



# Prince William 4-H

*Our Clubs, Our Community*



June 26, 2024

## Upcoming Events

- Jun 22-28** - National 4-H Shooting Sports Championship
- Jun 27** - First-time Junior Camper Parents' Meeting
- Jul 3** - Workday Wednesday
- Jul 7-11** - 4-H True Leaders in Equity Institute (TLEI) 2024
- Jul 13** - PW 4-H Young Entrepreneurs Market Day
- Jul 14-18** - Prince William / Stafford 4-H Junior Camp
- Jul 28-Aug 1** - VA 4-H Shooting Education Camp
- Jul 31-Aug 4** - Southern Regionals 4-H Horse Championship
- Aug 7** - PW 4-H Workday at the Fair

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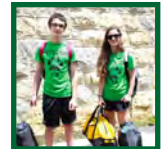
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## Prince William 4-H Attends Virginia 4-H State Congress

Prince William 4-H arrived at Virginia Tech last Tuesday with 18 delegates full of excitement as we launched into Virginia 4-H State Congress with big hopes and dreams...and Congress did not disappoint!



But it's not 4-H State Congress without some shenanigans. We eavesdropped on a lunch stop conversation...



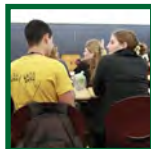
"Chips and cowtails are sides not entrées."  
 "I got a subway sandwich and a chocolate chip cookie."  
 "There we go, an entrée and a dessert!"  
 "There's veggies."  
 "Yo! The footlong cookies are insane!"



But we digress...

Wednesday was a busy day with National 4-H Congress interviews, competitions, and workshops. We also attended a 4-H Teen Opportunity Fair, district meetings, and elections. **Prince William 4-H's Aiden McDonald is returning as one of our elected Northeast District Ambassadors- Congratulations Aiden!**

Virginia 4-H State Food Challenge was also on Wednesday. With the 2nd highest score, Prince William 4-H's Cool Carrots team won a blue ribbon! **Congratulations Sana Canny, Bailey Dove and Simon Grahn!**



PW 4-H'ers really enjoyed the workshops offered. Some favorites were: STEM Majors in Sustainability, Environment and Conservation; Flourishing in the Garden, Flourishing in Life; In search of Pollinators: Bee Hunting and Honey Bee Biology in the Field; Applying to VA Tech: a CALS Workshop; How to Find the World's Most Abundant Animals; Animal x Robot Interactions; Tour of Virginia Tech Helmet Lab; How would you vote?; Using Canine Science to Improve the Lives of Dogs; Creating Community Gardens; and Horse Genetics: Coat Colors and More. Other PW 4-H'ers participated in the Helmet Lab Tour and were able to make and test their own helmets! *Which would you like to attend next year?*



On Thursday morning, 4-H'ers were able to choose to volunteer in a service project from a list of diverse and exciting options. PW 4-H Extension Agent MaryBeth Lerch attended [Micah's Backpack](#), volunteering to inventory supplies and reorganizing. The organization partners with 10 Blacksburg area schools to provide weekend lunches, dinners, snacks, and an educational piece, every Friday during the school year. PW 4-H Youth Educator Pam

Hardin volunteered to assemble, and stack food boxes for distribution with [Montgomery County Christmas Store](#). The Store assists families in Montgomery County during the Christmas season with a shopping experience characterized by choice and dignity with donated items such as books, toys, clothing, consumable goods, food and more. A second crew took apart storage units and moved/reassembled the units in a new location.

VA 4-H State Congress brought together the best of Virginia 4-H for an exciting few days of education, making new friends, and experiences truly unique to Congress. See [Page 2](#) for photos from staff and youth photographers of the fun, and **we hope you'll join us next year!**

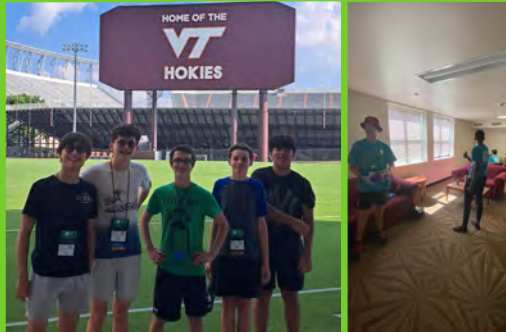


# Prince William 4-H

# VIRGINIA 4-H STATE CONGRESS

June 18-21, 2024





# Celebrating Prince William 4-H's 2024 VIRGINIA ALL STARS



Prince William 4-H is celebrating our three outstanding 4-H'ers who were tapped as Virginia All Stars at the 2024 Virginia 4-H State Congress event last week. The Virginia 4-H All Star honor is the highest recognition for 4-H'ers in the state, and takes years of service and leadership to earn. We are proud to celebrate Julia, Noah, and Katie!

## INTRODUCING PRINCE WILLIAM 4-H'S 2024 VIRGINIA 4-H ALL STARS

**JULIA LEE** - Julia has been a member of 4-H for 8 years and has participated in projects including Food Challenge, Embryology, Fair Gardens, and numerous 4-H community service projects. Julia has attended Junior Camp as camper, CIT, and counselor. She competed on the state-winning Food Challenge team at the 4-H State Congress last year, competed in and

has served as emcee for Share the Fun, and has been a true 4-H spokesperson recruiting nearly all of the teens in her club to attend 4-H State Congress this year!

**"Reflecting on my 4-H career, I realized how much my involvement in 4-H has given me the skills necessary to succeed in my life outside of 4-H," stated Julia.**



**NOAH RICHTER** - Noah has been a member of 4-H for 9 years and has completed projects in Shooting Education and Poultry. Noah has consistently competed in county and state 4-H Presentation Contests, served as a 4-H club officer, and held teen leadership roles at Virginia 4-H Shooting Education Camp. Noah is always committed to supporting club fundraisers and promoting 4-H at every opportunity. Noah strives to meet as many new friends as he can at every 4-H event he attends! **Noah stated, "I will be forever grateful for everything I have learned from 4-H and all the people I have met and later on, I hope to show how wonderful the whole 4-H program is to future generations."**



**KATIE SAUL** - Katie has been a proud and well-rounded 4-H member for over 12 years. She has participated in numerous 4-H projects including Embryology, Food Challenge, Shooting Sports, Market Sheep, and many others, and has served as a Junior Project leader for her club. Katie has attended 4-H Junior Camp and 4-H Fair Camp in camper, CIT and counselor roles. She embraces 4-H opportunities and has participated in county and district 4-H Presentation Day and Share the Fun, and statewide events such as 4-H State Shoot, 4-H State Congress, and 4-H Day at the Capital. **"Since I was 4 years old, 4-H has been in aspects of my life I never thought it would touch...Inside and outside of 4-H, I have grown into a confident, kind leader who can make the best better for my life and others," stated Katie.**



Interested in becoming a future Virginia 4-H All Star? Start working on your 4-H Resume today! Click here to see the [2024 4-H All Star Application](#) and set your goals for 2025.



## Virginia 4-H All Stars from Prince William 4-H

1929 Janet R. Murphy  
1933 Doris Bubb  
1938 Margaret B. Linsey  
1949 John P. Neal  
1952 Martha R. Sullivan  
1954 Betty R. Bruce  
1955 Helen M. Hill  
1956 Rebecca M. Whitlock  
1957 David Cox  
1960 Bernard P. O'Meara  
1960 Leland W. Flora  
1960 Robert L. Kidd  
1961 Amelia S. Secord  
1961 John W. Bartholomew  
1962 Joseph H. Bowles  
1963 Brenda Q. Caricofe  
1963 Claudia D. Workman  
1963 James Biggers  
1964 Mealena J. Kidd  
1965 Richard H. Sanders  
1966 Clyde F. Jackson  
1966 Leah F. Kidd  
1967 Jerry R. Murphy  
1969 Nathan K. Slate  
1969 William L. Bullock  
1970 Alfred D. Kidd, Jr.  
1970 Nancy J. Crawford  
1972 Ray C. Kidd  
1974 Sally J. Mockler  
1975 Debbie B. Jones  
1975 Nancy J. Publicover  
1975 Nancy P. Holmes  
1976 A. Foster Avringer  
1976 Mary R. Dawson  
1977 Eddie Z. Russell  
1979 Teresa R. Yancoskie  
1980 Lydia J. Barrett  
1980 Timothy K. Houston  
1980 Wallace S. Covington, III  
1982 Anne L. Wilson  
1982 Elizabeth J. Thompson  
1982 Eva B. Garner  
1983 Betty Barrett  
1983 Christa L. Richer  
1983 Timothy R. Ware  
1984 Christina V. Harrigan  
1984 Denise N. Jacobs  
1984 Helen M. Walla  
1986 Karyn R. Angsten  
1987 Ann M. Rostock  
1989 Kari J. Seaman  
1992 Dana A. Seaman  
1995 Amy M. Ragan  
1995 Barbara Reese  
1995 Fran Seaman  
1996 Therbia U. Parker, Jr.  
1996 Adrianna D. Smith  
1998 Christopher S. Baronavski  
1998 John S. Ragan  
1998 Lorissa M. Crews  
1998 Patricia Redmond  
1999 Carissa E. Carpenter  
1999 Danielle L. LeCompte  
1999 Fred Fees  
1999 Kathleen M. Callahan  
1999 Mary LeCompte  
1999 Megan K. Scanlon  
1999 Rebecca E. Gorman  
1999 Renee A. LeCompte  
2000 Bernard A. Malo  
2000 Margaret Carpenter  
2000 Stacy A. Daugherty  
2000 Nikki LeCompte  
2001 Anita Sager  
2001 Jessica M. Bass  
2001 Kimberly A. Sager  
2001 Kimberly D. Lueking  
2001 Michele Baronavski  
2002 Linda Licht  
2002 Sheryl Bass  
2003 Christopher S. LeCompte  
2003 Derek J. Lueking  
2003 Jane Wilson  
2003 Megan M. Baronavski  
2003 Nancy Margeson

2003 Sharon Race  
2003 Sheila Lueking  
2004 Karen Thompson  
2005 Aaron Bailey  
2005 Kimberly Bass  
2005 Maria Fini  
2007 Claire Berlin  
2007 Elizabeth Turner  
2007 Kathryn Thompson  
2007 Kelly Fini  
2007 Leslie-Ann Stevens  
2008 Katherine Forbes  
2008 Marcia Thies  
2008 Patricia Turner  
2009 Brandon Thies  
2009 Micah Poole  
2010 Abigail Poole  
2010 Rose Dunn  
2010 Ruthann Jones  
2010 Sandra Lindner-Turner  
2011 Abby E. Peach  
2011 Donna Weisheit  
2011 Heather A. Duncan  
2011 Laura M. Lykens  
2012 Alisa M. Lykens  
2012 Camryn K. Kasinski  
2012 Kipp C. Dunn  
2012 Lee O. Turner  
2012 Marissa A. Lykens  
2012 Nicolas Poole  
2012 Ryan M. Thies  
2012 Walter Peterman  
2013 Cindy Puryear  
2013 Marie Lerch  
2013 Michelle Leporatti  
2013 Mikaela Mattes  
2013 Ron Smith  
2013 Sandy Arnold  
2013 Troy Vigil  
2014 Jason Thies  
2014 Jenna Fees  
2014 Libby Arnold  
2015 Catherine Root  
2015 David Lerch  
2015 Shelby Kohn  
2016 Alan Lerch  
2016 Evan Thies  
2016 Isabelle Warner  
2016 MaryBeth Lerch  
2016 Megan Kolwicz  
2016 Ruby Dunn  
2017 Elijah Barge  
2017 Heidi Poole  
2017 Maria Dunn  
2017 Nikolas Morales  
2017 Samuel Barge  
2018 Claudia Merrill  
2018 Emily Lerch  
2018 Jackie Nguyen  
2018 James Fees  
2018 Madison Miller  
2018 Matthew Arnold  
2018 Nick Samanian  
2018 Nick Walla  
2018 Olivia Morales  
2019 Kamryn Fyock  
2019 Lydia Eskelund  
2019 Nikki Seagle  
2019 Trae Kohn  
2019 Adam Dove  
2020 Alexis Cox  
2020 Erika Cox  
2020 Geneva Losee  
2020 Kayla Dixon  
2020 Natalya Morales  
2020 Samantha Whysong  
2021 Samantha Seagle  
2021 Anderson Nguyen  
2022 Ryan Nguyen  
2023 Sydney Nguyen  
2024 Julia Lee  
2024 Noah Richter  
2024 Katie Saul

# VIRGINIA 4-H ALL STARS

Celebrating 102 Years



## What is a Virginia 4-H All Star?

Virginia 4-H All Stars is an honor/service organization for teen and adult leaders who are actively involved in expanding and enhancing the 4-H programs in their communities and statewide. Membership with Virginia 4-H All Stars is the highest recognition that a 4-H'er in Virginia can achieve.

Virginia 4-H All Stars contribute to positive youth development through service locally and statewide. 4-H members begin their story by gaining knowledge through trainings and experiences, and then utilize their knowledge to provide leadership and life skills to other 4-H participants. Members that have transitioned into applying their 4-H knowledge and skills into leadership roles and promote "Making the Best Better," can apply to become an All Star. Applicants should have at least 3 years experience with 4-H and be between 15 and 19 years-old.



## Together We Serve

Members inducted into the Virginia Chapter of 4-H All Stars are dedicated to serving their local 4-H community. Working together as All Stars, youth make an impact in developing self-motivated youth and implementing interactive youth development education programs for all of Virginia. All Stars strive for better understanding, patience, dedication and unselfish service to fellow 4-H members and 4-H programs. Virginia 4-H All Stars may attend additional events and apply for additional scholarships specific to Virginia 4-H All Stars.



## You Can Be a Virginia 4-H All Star!

Review the Virginia 4-H All Star application and then contact Prince William 4-H Extension Agent MaryBeth Lerch for more information on the application process. You will continue to grow your leadership skills as you work towards applying for this honor.

## CONGRATULATIONS TO OUR 2024 TAPPEES!



Prince William 4-H is proud to announce our 2024 Virginia 4-H All Star Tappees Julia Lee, Noah Richter, and Katie Saul! These outstanding 4-H'ers have been honored for their participation and leadership at the local, district, and state level, as well as their dedication to service in and out of 4-H.

*"Since I was 4 years old, 4-H has been in aspects of my life I never thought it would touch...Inside and outside of 4-H, I have grown into a confident, kind leader who can make the best better for my life and others." ~ Katie Saul, 4-H Youth*

# CMP NATIONAL 3PAR SPORTER CHAMPIONSHIP

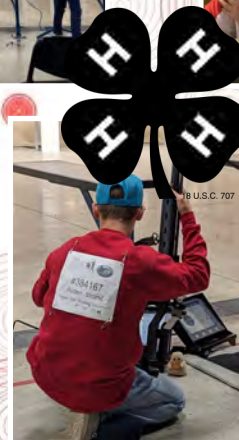
## Camp Perry, OH

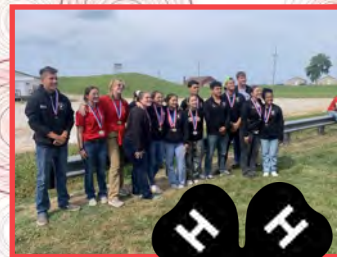
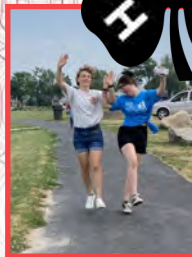
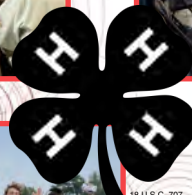
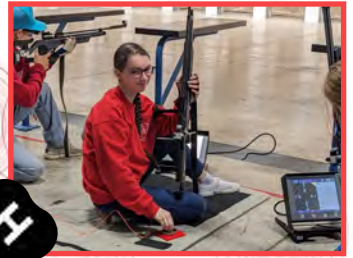
June 21-22, 2024



On June 21-22, Trigger Time 4-H Shooting Education Club participated in the CMP Three-Position National Air Rifle Championship at Camp Perry in Port Clinton, Ohio. The championship consisted of a 2-day competition followed by a final between the top eight competitors to determine the National Sporter Champion. In all, there were 37 teams from 17 states including Arizona, South Dakota, Hawaii, Florida, California, and Texas. Following two days of intense competition, the Trigger Time 4-H Club team was awarded the highest club score and took the podium to receive their awards as the 2nd place team in the country. The team was presented with a check from CMP for \$1,500. The team members were: Samantha Seagle with a score of 1103-43x, Samantha Erick with a 1094-42x, Lexi Strand 1094-35x, and Rebecca Ahrens 1067-32x. On the second day of competition, Ayden Strand, the team alternate, scored a personal record of 513-5x. His total score for both days was 1011-19x. Unfortunately, the top eight final was interrupted when the power failed in the city of Port Clinton, and the match directors decided to cancel the final and present the awards based on the original aggregate scores. Despite this disappointing setback, Trigger Time 4-H Club athlete Samantha Seagle took 4th place in the nation out of 198 competitors and also received a \$1000 CMP scholarship for taking 2nd place among the graduating seniors. Lexi Strand earned 1st place in the under seventeen age group, and Rebecca Ahrens received 3rd place in under fifteen. Samantha Erick and Lexi Strand were also awarded their Junior Distinguished Badges. In between matches, the club played card games, socialized at the pool, and explored some of Port Clinton's history by visiting a local lighthouse. The Trigger Time 4-H Club coaches enjoyed the opportunity to converse with other coaches from all over the country. Congratulations on a great performance to everyone who competed!

*Submitted by Trigger Time 4-H Club Youth Reporter Rebecca Ahrens*





Prince William 4-H

# Reaching New Heights with 4-H

At the PWC Fair, August 9-17, 2024

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)

**4-H CHILDREN'S BARN**

**4-H AGRICULTURE BARN**

**4-H FAMILY FUN NIGHT AT THE SHOW BARN**

### DAILY ACTIVITIES, 2-8 PM

REACH NEW HEIGHTS with 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

### DAILY EXHIBITS, 2-8 PM

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks, and discover how you can REACH NEW HEIGHTS with 4-H!

### TBD, 5 PM

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.



MAKE CONNECTIONS

GROW IN CONFIDENCE & COMPETENCE

DEVELOP CHARACTER

CONTRIBUTE TO ACTIVITIES



## PRINCE WILLIAM 4-H FAIR CAMP

August 12th-16th • 9 am-12:30 pm • \$50 fee includes activities, snacks and a camp t-shirt

Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Fair grounds. Youth learn and grow in a safe and exciting environment with activities, games, and art projects and more, in the 4-H Pillars of STEM, Healthy Living, Agriculture and Civic Engagement. Visit [www.pwcva.gov/4-H](http://www.pwcva.gov/4-H) for more information and registration links.

**Reach New Heights with Prince William 4-H!**

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE





## Workday Wednesday Starts TODAY!

**Dates:** Wednesdays: June 26, July 3, July 10, July 24, July 31, August 7

**Time:** 10 AM - 2 PM

[Click here to register to volunteer!](#) Registration helps us communicate changes directly to volunteers as well as prepare the space for the number of volunteers.

It's time to earn your volunteer service hours! Workday Wednesdays begin June 26th and occur most Wednesdays leading up to the Prince William County Fair in August. Come by Prince William 4-H Headquarters for the duration, or for a few hours, to help prepare PW 4-H Fair Camp and 4-H Children's Barn activities. **DON'T FORGET TO BRING LUNCH, WATER BOTTLE OR SNACK!**



## Updated PW 4-H Fair Camp Counselor Training Dates

[Click here to sign up for training days.](#)

**CAMP CORE TRAINING** (choose 1) - at PW 4-H Headquarters

- Tuesday, July 9th 6-8:30 PM
- Monday, July 29th 10 AM-12:30 PM

**CAMP DETAILS TRAINING** (choose 1) - at PW 4-H Headquarters

- Thursday, June 27th 10 AM - 12:30 PM
- Wednesday, July 31st 6-8:30 PM

**CAMP COUNSELOR WORKDAY AT THE FAIR**

- Wednesday, August 7th 9 AM -12 PM



## Shooting Sports Updates



**NEW! 2024 VIRGINIA 4-H NORTHERN DISTRICT MATCH**

**Date:** August 10th

**Location:** Cedar Mountain Shooting Range (near Culpeper, VA)

**Registration is due Wednesday, July 24th.**

This is the closest (roughly 45 minutes) 4-H sanctioned match to PWC, and the one with the heaviest Trigger Time attendance. This match includes competitors from 12 Northern District counties, including PWC. Event categories include: Archery (multiple categories), BB Gun, Air rifle, Air Pistol, Smallbore (.22) Rifle, Muzzleloader, Skeet, and Trap. For more information, questions, or to start the registration process, please email Mark Willey at [willeym@gmail.com](mailto:willeym@gmail.com).

**2024 VIRGINIA 4-H STATE SHOOT MATCH**

**Dates:** September 6-8

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

**Registration is due Monday, August 5th.**

[Click here for the match announcement.](#)

**VA 4-H SHOOTING EDUCATION AMBASSADOR**

**Applications due Monday, August 26th by 5 pm.**

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

The Virginia 4-H Shooting Education Ambassador Program is an honor/service organization that offers teens the opportunity to demonstrate and build upon their skills in citizenship, leadership, and public speaking as they travel around Virginia serving as advocates and spokespersons for 4-H Shooting Education.

Monday, July 29 at 5:00 p.m.

**MAKER MONDAYS:  
FAUX INSECT TAXIDERMY**



Create a creepy, crawly wall decoration using bug toys.  
For grades 6-12



[pwcva.gov/library](https://www.pwcva.gov/library)

Sign language interpretation is available if requested at least three weeks in advance of the program date. When you visit the library, we may take photos or videos for print and digital marketing purposes. Please notify a staff member if you do not want your image to be published.

Bull Run Library  
8051 Ashton Avenue  
Manassas, VA 20109  
703-792-4500

## Virginia Beef Cattle University



**Dates:** July 14-16

**Location:** Virginia Tech, Blacksburg

**Cost:** \$75 - includes meals, tours, hands-on educational sessions

**Who Should Attend:** Youth ages 8-18; adult registration is also available

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

This is an educational event focused on providing beef producers and industry leaders up-to-date information on current research in beef cattle nutrition, reproduction, and management, as well as the opportunity to connect and network with other industry members. In addition to learning about the science behind the beef cattle industry, youth will have the opportunity to learn more about careers in the agriculture industry and post-secondary opportunities in the School of Animal Science at Virginia Tech.

## Virginia 4-H Horse Program



### 2024 STATE 4-H HORSE SHOW

**Dates:** September 5-8

**Location:** Lexington, VA

Youth planning to compete at the 2024 State Horse Show must have been enrolled in 4H Online by Feb. 1, 2024. These, and other entry forms and horse show information, are also available on the 4-H Horse Program website. [Click here for link to documents and additional information.](#)

**\* Horsemanship Skills Levels 1 & 2 must be completed by all youth riding at the State Show by July 31st**

**\* Youth must be qualified at an approved qualifying show or clinic prior to July 31st**

Join us for 4-H Night with the



FredNats!



When: August 6th, 2024

Where: Fredericksburg Nationals Stadium  
Fredericksburg, VA

Who: 4-Her's and their families

What: A fun and exciting night out at a FredNats game! Sit with other 4-Her's, join in on a pre-game parade on the field, and so much more!

Price: Tickets are around \$18 (processing fees may be applied)



Want to join us? Please scan the QR code or follow the link to buy your ticket now!  
<https://fevo-enterprise.com/event/4h5>  
For more information, please contact your local Extension Office.

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Upcoming opportunities to qualify at a show/clinic for the State 4-H Horse Show include the following. [Click here for the Virginia 4-H State Horse Show website](#) with information about entry, skills testing, and more. All district horse shows are open to ANY youth from across the state to attend and qualify, regardless of their unit of enrollment.

Click here for [Qualifying Shows](#)

Click here for the [Horsemanship Skills Calendar](#)

### SPONSORS NEEDED FOR 4-H HORSE SHOW HERO PROGRAM

The Horse Show Hero Program is a way to garner support of the Virginia 4-H State Horse Show while also making it easier for youth to attend, through the accumulation of scholarships for their entry fees. Sponsors are recognized in the show program as Horse Show Heroes and funds are utilized to assist in show operations. [Click here for more information about the Horse Show Hero program.](#)



Please contact MaryBeth Lerch at [mblersch@vt.edu](mailto:mblersch@vt.edu) by July 15th for more information on how you or your business can support our Prince William 4-H'ers attending the Virginia 4-H state Horse Show this summer.

## Virginia 4-H Camps

### 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 (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](#).



### 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.



### 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.



Financial Education & Housing Counseling presents

## Paying for College: Student Loans

This virtual class will present the basics about applying for the Free Application for Federal Student Aid (FAFSA), student loans and repayment options. This class is ideal for students and parents!

**Date:** July 25, 2024

**Time:** 7:00 PM – 8:30 PM

**Place:** Online

**Pre-Register:** [bit.ly/PayingforCollegeStudentLoans](https://bit.ly/PayingforCollegeStudentLoans)



Visit our website to see the other classes we offer: [www.pwecva.gov/money](http://www.pwecva.gov/money)

Email or call: [smartmoney@pwecgov.org](mailto:smartmoney@pwecgov.org) or 703-792-6287

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Virginia Cooperative Extension at 703-792-6287 / TDD\* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1129.

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**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

**SATURDAY AUGUST 3, 2024**



**GOOCHLAND AG FAIR  
4-H LIVESTOCK SHOW**  
Rules and Registration

**LOCATION**  
**CENTRAL HIGH COMPLEX;  
@ THE GOOCHLAND AG FAIR**


**FEATURING**  
**LARGE AND SMALL LIVESTOCK ANIMAL SHOWS**  
**EDUCATIONAL POSTER CONTEST**  
**SKILLATHON CONTEST FOR EXHIBITORS**

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.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Cayla Walker, Goochland 4-H Extension Agent, at (804-556-5873/TDD\*) during business hours of 8:30 a.m.-5 p.m. to discuss accommodations 5 days prior to the event.\*TDD number is (800) 828-1120.

**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

**PULLORUM TESTING/ POULTRY SHOWMANSHIP CLINIC**  
**JULY 11TH @ 7PM**  
HOSTED BY THE GOOCHLAND 4-H LIVESTOCK CLUB



**LOCATION**  
**CENTRAL HIGH COMPLEX;  
2748 DOGTOWN ROAD  
GOOCHLAND, VA 23063**

**MORE INFO:**  
**RSVP IS REQUIRED**  
**VDACS CERTIFIED TESTER ON-SITE**  
**THIS CLINIC IS OPEN TO ALL YOUTH PLANNING TO SHOW  
AT THE GOOCHLAND AG FAIR 4-H LIVESTOCK SHOW**  
**FOR MORE INFORMATION: PLEASE CONTACT JEN ANDERSON AT JENGAREY76@HOTMAIL.COM**

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**2024 Goochland Ag Fair  
4-H Livestock Show  
August 3, 2024**

**Open to ALL 4-H members in Virginia (as space allows)**  
**Entries Close July 10**

**Rules and Registration**




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Link for Rules (Includes registration link): <https://tinyurl.com/AgFairShowRules24>

Registration Link: <https://tinyurl.com/4HAGFairShowReg>

Link for Pullorum clinic RSVP: <https://forms.gle/e6Tg3Mxh8ds3QGMk8>

## Career Opportunity: Virginia SARE State Program Assistant

**Job Location:** Blacksburg, Virginia, Harrisonburg, Virginia, Winchester, Virginia  
[Click here for more information and to apply.](#)

The School of Plant and Environmental Sciences (SPES) in the College of Agriculture and Life Sciences (CALs) at Virginia Tech seeks to fill a calendar-year administrative and professional position for the Virginia Sustainable Agriculture Research and Education (SARE) State Program Assistant. The responsibilities are: To serve as a state program assistant to provide educational support and programming for Virginia SARE's (Sustainable Agriculture Research and Education) professional development program and Virginia State University's Small Farm Outreach and Technical Assistance Program for the Shenandoah Valley region. To provide educational support to Virginia SARE's professional development programming to build the capacity of Extension, USDA professional (e.g., NRCS personnel), and mentor-farmer leaders to understand and implement sustainable agriculture research and educational programs. To provide research-based educational programs to small and socially disadvantaged farmers, landowners, veterans, and farm families in assigned counties of Virginia, specifically the counties in the central and northern Shenandoah Valley region, to improve their profitability, sustainability and quality of life. To provide educational support to Virginia SARE's professional development programming to build the capacity of Extension, USDA professional (e.g., NRCS personnel), and mentor-farmer leaders to understand and implement sustainable agriculture research and educational programs.



**PW 4-H'ers -  
 discover a career in  
 Ag and plan what  
 you need to do to  
 reach your goals!**

Pulaski VCE Presents

# IRON HEART WINERY FARM TOUR



Iron Heart Winery, located in the Blue Ridge Mountains of Southwest Virginia, the winery sits on several hundred acres of beautiful and historic land that dates back to the Industrial Revolution. Iron Heart Winery produces 50,000 pounds of grapes each year in 9 varieties.

We are offering this tour to producers/farmers who would be interested in touring farms in the area! There will be 30 slots available for this tour, on a first come, first serve basis. A \$5 fee will also be required at the time of the tour as refreshments and snacks will be provided.

Wednesday, June 26th @ 7:00 PM  
 3742 Boone Furnace Road  
 Allisonia, VA 24347

To register go to this link:  
<https://forms.gle/3LzYwUYLU6un2hXY6>  
 or email [olivias04@vt.edu](mailto:olivias04@vt.edu).



### Research Study Volunteers Aged 50+ Needed

to participate in a study on the effect of fluid intake on

## Weight Control in Middle Aged and Older Adults

(IRB Protocol #22-624)



#### Participation includes:

- 18 in-person • 10 virtual visits
- Over 15 months • A total of 32 hours
- Meal appetite and blood testing • Urine collection
- Body composition testing • Brain function testing

#### Participants receive:

- One-on-one dietary and physical activity counseling
- Valuable health information • Compensation up to \$135
- Plenty of free parking during visits

Scan Here



To learn more &  
 determine if you  
 qualify



Or Click Here [https://virginiatech.questionpro.com/WIWL\\_eatingbehaviors@vt.edu](https://virginiatech.questionpro.com/WIWL_eatingbehaviors@vt.edu)

**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**

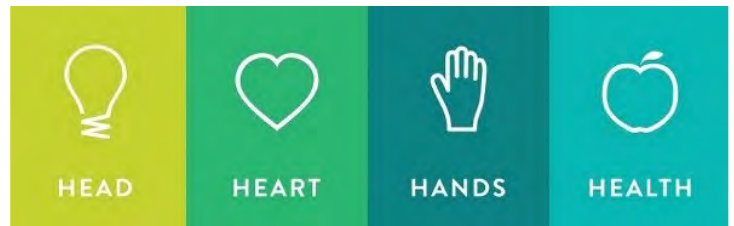
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

**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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