



Prince William 4-H

Our Clubs, Our Community



August 14, 2024

Upcoming Events

- Aug 9-17** - PWC Fair, PW 4-H Children's Barn & Exhibits
- Aug 12-16** - PW 4-H Fair Camp
- Aug 24** - PW 4-H Young Entrepreneurs Market Day
- Sep 6-8** - VA 4-H State Horse & Pony Championship
- Sep 7-8** - VA 4-H State Shoot
- Sep 21** - PW 4-H Young Entrepreneurs Market Day
- Sep 21** - VA 4-H Shotgun Championship
- Sep 27-Oct 6** - State Fair of Virginia
- Oct 1** - Happy 4-H New Year!

Workday Wednesday at the Fair

Who has the best youth volunteers? We do! On August 7th, we had our final Workday Wednesday of the summer with 13 AWESOME 4-H'ers who cleaned the 4-H Children's Barn and assembled the 4-H exhibit for the PWC Fair. We are so impressed with their ingenuity, creativity, and ability to take a vision into completion. Be sure to stop by the 4-H Children's Barn this week at the Fair!



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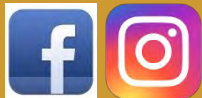
Greetings from PW 4-H Fair Camp!

We're halfway through PW 4-H Fair Camp and having an incredible week! The beautiful weather has allowed us to explore the PWC Fair, participate in camp activities, and continue to *Grow with 4-H*. Next week's newsletter will be full of photos from our camp!

Photos by 4-H volunteer and former Fair Camp Counselor Jack Nohe.



Click to Visit



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2024 Southern Regional 4-H Horse Championships

Congratulations to Prince William 4-H'ers that competed July 31st - August 4th in Perry, Georgia! Nokesville Equestrian 4-H Club had three 4-H'ers competing: Lauren Byrd, Elena Guallar Thompson, and Katelyn Kellum. In the Horse Show, Lauren placed 2nd out of 25 exhibitors in Hunter Type Mares, 7th of 79 in Hunter Under Saddle, and 7th of 37 in Equation Over Fences. Elena placed 10th in Equation Over Fences. And Katelyn made it to semi-finals for Equation. We are so proud of how all of our 4-H'ers rose to the challenge and tested their skills!





TRIGGER TIME 4-H CLUB



2024 American Legion 3 Position Sporter Air Rifle National Championship

By Sam Erick, Trigger Time Youth Reporter

Claude Davenport from post 72 American Legion sponsored our Trigger Time 4H Club to compete for a spot in their National Championship. I had the opportunity to compete with the top 15 competitors in the 2024 American Legion 3 Position Sporter Air Rifle National Championship on July 17th-20th.

This was the first match that I competed in without my team. I was nervous about competing on my own but found the other competitors just as nervous and we became fast friends. We cheered each other on, ate our meals together and played cards, ping pong and pool during our down time. The sportsmanship and camaraderie were unparalleled to any other competition I have been to.

This was the toughest match I have experienced to date. The first day of matches consisted of only 45 minutes of practice and then rolling into the first 60-shot match for the day, having lunch, and then completing the second 60-shot match for the day. We repeated the two 60-shot matches for the second day and then rolled into the top eight shoot-off on the next day. There were planned events in the evening by the American Legion, such as dinner at a post, competitor pizza party, and the awards banquet, all of which were immensely fun and amazing experiences.

I received the Francis M. Redington Sportsmanship Award, and for that I am extraordinarily grateful. After I heard my name called, I was ecstatic, thinking that it would be going to someone else, it was quite a surprise. And after all the support and congratulations from the other shooters, their family members and friends, I have the confidence that I earned it.

This is definitely my favorite match to date. I finished 11th out of the top 15 in the nation. The people were all so wonderful, and I enjoyed every second, I made lasting friendships and even longer lasting memories.





PRINCE WILLIAM 4-H

YOUNG ENTREPRENEURS

**Treat your family & friends to a
day of shopping at our August
Market Day!**

FEATURING:

**Lyra, Cora, Diallo, Sophie, Lee, Stella, Thomas, Maria,
Jacklyn, Josaphine, Nisanar, Istau, Koa, Aisling, Xanthie,
Tonchi, Chloe, & Sarah**

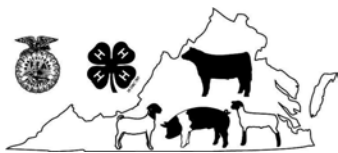
**AUGUST 24TH
9 AM - 2 PM**

**Manassas Park Farmer's Market
100 Park Central Plaza
Manassas Park, VA**

Virginia Cooperative Extension
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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.

Virginia 4-H Ambassador Applications - OPEN!



VIRGINIA 4-H LIVESTOCK AMBASSADOR

[Click here to apply.](#) **Applications due by Monday, August 19th (extended)**

The Virginia 4-H Livestock Ambassador Program is an excellent opportunity for youth to grow their knowledge of the animal agriculture industry while developing leadership and advocacy skills and representing the Virginia 4-H Livestock Program.

Applications are currently being accepted for the first cohort of Virginia 4-H Livestock Ambassadors. This program, sponsored by Farm Credit of the Virginia's, will strive to develop young leaders and advocates for the livestock industry through hands-on, experiential learning. This group of Virginia 4-H Youth will be led by the Virginia Youth Animal Science Team with leadership shared by Katherine Carter and Emmalee Edwards. The program will offer opportunities for formal leadership development, collegiate level animal science education, and will promote the mission of serving and giving back to local and statewide ag communities. The ambassador term length is one year during which ambassadors will attend trainings, ambassador meetings, and conduct service and educational activities.

Enrolled and active Virginia 4-H members, 15 years or older (as of January 1, 2024) are eligible to apply. Applicants must be in good standing with their primary 4-H Unit and Club and your Unit Extension Agent will be required to submit a reference.

Serving as a Virginia 4-H Youth Livestock Ambassador is a prestigious, yet service-oriented opportunity that will prepare youth to advocate for animal agriculture and the livestock industry while growing their leadership skills and mentoring abilities. Prior to applying interested applicants should read the expectations and application details in the [Youth Livestock Ambassador Guide](#).



VIRGINIA 4-H HEALTHY LIVING AMBASSADOR

[Click here to apply.](#) [Click here for link to reference form.](#) **Applications due by September 2nd.**

As a Virginia 4-H Healthy Living Ambassador, meeting virtually once a month, participants will work together to plan a statewide 4-H Healthy Living Summit as well as develop the quarterly Buzz, Body, and Bites newsletter for teens. Specifically, the expectations for serving in this role include:

- Actively participating in monthly meetings (date and time will be determined as a group after Ambassadors are selected). More frequent meetings may be needed as we get closer to the Healthy Living Summit.
- Helping to plan and implement the Virginia 4-H Healthy Living Summit (date will be determined by the Ambassador team).
- Helping to write and edit the quarterly Buzz, Body, and Bites Newsletter for Teens.
- Embodying the role of a Healthy Living Ambassador by being the youth voice in your community to advocate for healthy living.
- Informing 4-H youth, volunteers, and other interested persons about 4-H Healthy Living opportunities and resources.
- Sharing program ideas and resources with peers that will help strengthen and expand 4-H Healthy Living programs.
- Representing 4-H in a positive manner.

To qualify to serve as a Virginia 4-H Healthy Living Ambassador, you must:

- Be a teen 4-H member (between the ages of 14-18) and active in 4HOnline.
- Have a passion for and active engagement in 4-H Healthy Living.
- Have an interest in sharing knowledge to enhance youth educational experiences.
- Be willing to be a team player working with local, district, and state level professionals to share resources and opportunities.
- Be able to communicate effectively both written and verbally.

The benefits one will receive by becoming a Healthy Living Ambassador includes:

- Enhancing your 4-H Healthy Living understanding and skills.
- Networking with peers and healthy living leaders around the state and nation.
- Assisting in moving forward the 4-H Healthy Living mission.
- Enhancing your professional development opportunities.
- Increasing your knowledge and skills for implementing and managing 4-H Healthy Living programs.

Invite Aiden McDonald, Virginia 4-H's Northeast Ambassador for Prince William, to your next club meeting and learn all about what it takes to become a Virginia 4-H Ambassador and their role throughout Virginia!
Email: aidenrmcdonald@outlook.com

Volunteers Needed for the State Fair of Virginia VCE Exhibit



Dates: September 27th - October 6th

Location: 13191 Dawn Blvd., Doswell, VA

Last year we debuted a new Virginia Cooperative Extension Exhibit at the State Fair of Virginia. We've secured the same exhibit space in the Meadow Pavilion for this year.

Prince William 4-H adult volunteers and youth are encouraged to contact MaryBeth Lerch at mblerch@vt.edu if you are interested in volunteering at the State Fair. This is an amazing opportunity to help showcase Extension programs - *specifically 4-H* - and make the public aware of what Extension does. **This is also a terrific state-level activity to add to your 4-H resume and Virginia 4-H All Star application.** [Click here to see a video from last year's fair.](#)



2024 State 4-H Horse Show - Opportunities for ALL 4-H'ers!

Dates: September 5-8

Location: Lexington, VA

[Click here for the Virginia 4-H Horse Program Website.](#)

[Click here for the Virginia 4-H State Championship Horse & Pony Show Website.](#)

ART AND PHOTOGRAPHY

Open to any enrolled Virginia 4-H Youth, not just those entered at the State Horse Show. Entries must be delivered to the State 4-H Show or can be mailed/delivered to Kim Mayo. [Click here for Art Contest Information and Entry Form.](#) [Click here for Photography Contest Info and Entry Form](#)

RECORD BOOK AND PORTFOLIO

Entries are limited to ONE entry/category/age division/unit. Youth may enter a Record Book OR a Portfolio and each Unit is limited to ONE Junior Record Book, One Senior Record Book, One Junior Portfolio, and One Senior Portfolio. All entries MUST come from the Unit Extension Office. Contact MaryBeth Lerch at PW 4-H to submit an entry. [Click here for more information and rules.](#)

CONNIE COLLIER SCHOLARSHIP

The Connie Collier Scholarship will provide monies to VA 4-H Horse Program participants who have met Horse Program requirements and pursue post-secondary education before the age of 25. Applicants must be Senior level members and must be enrolled in the 2nd or greater year of the 4-H Horse Program. [Click here for more information about the scholarship.](#) [Click here for the application.](#) **The application deadline is August 15th.**

LEG UP AWARD

Designed to recognize an outstanding and inspirational 4-Her in the horse project that attends the 2024 State Horse Show. More details can be found in the 2024 State 4-H Horse Show Rulebook. [Click here for nomination form.](#) **Application deadline is Aug. 15.**

STATE SHOW KNOWLEDGE COMPETITIONS

Open to any enrolled Virginia 4-Her, not just those entered at the State Horse Show. No pre-entry required. This is a come as you can event. 4-Hers may come and compete at any time in the 9-4 PM timeslot.

- Horse Bowl - Saturday, September 7th - 9 AM - 4 PM
- Hippology and Horse Judging - Friday, September 6th - 9 AM - 4 PM

THE TRIBUTE PARTNERS PROGRAM - COLLECT LABELS!

The Virginia State 4-H Horse Show has a new fundraising initiative with Tribute to help offset the costs of the show. Youth, Barn Owners, Families, or Club Leaders can collect their "Proof of Purchase" labels from Tribute Equine Nutrition Feed Bags and turn them in at 4-H Horse Events throughout the year! Tribute will contribute \$0.25 for each bag proof of purchase mailed in or \$10 for each ton of bulk feed purchased.



Virginia 4-H Shooting Sports Updates

2024 VIRGINIA 4-H STATE SHOOT MATCH

Dates: September 6-8

Location: Holiday Lake 4-H Center

Registration is CLOSED. [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.

VIRGINIA 4-H NEW INSTRUCTOR CERTIFICATION

Dates: October 12-13

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

Registration is due by Friday, September 13th.

The VA 4-H Shooting Education Council is hosting the Instructor Certification session. First-time candidates are required to complete an online training course by Friday, October 4th. Contact your 4-H Club Leader for more information and to register.

Certification Options

Participants can only be certified in one discipline per weekend. The disciplines offered include: 1) Archery; 2) Coordinator; 3) Hunting; 4) Muzzleloading; 5) Pistol; 6) Rifle; 7) Basic Shotgun

VIRGINIA 4-H SHOOTING EDUCATION INSTRUCTORS RECERTIFICATION

Save the Date! VA 4-H Shooting Education instructors that were certified in 2017 will need to attend the recertification session scheduled for November 2nd. More info coming soon!



2024 State Fair of Virginia Youth Livestock Shows Updates

Dates: October 3-6

Locations: The Meadow Event Park, Doswell, VA

Nominations Closed July 31st. Entries must be entered by August 19th.

[Click here to enter nominated animals.](#)

[Click here for Rules and Updates.](#)



A culminating event for youth livestock projects, the Youth Livestock Shows allow youth to exhibit their cattle, sheep, meat goats, and swine and compete in showmanship.

YOUTH LIVESTOCK PROMOTIONAL DISPLAY COMPETITION: The purpose of the Youth Livestock Promotional Display Competition is to allow exhibitors to create and share an educational display that focuses on a topic or area of interest for the species industry that they are representing. Displays should be self-explanatory and provide education and knowledge to general fairgoers, as well as the judges who will evaluate the displays. There is no Entry Fee, but pre-entry is REQUIRED. Entry for Promotional Displays is collected through the FairEntry System when you complete your animal entries.

YQCA TRAINING: All youth who participate in the 2024 State Fair of Virginia Youth Livestock Shows are required to have completed their annual YQCA (Youth for the Quality Care of Animals) Training no later than August 31, 2024. This annual training must be an in-person, instructor-led training and must be completed between October 15, 2023 and August 31, 2024.

- Mon., Aug 26th – VA Tech at Alphin Stuart Arena – 5-7 pm, [Click here to register.](#)
- Sat., Aug 31st – Rockbridge County Extension Office – 9:30-11:30 am, [Click here to register.](#)

National 4-H



IGNITE BY 4-H

Dates: March 12-16, 2025

Location: Marriott Marquis in Washington, D.C.

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

Early bird rate ends October 15th.

The four-day interactive summit helps teens find their spark through inspiring speakers, hands-on workshops, off-site experiences, career exploration, and peer connections. Ignite is a step forward in the journey of becoming beyond ready. At Ignite, teens collaborate, create, and cultivate a passion for expanding their minds and their world - becoming resilient and READY for everything life has to offer. The possibilities are endless at Ignite by 4-H.

2024 STEM CHALLENGE: FOOD FOR THOUGHT

Food for Thought is a collection of three engaging activities that equip kids with fundamental knowledge of factors that contribute to Food Security, how people are impacted both globally and locally, and how youth can personally contribute to creating a more food secure community.

Food for Thought is ideal for youth ages 8-14 to spark an interest in STEM and inspire real-world actions to help build food security on an individual and community basis. Each kit contains enough supplies for 6 youth and most supplies are reusable.

These activities are highly adaptable for afterschool programs, 4-H clubs, classrooms, home use and more. [Click here for more information.](#)



CLOVER BY 4-H

Understanding Digital Art

The term Digital Art means that technology was used to create the artwork. Created by Purdue University Extension and brought to you by Google, youth will be able to identify basic digital art tools and their functions, create a simple digital artwork using shapes, lines, and colors, and you'll reflect on your creative process and the possibilities of digital art. Grades 6-9. [Click here to access FREE curriculum.](#)



IoT in the Physical Environment

In this activity, created by Purdue University Extension and Google.org, youth will learn how programmers consider the physical environment and data collection when programming Internet of Things devices or robots. Grades 3-8. [Click here to access FREE curriculum.](#)

Prince William VCE Teaching Garden

Location: St. Benedict Monastery, 9535 Linton Hall Road, Bristow

[Click here for more information: MGPW.org](#)

The Teaching Garden is a project of the Master Gardener Volunteers. It began as a garden to grow fresh produce for the Plant a Row for the Hungry project and a place where Master Gardeners could teach homeowners how to grow vegetables. The Teaching Garden displays low maintenance gardening techniques that homeowners can implement in their own gardens. It also features plant material that grows well locally.

SATURDAY IN THE GARDEN CLASSES: Classes begin at 9 a.m. and finish between 10 and 10:30 a.m. Classes are free, but registration is required.

- **Sep 7: Fall Plant Sale and Fall Bulbs** - Master Gardener Ross Eagles will share his knowledge and expertise on what bulbs to plant in the fall for a beautiful spring garden, the best time to plant and how to care for them. [Click here to register.](#)
- **Oct 5: Art in the Garden** - Gardening is a form of Art, so why not join VCE at the Teaching Garden for a lesson in sketching and/or painting. [Click here to register.](#)

[Click here to read a recent article by InsideNOVA titled "Volunteers Learn While They Beautify Bristow Monastery."](#)



VSU COLLEGE OF AGRICULTURE FIELD DAY



A taste of RANDOLPH FARM

AUGUST 29 • 7:30 AM - 12 PM
4415 RIVER RD, PETERSBURG, VA

- **FOOD TASTINGS**
- **INNOVATIVE PROGRAMS**
- **FARMER'S MARKET**
- **NETWORKING & MORE!**

FOR MORE INFORMATION
AND REGISTRATION LINK:
[EXT.VSU.EDU/EVENTS](https://ext.vsu.edu/events)



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Carrie Bolton at cebolton@vsu.edu or call (804) 524-5836 / TDD (800) 828-1120 during business hours of 8 am. and 5 p.m. to discuss accommodations five days prior to the event.

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VCE Job Opportunities

FAIRFAX- ADULT NUTRITION EDUCATION FACILITATOR *(bilingual)*

Closes Aug 23rd. [Click here for more information and to apply.](#)

The Virginia Cooperative Extension Nutrition Education Facilitator (Adult) assists caregivers of young children and other limited-resource participants who meet federal eligibility guidelines to eat healthier meals and snacks, obtain the best nutrition at the lowest food cost, and be physically active. In collaboration with many organizations, the Virginia Family Nutrition Program aims to help reduce the risk of nutrition insecurity and chronic disease by working with families to gain practical skills that result in changed behaviors to shop smart, eat smart, and move more.

PRINCE WILLIAM- ADULT NUTRITION EDUCATION FACILITATOR

Closes Aug 23rd. [Click here for more information and to apply.](#)

The Virginia Cooperative Extension Nutrition Education Facilitator (Adult) assists caregivers of young children and other limited-resource participants who meet federal eligibility guidelines to eat healthier meals and snacks, obtain the best nutrition at the lowest food cost, and be physically active. In collaboration with many organizations, the Virginia Family Nutrition Program aims to help reduce the risk of nutrition insecurity and chronic disease by working with families to gain practical skills that result in changed behaviors to shop smart, eat smart, and move more.

Part-Time Job Opportunity for VT College Students

EVIDENCE SYNTHESIS SERVICES (ESS) PROJECT ASSISTANT POSITION

A full job description can be found in Handshake under: Job #9176140 or "ESS Project Assistant."

Applications due by August 19th.

ESS at the University Libraries at Virginia Tech are hiring up to two part-time (10-15 hrs/wk) student employees as ESS Project Assistants (PA's). These positions offer flexible work options (either hybrid or completely virtual) and require the ESS PA's to work independently with guidance from their supervisor. Evidence synthesis (ES) is a broad term used to describe comprehensive, rigorous literature review methodologies (e.g., systematic reviews). These kinds of reviews are often used to inform policy, decision-making, practice guidelines, and future research direction. The cornerstones of ES are transparent reporting and reduction of bias. To learn more about these methods and our services, visit the [Systematic Review and Meta-Analysis Library Guide](#).



Volunteer Opportunities at Prince William Conservation Alliance

OCTOBER 20TH - PLANT TREES AT VETERANS MEMORIAL PARK

As a follow-up to our pulling invasive events on August 11th. We'll be back out to plant some natives on October 20th. Stay tuned for details.

OCTOBER 26TH - TABLING

Do you love our work and want to help us reach more people? Join our tabling team of dedicated volunteers who attend events in the community. We'll be at the upcoming Trick or Treatment Event on October 26th at the H.L. Mooney Water Reclamation Facility. Tasks include helping us sign up for community events, setting up our table with materials and fun visuals, helping to design engaging materials, talking to event participants about us and our work, and helping us follow up with interested individuals. We will provide onboarding and training and all the materials you need.

DECEMBER 26TH & 27TH - CHRISTMAS BIRD COUNT

Our annual Christmas Bird Count will be held on December 26th or 27th this year. Spend a day with experts counting birds in the longest-running citizen science project! No prior training is needed. Just a willingness to get up early and count birds. We'll congregate at Merrimac Farm after for warm beverages and chili to share stories from the field.



[Click here for the volunteer form.](#)

[Click here to learn more about Prince William Conservation Alliance.](#)

Upcoming Tours with VBFRC

[Click here for the Virginia Beginner Farmer & Rancher Coalition Website.](#)



AGROFORESTRY FARM TOUR SERIES

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

The Appalachian Sustainable Development program offers an annual series of Agroforestry Farm Tours. These tours provide an opportunity to visit active farms, learn about diverse farming practices, and foster community among those interested in sustainable agriculture. Registration details will be available on the ASD website.

- September 5 – Silvopasture and Diversification and Piney Woods Farm (1:00-3:00 pm)
- September 6 – Pine and Oak Silvopasture at NCSU's Cherry Research Farm (10:00-12:00 pm)
- September 18 – Silvopasture at the Farm at Willow Run (10:00-12:00 pm)



FALL FORESTRY AND WILDLIFE FIELD TOURS

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

Join landowners, natural resource professionals, and other outdoor lovers for day-long tours that

explore a variety of sustainable forestry and wildlife management practices. Tours visit private, public, and industry-owned lands.

- October 3 - Wise County
- October 11 – Rockingham County
- October 24 – Bedford County
- October 25 - Dinwiddie County



VIRGINIA TREE FARM FOUNDATION TREE FARM TOURS

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

The Virginia Forest Landowner Education Program partners with the Virginia Tree Farm Foundation to offer an annual series of Tree Farm Tours. These tours bring woodland owners together to visit an active Tree Farm, learn about the Virginia Tree Farm Foundation, and provide fellowship among those who care about healthy woods and active woodland management. You do not need to be a Tree Farmer to attend. Registration is \$20/person; \$35/couple and includes lunch and transportation around the Tree Farm

- August 23 - Shenandoah County
- August 30 - Bland County

Save the Date

October 12, 2024

10am - 3pm

Squires Student Center

hokiebugfest.org

Free Admission • Open to Public • Live Bugs • Hands-On Activities
Exhibits from VT Labs, Local Museums, and Community Organizations
Early opening at 9am for those with special needs (SAFE Hour)

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If you are a person with a disability and desire assistance or accommodation, please notify Whitney Weaver at Virginia Tech Pesticide Programs at (540-231-6543/TDD*) during business hours of 9 a.m. and 5 p.m.
*TDD number is (800) 828-1120.

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

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[National 4-H](#)



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PWC 4-H Resources

National 4-H

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Virginia 4-H

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Prince William 4-H

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Portfolio Records

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[Project Record Ages 11-12](#)
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[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

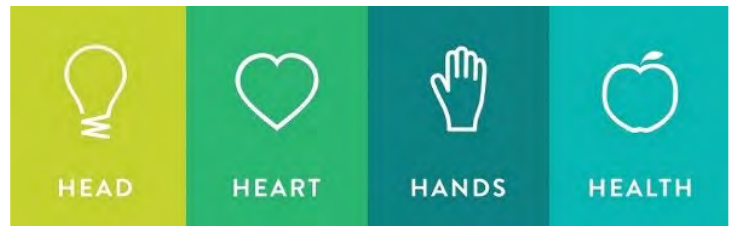
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Sam Seagle, Vice President
Samantha Erick, Treasurer
Lexi Strand, Secretary

Adult Officers

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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