile (even if it is the same as the family account) Using the same email address for more than one individual profile will result in both profiles being deemed ineligible to vote.

## PW 4-H Campers Celebrate Citizenship



This summer, campers at Prince William 4-H Fair Camp learned about the 4-H Pillar of Citizenship. One fun activity was creating flags with their handprints! 4-H has a strong military partnership program, so the teens decided to send their creations to service members from our area that are deployed to let them know that we are proud of their dedication to our country.

Prince William 4-H newly commissioned Army 2nd Lieutenant Justin Petersen has had an amazing year serving his country and was thrilled to receive one of the flags made by Prince William 4-H campers! Lt. Petersen grew up in Prince William County and his mother, Gail Petersen, works for Virginia Cooperative Extension.

"Thank you all very much for organizing having the handprint American flag made for me!" wrote Lt. Peterson.



"That gift accompanied by the signed card was truly special. It means a lot that those young children are learning the importance of our military services. Thank you for everything you do and Happy New Year!"

Prince William 4-H sends best wishes to Lt.



Petersen as he progresses through his Army Ranger training!

Beyond Ready

## JUNIORS

**Stella Carter** - Table Setting  
**Thomas Carter** - Table Setting  
**Caroline Coakley** -  
Presentation *"What Horses Can  
and Cannot Eat"*  
**Maria Konstanty** -  
Extemporaneous; Presentation  
*"American Girls"*

## INTERMEDIATES

**Helen Comeau** - Presentation  
*"Ann Frank"*  
**Grayson Dove** -  
Extemporaneous  
**Sarah Fox** - Presentation *"Equine  
Assisted Therapy"*  
**Valor Richter** - Extemporaneous  
**Abigail Tumelty** - Presentation  
*"All About Heaves"*

## SENIORS

**Sophie Carter** - Dramatic  
Reading; Public Speaking  
**Peyton Barbour** - Presentation  
*"Understanding and Assessing  
Equine Pain"*  
**Chloe Canyon** - Presentation  
*"EPM"*  
**Charles Comeau** - Public  
Speaking; Extemporaneous  
**Maxwell Comeau** - Public  
Speaking; Extemporaneous  
**Michael DeRoche** -  
Presentation *"4-H  
Entrepreneurship Project"*  
**Bailey Dove** - Extemporaneous  
**Lexie George** - Presentation *"A  
Bit of History"*  
**Adam Grant** - Presentation  
*"What the 4-H's Mean to Me"*  
**Katelyn Kellum** - Presentation  
*"Lyme Disease in Horses"*  
**Charley Murphy** - Fashion  
Revue  
**Anna Nicely** - Presentation  
*"Hunter Riding Style"*  
**Alexis Strand** -  
Extemporaneous; Public  
Speaking  
**Jubilee Richter** -  
Extemporaneous; Presentation  
*"Why You Should Do 4-H"*  
**Noah Richter** -  
Extemporaneous; Public  
Speaking  
**Noble Richter** -  
Extemporaneous  
**Elena Guallar Thompson** -  
Presentation *"Equine Eye  
Conditions"*

Prince William 4-H

# CONTEST DAY 2025





### A HUGE 4-H THANK YOU

Thank you to all of our wonderful judges for their thoughtful listening and insightful comments, without which the 4-H'ers would not be able to grow their presentation skills!

**Judges:** Coles District Supervisor Yesli Vega, Woodbridge District Supervisor Margaret Angela Franklin, Sandy Arnold, Jenna Bello, Luke Bello, Julia Lee, Margaret O'Leary, and Jan Rice

**Room Chairs:** Julia Lee, Noah Richter, and Katie Saul

And a special thank you to Prince William Supervisor Chair at Large Deshundra Jefferson and her Chief of Staff Virginia Douglas for welcoming the contest participants and for allowing the 4-H'ers to join her on the dais where the County Supervisors use their presentation skills each day.





Beyond Ready



PRINCE WILLIAM 4-H



# Food Challenge

Congratulations to the seven Prince William 4-H teams who met at the county government center on Saturday to compete in the Prince William 4-H Food Challenge. Junior 4-H teams Hufflepuff, Kitchen of Chaos, Pink Mild Chili Peppers, with mixed team The Grill Masters, and senior teams The Fork Fighters, Chop it Like Its Hot, and the BLTs, wowed judges Noah Richter and VCE nutrition facilitator Harriet Madjitey. Their many practice runs, determination, and hard work prepared the 4-H'ers for the challenge! The senior and intermediate teams were provided a jar of artichoke hearts as their secret ingredient, while the juniors were challenged with Greek yogurt. Teams were tasked with using their secret ingredient to make a side dish or a healthy dessert. All 7 teams are eligible to compete in May at the Northern District 4-H Food Challenge Contest!

A HUGE 4-H THANK YOU to our judges Noah Richter, Harriet Madjitey, our timekeeper Sierra-Nicole Wimer, and our pantry supervisor Hudson Lee. It was an exhilarating and fun day for all!





## Prince William 4-H'ers Attend *W+g Sisterhood Event*



Last night, Prince William 4-H'ers from Nokesville Equestrian 4-H Club attended First Lady of Virginia Suzanne S. Youngkin's **Strengthen the Spirit of Virginia's Women+girls (W+g)** event. The First Lady facilitated a panel discussion around eating disorders and mental health and shared the overall message that social interaction is so important to youth mental health wellness.

Her initiative ties into the 4-H Pillar of Healthy Living and the Nokesville Equestrian 4-H Club has often promoted this pillar. Club alumni Samantha Whysong served as a club president, Virginia 4-H Horse Ambassador, Virginia 4-H All Star, and was the 2021 Virginia 4-H Youth In Action Award winner for the Healthy Living Pillar for her state-wide anti-bullying campaign. She went on to be a runner-up in the national Youth in Action Awards.

### And First Lady Youngkin loves horses!

The W+g initiative "is cultivating sisterhood and building connections through her initiative. W+g emphasizes supporting, celebrating and championing Virginia's women and girls, with a focus on two, primary pillars: Wellbeing & Workforce." Learn more about her initiative at <https://www.firstlady.virginia.gov/womenandgirls>.



## Important Prince William 4-H Meetings - **TUESDAY!**

### PRINCE WILLIAM 4-H MID-YEAR LEADERS' MEETING

**Date:** Tuesday, March 4th

**Time:** 6-7 PM

**Location:** PW 4-H, McCoy Room, 8033 Ashton Ave., Manassas

**Who Should Attend:** All PW 4-H Leaders. **Please RSVP to the email that was sent.**

### PRINCE WILLIAM 4-H ASSOCIATION MEETING

**Date:** Tuesday, March 4th

**Time:** 7 PM

**Location:** PW 4-H, McCoy Room, 8033 Ashton Ave., Manassas

**Who Should Attend:** All PW 4-H members. Each club should send at least one representative

\* **BINGO** tickets will be available at each meeting for clubs to presell.





**REGISTRATION OPENS SATURDAY!**



**PRINCE WILLIAM-STAFFORD**  
**4-H JUNIOR CAMP**

Get ready for a summer of 4-H fun, laughter, and endless possibilities!

*\* For youth ages 9-14*

**13 - 17 July 2025**

Northern Virginia 4-H Educational Center  
Front Royal, Virginia

**For more information :**

<https://sites.google.com/vt.edu/2023pwst4hcamp/>

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.



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Virginia Tech. • Virginia State University



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## PW 4-H All Stars Shining Brightly Through Service



**A HUGE 4-H THANK YOU** to Prince William's most recent Virginia 4-H All Stars Katie Saul, Julia Lee and Noah Richter! These outstanding 4-H'ers volunteered Friday night at PW 4-H Contest Day as room chairs and judges. Noah and Julia returned to the government center on Saturday to participate in PW 4-H Food Challenge, too, with Julia as a member of *The Grill Masters* and Noah as a judge. All three 4-H'ers earned the prestigious 4-H All Star recognition because of their participation in 4-H and dedication to helping others thrive in the program.

4-H All Stars is an honor/service organization. Membership in 4-H All Stars is the highest recognition that a Virginia 4-H'er can achieve. VA 4-H All Stars is service oriented and volunteer operated. [Click here for more info](#) on how you can become an All Star and serve in 4-H like Katie, Julia and Noah!

## PW 4-H'ers Taking Share the Fun to the Next Level



Trigger Time 4-H Club members Noah, Noble, Jubilee and Valor Richter will be using their best **Share the Fun** skills while singing in this upcoming concert!

### ILLUMINARE: SONGS OF LIGHT AND LIFE

Old Bridge Chamber Orchestra, Gainesville Community Choir, South Loudoun Youth Chorale

**Saturday, April 5, 7PM @ Hylton Performing Arts Center, Manassas**

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

Three powerhouse ensembles combine to create an experience of joy, beauty, and community in song. A full orchestra and 250 singers join forces in this epic one-night-only concert, performing a major work by acclaimed choral composer Dan Forrest, *Lux: the Dawn from On High*, as well as a

variety of selections ranging from Mozart's Requiem to video game soundtrack, and more. Old Bridge Chamber Orchestra, Gainesville Community Choir, and South Loudoun Youth Chorale aim to inspire their members and audiences to appreciate the value of music education, quality music performance, and meaningful music collaborations. Bring the family and tell your friends about this fun concert that will be a standout moment in the Northern Virginia music scene.

## RSVP TODAY! Exclusive Opportunity for PW 4-H'ers!

**PRINCE WILLIAM**  
Office of the Chair

**Chair Deshundra Jefferson's Inaugural Local Government Day**

Calling all 6-8th graders! Chair Jefferson is hosting an interactive event aimed at introducing middle school students to their local government.

Students will learn about the different levels of local government and explore career paths.

Participation requires the attendance of a parent, legal guardian, or adult chaperone

**Saturday**  
**March 15, 2025**  
3:00 p.m. to 5:00 p.m.

James J. McCoart Building  
1 County Complex Ct.  
Woodbridge, VA 22192

**Hosted By**  
Prince William Board of County Supervisors

**Deshundra Jefferson**  
Chair At-Large

**Joined By**  
The Dumfries Town Council

**Nancy Sheer**  
Vice Chair

Prince William  
Soil & Water Conservation District

### EXCLUSIVE CIVIC ENGAGEMENT INVITE FOR PW 4-H'ERS!

In response to *Prince William 4-H Engage Locally!*, Prince William 4-H has received a personal invitation from Chair Jefferson's office to bring a delegation of PW 4-H'ers to her inaugural **Local Government Day!** This is a fantastic opportunity to interact with local elected officials and learn more about their roles and responsibilities.

**Date:** Saturday, March 15th

**Time:** 3 pm - 5 pm

**Location:** James J. McCoart Building, 1 County Complex Ct., Woodbridge

**Who Should Attend:** Prince William 4-H'ers in Grades 6-8 (middle school)

**To Register:** Email MaryBeth Lerch at [mbleerch@vt.edu](mailto:mbleerch@vt.edu) **RSVP TODAY!**

## Prince William 4-H Association BINGO

### SAVE THE DATE!

**Date:** Saturday, March 29th

**Time:** 6:30-8:30 PM (setup at 6 PM)

**Location:** Lake Jackson VFD, 11310 Coles Dr, Manassas

**Invite your family and friends!**

### SIGN UP TO VOLUNTEER AT BINGO

[Click here to Sign Up to Volunteer.](#)

If we all take a small role, everyone can have fun! Please consider signing up for a volunteer slot: BINGO caller/assistant, winning card checker, prize table, cashier, concessions, 4-H table rep, greeter, kid area volunteer, setup and decorating, or cleanup. **A HUGE 4-H THANK YOU TO THOSE ALREADY SIGNED UP!**



### DON'T FORGET YOUR CLUB'S PRIZE DONATIONS

Each PW 4-H Club is asked to each contribute 3 prizes for BINGO night:

1. Sponsor a BINGO game with an experience related to your club (ex: archery/horse riding lesson)
2. Sponsor a BINGO game with a prize that represents your club
3. Donate a raffle basket (\$50-\$75 value)

All clubs should bring donations to the 4-H office **on or before March 14th.**

**PRE-SALE TICKETS WILL BE AVAILABLE AT THE PRINCE WILLIAM 4-H ASSOCIATION MEETING ON TUESDAY!**

## The Virginia 4-H Foundation FCARB 4-H Scholarship

[Click here for application.](#) **Applications due April 1st.**

Farm Credit Associations and Regions Bank have been very supportive of youth and their interest and education in the field of agriculture. Through the Virginia 4-H Foundation, they are happy to provide scholarships for youth to pursue their dreams of higher education. Five \$1000 scholarships will be awarded for 2025.

For consideration for the Farm Credit Association Regions Bank 4-H Scholarship you must:

- Be a participant of Virginia 4-H.
- Be pursuing a secondary education at Virginia Tech or another accredited educational institution, enrolled or to be enrolled.
- Preference given to 4-H members who are also enrolled in FFA and/or have competed in Virginia State Fair competitions.
- Attach a type written essay up to 500 words: How has your involvement in 4-H contributed to your personal growth and influenced your choice to attend VT/chosen field of study?
- Include a letter from the 4-H agent or volunteer leader describing member's contribution to the local community and the 4-H program.
- Complete the scholarship application and required documents.

Additional scholarship opportunities are available through the Virginia 4-H Foundation.

[Click here to learn more.](#)





## 1ST ANNUAL TRIGGER TIME CUP

Submitted by Rebecca Ahrens, Trigger Time 4-H Club Reporter

**February 26, 2025.** This past weekend, Trigger Time 4-H Shooting Education Club hosted the 1st Annual Trigger Time Cup. Overall, there were 56 competitors from more than eight different teams that participated in the CMP sanctioned competition. Members of the Trigger Time 4-H Club helped run the match throughout the day by collecting and scoring targets and setting up and tearing down the range and equipment. Twelve members of Trigger Time formed three teams to compete in the match. Taking first place was American Legion Post 290 Junior Shooters with a score of 2192 - 68. In second was Trigger Time team I (Rebecca Ahrens, Lexi Strand, Tanner Ridings, and Ayden Strand) and Calvert NJROTC took third. Comments from the visiting teams were positive, and Trigger Time plans to host more competitions in the future. Special thanks to coaches Jim Strand and Alan Lerch for the months of preparation and planning to make this a successful event!



## TRIGGER TIME 4-H CLUB TAKES FIRST PLACE IN COMPETITIONS

Submitted by Rebecca Ahrens, Trigger Time 4-H Club Reporter

**February 26, 2025.** Trigger Time 4-H Club members participated in the first of three CMP Virginia State Championships. Through this event, individuals and teams can qualify for Nationals. The Trigger Time team took first place with a score of 2084-28 (Rebecca Ahrens 542-15, Lexi Strand 534-14, Ayden Strand 504-5, Tanner Ridings 503-14, and Samantha Holmes 488-11). Although Trigger Time met the automatic qualifying score for CMP Regionals based on their postal score, the team has now qualified for Nationals based on their score in the State Championship. The third place individual was Trigger Time 4-H'er Rebecca Ahrens. The team will compete in CMP Regionals at Camp Perry in Ohio in April.



The scores for the American Legion Postal Round 1 have been finalized. Out of 75 sporter teams, **Trigger Time 4-H Club took fourth place in the nation and first place in Virginia.** Trigger Time qualified for the team Postal Round 2. In addition, Rebecca Ahrens (Virginia 4-H State Champion) and Lexi Strand qualified for the individual round 2 match. The top 15 competitors in round 2 will be selected to compete in the American Legion National Championship at Hillsdale College.



## Virginia 4-H Shooting Education Updates

### VIRGINIA 4-H SHOOTING EDUCATION INSTRUCTOR CERTIFICATION

**Dates:** April 5th -6th

**Location:** Holiday Lake 4-H Educational Center.

**Register by March 10th.** Candidates attending Instructor Certification for the first time will need to complete an online training course by March 31st. See your 4-H Club Leader for more information. [Click here for more information.](#)



### STATE OF VIRGINIA'S NRA YOUTH EDUCATION SUMMIT

**Dates:** July 10th - 13th

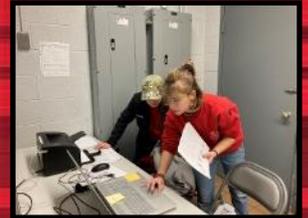
**Location:** Richmond, VA

**Who Should Apply:** current Freshmen, Sophomores, and Juniors in high school

[Click here for more information.](#) **Register by April 15th.**

Founded alongside the National Y.E.S. program, the State Y.E.S. program is designed to educate high school students about their state governments and the critical role their generation will play as voters. The program also highlights the benefits of firearms ownership and responsible citizenship.







HEAD



HEART



HANDS



HEALTH



HEAD



HEART



HANDS



HEALTH



PRINCE WILLIAM 4-H

# CLOVERBUD

# CLUB

Meets the 2nd Saturday of the Month from October to May from 10am-Noon



## MARCH 15TH

4-H HEADQUARTERS, MCCOY ROOM, 8033 ASHTON AVE., MANASSAS



10 AM - NOON

All Greater Prince William Area youth ages 5-8 that are interested in 4-H and would like to explore the 4-H Pillar of Citizenship are invited! We will play the handshake game, telephone, table setting, and of course, enjoy a yummy snack!



**Who Should Attend:** Greater Prince William youth ages 5-8 that are interested in learning more about 4-H.\*

Cloverbuds complete short-term, hands-on, adult-led, exploratory projects in the 4-H Pillars of civic engagement, STEM, healthy living and agriculture. All 4-H projects are research and curriculum based. We lay the foundation of knowledge to help develop our future community leaders.



Learn more about 4-H at [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H).

**CLICK HERE TO REGISTER.** Registration is free, but required.

**Come grow with us!**

\* A parent or guardian must be present.

4-H  
GROWS HERE



HEAD



HEART



HANDS



HEALTH



HEAD



HEART



HANDS



HEALTH



## 2025 Virginia 4-H Teen Summit

**Dates:** March 28th - 30th

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

**Who Should Attend:** 4-H'ers ages 14-19

**Cost:** \$55

Register through 4-H Online **by March 8th.**

This event is open to teens from across Virginia and is focused on youth empowerment, creating opportunities for all youth, and creating change makers in youth as they take their passion to action to help address issues and problems in their communities. This teen event is planned by teens for teens as they spend time engaging in workshops, group activities, and hear from speakers around different topics related to youth advocacy, creating opportunities for all, and youth empowerment.

Registration cost is \$55 and covers meals, lodging, and all activities from Friday night (starting at 6:30 p.m.) to Sunday at 12 noon.



VIRGINIA 4-H  
**TEEN SUMMIT**  
FOR AGES 14-19 | 28TH MARCH TO 30TH MARCH  
**REGISTRATIONS OPEN!**

**WHAT IS IT?**  
Event planned FOR teens, BY teens! Focusing on opportunities for all and youth empowerment!

**WHAT WILL YOU DO?**  
Fun & Engaging workshops  
Full group activities  
Learn about how to be a change maker in the community & next steps!

Register now! At [v2.4honline.com](http://v2.4honline.com), the cost of registration is \$55 and the location of this event is at the W.E. Skelton 4H Center in Wirtz, VA. Hurry!! Registration closes March 8th!

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## 2025 4-H Beekeeping Essay Contest

[Click here for more information.](#) **Entries due by April 18th.**

The 2025 4-H Beekeeping Essay Contest sponsored by the Foundation for the Preservation of Honey Bees, Inc. and Virginia 4-H is open to active Virginia 4-H members. The top 3 winners in the state receive cash prizes and the state winner will go on to compete nationally for additional cash prizes.



### 2025 4-H ESSAY CONTEST - THE IMPORTANCE OF YOUTH IN BEEKEEPING: HOW 4-H MEMBERS CAN MAKE A DIFFERENCE!

For this essay, a 4-H student should answer these questions: Why youth is important in beekeeping? How can 4-H members make a difference? How can more young people involved in beekeeping? What are your future plans as a beekeeper? What is a major contribution a young beekeeper has brought to the industry?

## Summer Host Family Recruiting for Japanese Inbound Exchange

Hello 4-H Families! Can you host a young person or adult chaperone from Japan this summer? It is a wonderful opportunity to learn about another culture first hand! Here are some hosting details:

- Program runs July 23 through August 16, 2025
- No previous 4-H experience is required
- Host families receive no stipend to host a delegate.
- All Host families will be screened and interviewed as part of our risk management protocol
- Japanese delegates are ages ~13-16
- To host a delegate, a family must have a child who is 10+ years old
- Families without young people at home can host adult chaperones
- Families hosting youth delegates must provide adult supervision during the daytime
- Families will identify a host sibling and will be matched with a delegate of the same gender who is within 4 years of the host youth's age.
- 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/>

[Click here for Summer Program FAQs.](#) | [Click here for an inspirational video from 2023.](#)

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 Equismartz

**Dates:** April 4-6

**Location:** Virginia Horse Center, Lexington, VA

[Click here for the Virginia 4-H Equismartz Contests Website.](#)

### SCHEDULE

[Click here for the full schedule.](#)

- 4-H/FFA Hippology - Friday, April 4, Rockbridge High School and Saturday April 5, Virginia Horse Center (for 4-H horse judging phase)
- 4-H/FFA Horse Judging - Saturday, April 5, Virginia Horse Center (reasons at Rockbridge High School Sat. afternoon)
- 4-H Horse Bowl - Sunday morning, April 6, Rockbridge High School
- 4-H Horse Communications Contest - Sunday, April 6 Rockbridge High School



### DOCUMENTS & FORMS

Please review the contest letters for information regarding tentative schedules, payment, entry links, and contest set up:

- [2025 Horse Bowl Rules](#)
- [2025 Equismartz Hippology and Horse Judging Rules](#)
- [2025 Hippology Contest Resource List](#)
- [2025 Communications Rules](#)

### ENTRIES

**Entries are due on Tuesday, March 25th at 5 PM.**

- [4-H/FFA Horse Judging/ Hippology](#)
- [Horse Bowl](#)
- [Communications](#)

### HORSE BOWL COACHES

Similarly to last year, all teams registered for horse bowl will be required to submit 10 questions for the question bank by **March 20th**. These questions MUST utilize the appropriate age division resources.



## Hippology and Horse Judging Fix-A-Contest



Sponsored by the North East and North West 4-H District Horse Councils

Saturday, March 15, 2025

9am-3pm

Culpeper, Va

Is it a contest? YES!

Are there awards? YES!

Ever wondered... What can I do better? YES!

Ever wanted to ask an expert? YES!

Do you want to come and get better at Hippology and Horse Judging? YES!



Join us Saturday March 15th for a REAL contest in Hippology and LIVE judging + Reasons. We will end each contest with a clinic to break down the elements of the contest and give the answers! Work on improving your Hippology Scores, Horse Judging Eye and Reasons Delivery with our experts!

### Contestants Should Bring:

Chair    Clipboard    Paper/Pens  
Horse Safe Shoes    Snacks or Lunch  
Weather Appropriate Attire (Indoor Arena)  
Lunch Available Hamburger/Hotdog Meal  
By Pre-Order (Pay on Site)  
Fix-A-Contest is \$10 per person



Saturday, March 15, 2025

9am-3pm

13310 Del Dios Way

Culpeper, Va 22701

Registration is OPEN Closes 3/12

[WWW.NE4HHORSE.ORG/EVENTS](http://WWW.NE4HHORSE.ORG/EVENTS)



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### 4-H LIVESTOCK CAMP

**Dates:** March 21-22 at Southwest Virginia 4-H Educational Center, Abingdon, VA

**Who Should Attend:** 4-H'ers ages 9-18

**Cost:** \$60 for two-day (overnight) participants and \$35 for Saturday-only participants

[Click here to register.](#) **Registration closes March 10th.**

This opportunity is supported by the Virginia Cattle Industry Board.



### CAMP WOODS & WILDLIFE

**Dates:** June 16-20 at Holiday Lake 4-H Center, Appomattox, VA

**Who Should Attend:** Virginia students ages 13-16 (typically Grades 7-10)

**Cost:** \$95\*

**\*A MEMORIAL SCHOLARSHIP FUND HAS BEEN ESTABLISHED FOR PW 4-H'ERS WHO ATTEND CAMP WOODS & WILDLIFE. PLEASE SUBMIT YOUR NOMINATION FORM ABOVE DIRECTLY TO MARYBETH LERCH. CAMPERS WILL ATTEND CAMP AT NO CHARGE!**

[Click here for more information and to apply.](#) **Applications due April 11th.**

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.



### 4TH ANNUAL PRESTON R. WILLSON VIRGINIA 4-H CAMP SCHOLARSHIPS

[Click here for the application.](#) **Applications due by April 1st.**

Applications for youth ages 9-13 can be submitted to attend one of 6 Virginia 4-H Center's 4-H Summer Camps, which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton.

## Virginia 4-H Animal Sciences Updates

### VT BLOCK AND BRIDLE STOCKMAN'S AND LIVESTOCK JUDGING CONTESTS

**RESCHEDULED -New Dates:** March 15th and 16th

All registered teams must respond to confirm entries by 5 pm on Friday February 28th. [Click here to respond.](#) We will not accept any NEW entries at this time, but you can SUBSTITUTE a different child for one that cannot make the new date.

The State 4-H/FFA Meats Evaluation Contest will still take place on Saturday, March 1st.

### VIRGINIA YOUTH LIVESTOCK PROGRAMS



### MC LIVESTOCK STOCKMAN'S CHALLENGE

**Date:** Saturday, March 22nd

**Time:** Check in 7:30 - 8:30 am; Contest begins at 9 am

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

**Entry Fee:** \$20/individual or \$80/Team - includes lunch. No Entry Fee for Pee Wees

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

The McCall Family at MC Livestock is offering a Regional Youth Livestock Judging Contest for youth ages 5-19. Junior and Senior Team Divisions-teams may consist of 3-4 members.

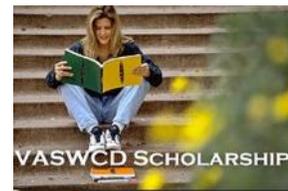


## VASWCD Scholarships for High School Seniors

[Click here for more information and the application.](#) **Applications due April 11th.**

The Virginia Association of Soil and Water Conservation Districts annually offers four scholarships to graduating high school seniors or college freshmen for college study. This year, four \$2,000 scholarships are available! Applications must arrive at the PWSWCD office by April 11, 2025.

Applications for students who reside in Prince William County must be submitted to the Prince William Soil and Water Conservation District, which will select one student for consideration by the state committee.



## National 4-H



### 2026 YIA APPLICATION OPEN SOON

Applications for the 2026 4-H Youth in Action Program open on January 27th! This program celebrates outstanding 4-H youth aged 14-19 who make a difference in their communities. Selected winners will receive a \$5,000 scholarship, professional development, media training, national recognition, and spokesperson opportunities to inspire others. **Important Dates:**

- February 26th @ 7:00 PM ET: Webinar for Students. [Click here to register.](#)
- March 31st: Application deadline, [Click here for more information.](#)



### APPLY TODAY: 2025 GEORGIA BOOT TRAILBLAZER CONTEST

[Click here for more information and to apply.](#)  
**Applications due March 16th.**

The 2025 Georgia Boot Trailblazers Contest is now open! This contest is open to 4-H'ers aged 12 – 18 and is an opportunity for them to share about their project journey for a chance to win a prize pack valued at \$800 and receive national recognition on Georgia Boot and 4-H digital channels as a 2025 Trailblazer.

# SAVE THE DATE

A 4-H Event



# TAKE OFF

We're thrilled to announce Take-Off, an exciting 4-H event designed for intermediate youth! Mark your calendars and save the date.

This event will empower youth to connect, learn, and grow through a variety of engaging workshops, activities, and opportunities. More details will be shared soon, so stay tuned!

**Dates: May 30th-June 1st, 2025**

**Location: Virginia State University**

**Included: Housing, meals and other amenities**



## Project WILD and Aquatic WILD Combo Workshop

### When:

March 18, 2025  
8:00AM to 4:00PM

### Target Audience:

Upper Elementary & Middle School Educators  
(Formal and Non-Formal)

### Why?

To get some fun, engaging, and standard-based lessons to bring nature into the classroom!

**Where? Campbell County Extension Office**

**Cost: FREE - and so worth it!**

**Location: 163 Kabler Lane  
Rustburg, VA 24588**

Email: [yhans07@vt.edu](mailto:yhans07@vt.edu) with questions.



Project **WILD**

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, genetic information, ethnicity or national origin, political affiliation, race, religion, sexual orientation, or military status, or any other basis protected by law. If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Yvonne Hansotte, Campbell County Extension Office, at 434-332-9538 during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.

## VSU Events



### 3RD ANNUAL VSU AG FEST

**Date:** Tuesday, March 18th

**Time:** 11AM - 3PM

**Location:** VSU University, Petersburg, VA

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

The VSU College of Agriculture invites you to our annual VSU AgFest, a family-friendly celebration of agriculture and community spirit. VSU AgFest honors National Ag Day and showcases the important role agriculture plays in our daily lives. This exciting event is packed with fun, education, and entertainment for all ages. **What to Expect:** A day filled with interactive exhibits, hands-on activities, entertainment, and delicious food. There's something for everyone at VSU AgFest!



### 2025 Sustainable Urban Agriculture Certificate Program

**Dates:** March 1st – May 31st (12-week course on Saturdays)

**Time:** 9 AM - 3 PM

**Location:** VSU Randolph Farm, 4415 River Rd., Petersburg, VA

**Cost:** \$400

[Click here to apply.](#) **Register by February 28th.**

Increase competence and marketability for a career in urban agriculture! Classes include lectures and hands-on experiential learning sessions. Those who choose the virtual option will be able to attend sessions online, and will receive the same kits for hands-on activities, the same educational materials, and the same certificate as those who choose the in-person option. **Course Topics Include:** General Principles of Urban Agriculture • Basic Botany, Physiology, and Environmental Effects of Plant Growth • Crop Pest and Disease Management • Business Principles of Agriculture • Permaculture; Vegetable and Small Fruit Production • Urban Soils, Brownfields and Safe Gardening Practices • Greenhouse Production-Aquaponics/Hydroponics • Plant Propagation and Nursery Management • Backyard Rearing • Instruction are provided by Virginia State University and Virginia Tech Faculty, and featured guest speakers.



### 6TH VIRGINIA URBAN AGRICULTURE SUMMIT

**Date:** April 4-6

**Time:** 9 AM - 3 PM

**Location:** Delta Hotel, 555 E. Canal St, Richmond, VA

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

Taking place in Richmond, Virginia, the Virginia Urban Agriculture Summit brings together more than 100 urban farmers, gardeners, foodies, ag-tivists, policymakers and government leaders for three days of networking and learning about agriculture's fastest growing sectors. This year's theme is "Creating Resilient, Healthy, and Sustainable Communities through Urban Agriculture".

## VSU SMALL FARM EVENTS



### Hampton Seafood Industry Tour

Tuesday, Mar 4 • 8:30 AM • Hampton, VA

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

A visit to three unique Hampton seafood industry facilities will be conducted on foot as they are all within a 2-block walk. Various snacks and water will be provided.



### Shenandoah Valley Small Farm Summit

Thursday, Mar 6 • 12:30 PM • Harrisonburg, VA

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

Join small farmers from throughout the Shenandoah Valley for a luncheon to learn about Virginia State University's Small Farm Outreach Program. This participatory session offers producers a chance to discuss issues, opportunities and resources available in the region.



### Growing Blueberries

Thursday, Mar 6 • 1 PM • Smithfield, VA

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

Heirloom Gardens is a hobby U-pick farm located in Isle of Wight County, offering the purchase of blueberries and other vegetables. You will learn details about blueberry morphology, seasonal care, and pruning techniques.

Restrooms are not available on this site.

## Job & Internship Opportunities - Future Careers for 4-H'ers?



### PART-TIME SHELTER PROGRAMS TEAM ASSISTANT

Fairfax County Animal Shelter

[Click here to learn more and apply](#), and look for Animal Care Specialist I ELT-DAS-25000 listing.

**Salary:** \$21.50 per hour

**Location:** The Fairfax County Animal Shelter at the West Ox Campus, located at 4500 West Ox Road, with the potential for time at the Lorton Campus in Lorton.

**Minimum Qualifications:** Any combination of education, experience, and training equivalent to high school graduation or a G.E.D. issued by a state department of education and one year of experience working in an animal shelter, kennel, vet clinic, boarding facility, animal training capacity, or other animal related organization with animal care and handling responsibility; (Graduation from an accredited Veterinary Technician Program may be substituted for one year of the required experience).

**Description:** This position requires flexible scheduling for program needs, including early mornings, evenings, and weekends. The Fairfax County Animal Shelter is the County's only open access, municipal animal shelter, offering a wide range of services to Fairfax County residents and their pets. The Shelter is seeking a Shelter Programs Team Assistant to support the Foster, Rescue, and Volunteer Programs. The ideal candidate will be a critical thinker, detail-oriented, operationally efficient, and capable of working independently as well as collaboratively. This position involves performing basic animal care functions, including administering deworming, treatments, preventatives, and vaccines. The Programs Team Assistant will also communicate with foster volunteers via email, phone, and in person, and provide necessary supplies. Additionally, the role includes inputting, tracking, and analyzing animal medical care data in our Shelter software management system and Excel, scheduling surgeries, assisting with training new in-house volunteers in hands-on animal care, and performing other duties as assigned.



### VIRGINIA COOPERATIVE EXTENSION STATE LEVEL SUMMER INTERNSHIPS

[Click here for more information and to apply](#). Positions open until filled.

Virginia Cooperative Extension internships gives students the opportunity to explore careers in nutrition, agriculture, environmental science, natural resources, family and consumer sciences or community and youth development. All while making a paycheck. VCE summer-long internships are credit-hour-eligible. Besides learning about your career options, building your resume and helping better your community, you can also earn college credit! VCE Internships are awarded to college students who are community minded and have a desire to create positive change.

### For Educators & 4-H Club Leaders



## ENERGIZE EMPOWER & EQUIP

Unlocking Social and Emotional Wellness Summit

By uniting Extension Agents, community leaders, volunteer educators, practitioners, and advocates, the summit aspires to spark meaningful dialogue, inspire transformative action, and create a ripple effect of social and emotional wellness that resonates across communities

**MARCH 25 & 26, 2025**  
Virginia State University  
L. Douglas Wilder Building  
1 Hayden Dr, Petersburg, VA 23806



Please register for this summit at:

Registration: 8:30 am  
Summit: 9:00 am to 3:00 pm

March 25 - Pre-Summit Session: Stewards of Children 2:00 PM to 5:00 PM  
March 26 - Summit 8:30 AM to 3:00 PM

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments.

**MARCH 25, 2025**  
2 PM TO 5 PM  
PRE-CONFERENCE  
WILDER BUILDING  
AUDITORIUM

**MARCH 26, 2025**

**10:15 AM - 12:15 PM**  
(Sessions are from 10:15 am to 11:00 pm and 11:10 am to 12 noon Select two of the three topics)

**Jessica Jones**  
Family and Consumer Science  
Strength in Motion  
Navigating Stress with Balance and Clarity  
Domo Kitchen

**Rebecca Kenaga, MT-BC**  
Music Therapist-Board Certified  
Exploring Wellness Through Expressive  
Art Room 300

**Robert Cartwright**  
Adverse Childhood Experiences Coordinator  
Virginia Department of Behavioral Health and  
Developmental Services

**12:15 PM - 01:00 PM**  
**Lunch** (Room 300)

**01:00 PM - 02:00 PM**

**Jamia Crockett**  
Chief Executive Officer  
Families Forward Virginia

**02:00 PM**  
**Plant Pinwheels in front of Wilder Building**

**03:00 PM**  
**Adjournment**

**8:30 AM - 9:00 AM**  
Registration - Morning  
Refreshments - 3<sup>rd</sup> Floor

**8:30 AM - 9:10 AM**  
Welcome  
**Dr. Janine Woods,**  
Associate Extension Administrator  
Virginia Cooperative Extension at  
Virginia State University

**Doris Heath**  
Program Leader for Integrated Wellbeing of Youth,  
Families and Communities Virginia Cooperative  
Extension at Virginia State University

**9:10 AM 10:00 AM**  
**John Richardson-Lauve,**  
Senior Director of Community Outreach and  
Trauma-Informed Care Specialist,  
St. Joseph's Villa

# 2024 - 2025 PRINCE WILLIAM 4-H EVENT CALENDAR

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
6-12 National 4-H Week	2 VSU 4-H Aspiring Leadership Training - Intermediate Congress	3 PW 4-H Club & Project Leader Training (Option 1)	7 PW 4-H Club & Project Leader Training (Option 2)	7-8 VA 4-H Hippology & Horse Judging	1 PW 4-H Junior Camp Reg Opens
8 Proclamation at PWC BOCs	4-5 PW 4-H Palama Party SPIN Club	5 PW 4-H Homemade Holiday Craft Night; Teen Club; Cloverbud Club	9 PW 4-H Food Challenge Training	17-21 4-H Shooting Sports National Quiz Bowl	1 VA 4-H and FFA Meats Evaluation
12 PW 4-H Cloverbud Club	7 PW 4-H Engage Locally	14 Wreaths Across America Day	14 PW 4-H Association Meeting	19-20 PW 4-H Embryology Project Leader Training	4 PW 4-H Leaders' Mid-Year Meeting & 4-H Association Meeting
12-13 VA 4-H Shooting Ed New Instructor Certification	9 PW 4-H Cloverbud Club	19 PW 4-H Whisper Booth Training	17 PW 4-H Share the Fun Dress Rehearsal	21 PW 4-H Contest Day; Presentations, Table Setting, Fashion Review	7-8 TALT Weekend - Junior Camp Counselor Training
20-26 National Character Counts Week	12 PW 4-H Association Meeting	30 PW 4-H Embryology Registration Opens (doses Jan. 31)	22 Virginia 4-H Day at the Capitol	21-22 VA 4-H Stockman's & Livestock Judging	12-16 National 4-H IGNITE
19 PW 4-H Teen Club - Community Service	14 PW 4-H Teen Club - Community Service/Project Linus	24 PW 4-H Share the Fun	24 PW 4-H Share the Fun	22 PW 4-H Food Challenge	15 PW 4-H Cloverbud Club
24 Prince William 4-H Recognition Day	16 PW 4-H Hike: 4-H Outdoor Challenge	25 PW 4-H Cloverbud Club	25 PW 4-H Cloverbud Club	22 VA 4-H Shooting Ed Instructor Recertification	15-16 VA 4-H Spring Air Championships
29 PW 4-H Contest Orientation - Presentations, Public Speaking, Table Setting, Extemporaneous	18 PW 4-H Officer Training	30 PW 4-H Portfolio Training	30 PW 4-H Portfolio Training	29 PW 4-H Tree Seedling Orders Due	28-30 VA 4-H Teen Summit
	29-Dec 3 National 4-H Congress	31 PW 4-H Tree Seedling Orders Due	31 PW 4-H Tree Seedling Orders Due		29 PW 4-H Association BINGO
	29-Dec15 TSC & 4-H Paper Clover Campaign				
APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
4-6 VA 4-H Equismartz	10 PW 4-H Cloverbud Club	16-20 VA Dept of Forestry Camp Woods & Wildlife	13-17 Prince William/Stafford 4-H Junior Camp	8-11 PW 4-H Fair Camp	5-7 VA 4-H State Horse and Pony Championship
5-6 VA 4-H Shooting Ed New Instructor Certification	TBD Prince William 4-H Young Entrepreneurs SPIN Project	22-28 National 4-H Shooting Sports Championship	Jul 30 - Aug 3 Southern Regionals 4-H Horse Championships	9 VA 4-H Northern District Shoot	6-7 VA 4-H State Shoot
11-16 National 4-H Conference	TBD 4-H Northeast District Food Challenge Contest	23 VA 4-H Livestock Judging Contests	TBD 4-H True Leaders in Equity Institute (TLEI) 2025		Sep 26-Oct 5 State Fair of VA
12 PW 4-H Tree Planting & PW 4-H Cloverbud Club		24-27 Virginia 4-H Congress			TBD Prince William 4-H Day
12-13 VA 4-H Shooting Instructor Training		24 1st Time Junior 4-H Camper Parents' Meeting			TBD Virginia 4-H Shotgun Championship
26 4-H Northeast District Contest Day					

For more detailed information as events approach, see the newsletter at [www.pwcv4a.gov/4H](http://www.pwcv4a.gov/4H).



Updated 2/19/2025

**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  
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**DeeAnn Strand**

4-H Youth Educator  
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**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](#)



**2024-2025 PWC 4-H  
Association Officers**

**Youth Officers**

Lexi Strand, President  
Tim Hirshey, Vice President  
Cara Grahn, Secretary  
Ryan Nguyen, Treasurer

**Adult Officers**

Susan Wolf, President  
Alan Lerch, Vice President  
Shelby Kohn, Secretary  
Sydney Nguyen, Treasurer

**Committee Chairs**

Fundraising Committee - Shawn Clinger & Sarah Fox  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



**Beyond  
Ready**



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Virginia Tech. • Virginia State University



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