



# Prince William 4-H

Our Clubs, Our Community



August 21, 2024

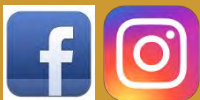
## Upcoming Events

- 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!
- Oct 1** - All Star Applications & Portfolios Due
- Oct 2-13** - 4-H Paper Clover Campaign

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Click to Visit



## Prince William 4-H at the Prince William County Fair



Exploring and learning is so much fun! We had over 130 youth at the Prince William 4-H Fair Camp last week that were *Reaching New Heights with 4-H*. We focused on the Character Counts traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship, while exploring the 4-H Pillars of agriculture, citizenship, healthy living, and STEM.

As you'll see on the next page, camp was FULL of activities including: visiting dairy cows and making butter, visiting sheep and felting wool, singing patriotic songs, making flags with our handprints, learning about show dogs, visiting a petting zoo, participating in story time, creating potato scenes, learning about trees, eating DELICIOUS and healthy snacks, planting microgreens, tickling a tickle me plant...and so much more!

**A HUGE 4-H THANK YOU** to the many volunteers that led our activities and made camp AWESOME: 4-H teen counselors, 4-H adult volunteers, VCE Master Gardeners and Master Naturalists, Northern Virginia Ukulele Society, Bull Run Regional Library, Lantz Exotics Petting Zoo, Team Zoom Dog Show, and Shirt Art-Woodbridge.

**A HUGE 4-H THANK YOU** to the many volunteers that made the 4-H Children's Barn a success: Nokesville 4-H Club, Trigger Time 4-H Cub, VA Soil & Water Conservation District, and a special thank you to Nokesville 4-H Club for bringing in a chicken and chicks and to Rhett Willey for bringing the Madagascar cockroaches. Thank you to all that volunteer during the fair!

## Wrapping Up Your 4-H Year - Portfolios Due October 1st!



Start working TODAY on finalizing your 4-H Project Records and Portfolios! Prince William 4-H has lots of support to help you complete these - from forms, to ideas, to templates, and more...be sure to reach out with any questions!

4-H Project Records and Portfolios are a key element to experiential learning. You'll learn important life skills, such as organization, record keeping, communication, and more. You'll receive feedback so that you can improve each year, as well as awards for outstanding effort. And you'll have a permanent document of your personal growth, memories, and how your 4-H Story has grown! [See Page 8 for more information.](#)

4-H Project Records and Portfolios are required to reach the highest levels in 4-H because they document and demonstrate your commitment to participation and leadership in 4-H. Turning in successful 4-H Project Records and Portfolios document necessary steps to apply for Virginia 4-H and National 4-H Ambassador Programs. Horse portfolios and Shooting Education portfolios are necessary to compete in state-level competitions. Scored 4-H Project Records and Portfolios are also required for the Virginia 4-H All Star Application.

And if you didn't complete a 4-H Project Record or Portfolio this year, be sure to attend the fall training session so that you don't miss out on this important opportunity!



Reaching New Heights  
with 4-H

Prince William 4-H Fair Camp, August 12-16, 2024





4-H  
GROWS HERE

4-H  
GROWS HERE

4-H  
GROWS HERE

HOW





# POTATO SCENES

Tuesday at Prince William 4-H Fair Camp 2024





# Prince William's Trigger Time 4-H Club at



# VA 4-H NORTHERN DISTRICT SHOOT

## ARCHERY

### INSTINCTIVE JUNIOR

3rd Place Team - Kira Lorentz,  
Valor Richter and Lee Carter

## MUZZLELOADER

### NATIONAL CLASS - SENIORS

1st Place - Sam Seagle  
2nd Place - Koa Mintz  
3rd Place - Lexi Strand  
1st Place Team - Sam Seagle, Koa  
Mintz, and Lexi Strand

## AIR RIFLE 3P

### SENIORS

1st Place - Sam Seagle (271)  
2nd Place - Lexi Strand (260-4)  
3rd Place - Rebecca Ahrens  
(260-4)  
1st Place Team - Sam Seagle, Lexi  
Strand and Rebecca Ahrens

### JUNIORS

3rd Place - Sophie Carter (175)  
1st Place Team - Sophie Carter,  
Aisling Mintz and Lee Carter

## AIR PISTOL

### INTERNATIONAL STANDING

1st Place - Noble Richter (354)  
1st Place Team - Noble Richter,  
Noah Richter and Ayden Strand

## BB GUN

1st Place - Ayden Strand  
2nd Place - Rebecca Ahrens  
1st Place Team - Ayden Strand,  
Rebecca Ahrens and Noble Richter

## SHOTGUN

### SKEET SENIOR

1st Place - Ben Stewart (24)  
2nd Place - Chris Nevarr (23)  
1st Place Team - Ben Stewart,  
Chris Nevarr and Jonathan Farr

### SKEET JUNIOR

1st Place - Kira Lorentz (19)  
2nd Place Team - Kira Lorentz,  
Valor Richter and Samuel Nevarr

On August 10<sup>th</sup>, Trigger Time 4-H Club participated in the 2024 Virginia 4-H Northern District Match at Cedar Mountain Shooting Range outside of Culpeper, VA. The morning started at 8:15 am with a safety briefing and relays starting at 9 am. Trigger Time had 32 members that participated in the match. We would like to thank Cedar Mountain Range for hosting the match and all the volunteers that made the day possible.

## SHOTGUN

### TRAP SENIOR

2nd Place - Ben Stewart (24)  
2nd Place Team - Ben Stewart,  
Jonathan Farr and Koa Mintz

### TRAP JUNIOR

1st Place - Kira Lorentz  
Kira tied for 1st with an 18, resulting in  
a shoot-off for a win with a 21 to 19!

## SMALLBORE

### 3P IRON SIGHTS SENIOR

1st Place - Sam Seagle (278-3)  
2nd Place - Lexi Strand (262-6)  
3rd Place - Noah Richter (259-3)  
1st Place Team - Sam Seagle, Lexi  
Strand and Noah Richter

### 3P IRON SIGHTS JUNIOR

2nd Place - Valor Richter

Trigger Time also had some of the  
highest overall competitors using  
aggregate scoring!

## SPECIAL AWARDS

### OUTSTANDING JUNIOR

3rd Place - Valor Richter

### OUTSTANDING SENIOR

Trigger Time achieved 7 of the top 9  
competitors in the Outstanding Senior  
category!

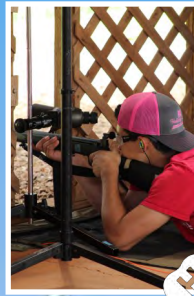
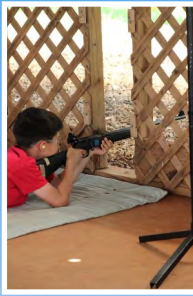
1st Place - Sam Seagle  
2nd Place - Rebecca Ahrens  
3rd Place - Noble Richter  
4th Place - Lexi Strand  
5th Place - Ayden Strand  
8th Place - Noah Richter  
9th Place - Jubi Richter

Trigger Time also captured the  
**DISTRICT TRAVELING  
TROPHY** this year!

## FINAL SCORES

Trigger Time - 136  
Madison Co - 65  
King William - 59







# PRINCE WILLIAM 4-H *Trigger Time* 4-H Club

Archery • Air Pistol • Air Rifle • BB • Muzzleloader • Smallbore • Shotgun • Skeet/Trap

Trigger Time is a Prince William 4-H Shooting Education Program that uses shooting as a vehicle to teach youth life skills such as responsibility, self discipline, and teamwork. Youth learn marksmanship and the safe and responsible use of firearms through the 4-H Project. The focus of all 4-H programs is the development of youth as individuals and as responsible and productive citizens. The activities of the program, and the support of caring adult leaders, provide young people with opportunities to develop life skills, self-worth, and conservation ethics.

**MEETINGS:** Shotgun & Skeet/Trap: every Monday at 4pm at the Fairfax Rod and Gun Club  
Air Pistol, Air Rifle, & BB: every Monday at 6:30 pm at the Army National Guard  
Archery: every Monday at 6:30 pm at the Prince William Izaak Walton League  
*\*Summer meetings are held at a member's farm for smallbore, archery and muzzleloader.*

**4-H CLUB FEES:** Annual club dues are \$25 and cover meeting space, sport supplies, and local matches. Travel matches (*Spring Air, Districts, States, and Nationals*) are an additional fee and are offset by club fundraising.

**AGES:** Youth ages 9-19 are invited to participate

## MEMBERSHIP STARTS OCTOBER 1

ATTEND PRINCE WILLIAM 4-H DAY ON SEPTEMBER 28TH TO LEARN MORE!  
Prince William 4-H, 8033 Ashton Ave., McCoy Conference Room, Manassas, VA  
[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H) • [4HPWC@pwcva.gov](mailto:4HPWC@pwcva.gov)





**PRINCE WILLIAM 4-H**

**YOUNG  
ENTREPRENEURS**

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

**FEATURING:**

**Diallo, Sophie, Lee, Stella, Thomas, Nisanar, Istau, Koa,  
Aisling, Xanthie, Tonchi, Sarah and Zaynab**

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

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

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

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.

# 4-H PROJECTS & PORTFOLIOS

A creative method for youth to document their experiences



## Prince William 4-H

LEARN BY DOING



HEAD

Prince William 4-H'ers document their experiences and work each year by using age-appropriate 4-H Project Record Forms. These records are submitted to Prince William 4-H for review and are eligible to compete at the Prince William County Fair and county and state 4-H competitions. Projects begin October 1st and 4-H Project Records are due by the following September 30th. 4-H'ers may choose to submit a record of an individual project (Project Record) or their entire life history (Portfolio).



HEART

Ultimately, your 4-H Project Records will form an excellent summary of your 4-H career. You will use information in the 4-H records to complete 4-H resumé, Virginia 4-H All Star forms and in making application for jobs, scholarships and honors. Your 4-H Portfolio may become a personal scrapbook which will be cherished for many years.

### STEPS FOR A 4-H PROJECT

1. Select at least one annual project based on interests.
2. Complete at least 6 learning experiences/activities (*typically found in published 4-H project books*).
3. Record and analyze your learning experience by tracing your progress and emphasizing life skills gained by using the 4-H Project Record form.
4. Submit the completed Project Record to Prince William 4-H for review and scoring against a rubric to see how much you've grown!

### WHAT IS A 4-H PORTFOLIO?

Portfolios are a record of the life achievement of a 4-H'er. They create a record of accomplishments which can be very helpful when youth are applying for college and scholarship opportunities. They may include material not directly related to 4-H and should be organized by year. Portfolios consist of multiple years of work (*except for first time submissions*).

Some projects, such as animal projects, shooting education, and archery, have specialized 4-H Project Books that must be completed and submitted prior to participating in 4-H contests for those activities in order to establish basic knowledge, level of experience, and safety.



HANDS



HEALTH



Gain Life Skills



Develop Your Resumé



Grow Your 4-H Story

CITIZENSHIP



HEALTHY LIVING



STEM



AGRICULTURE



## 4-H GROWS HERE

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



## Virginia 4-H Healthy Living Ambassador Applications - OPEN!

**Become a Healthy Living Ambassador!**

Are you passionate about Healthy Living and would like to share about it with others? If so, being a Healthy Living Ambassador may be just right for you!

**What we do**

- Meet monthly
- Plan the annual state Healthy Living Summit
- Write the Buzz, Body and Bites for Teens newsletter
- Be a teen voice for Healthy Living
- Educate others about Healthy Lifestyles

**Application Process**

Written questions about your Healthy Living experience and leadership skills

Interview

[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](mailto: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 [mblersch@vt.edu](mailto:mblersch@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 - DUE THURSDAY OF STATE SHOW

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 TO PRINCE WILLIAM 4-H BY SEPTEMBER 28TH

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.](#)

### 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!

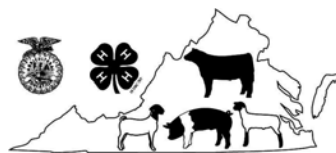
The Virginia State 4-H Horse Show has a new fundraising initiative with Tribute to help offset the costs of the show. Youth, Barn Owners, Families, or Club Leaders can collect their "Proof of Purchase" labels from Tribute Equine Nutrition Feed Bags and turn them in at 4-H Horse Events throughout the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



### DEADLINE REMINDERS:

- Senior Stampede: August 31
- Leg Up Award Nomination: August 31

## 2024 State Fair of Virginia Youth Livestock Shows Updates



**Dates:** October 3-6

**Locations:** The Meadow Event Park, Doswell, VA

[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.](#)

## 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!



## Virginia 4-H - Host a College Student from Chile!



Virginia 4-H has created a new 4-H exchange program with Chile. The Virginia 4-H Chile Exchange program is hosting three exchange delegates (1 female and 2 males) from Chile from September 26, 2024 – December 2, 2024. Participants are 18 years of age. All of the exchange delegates are attending agriculture schools in Chile and are interested in our education system, culture, and daily life, and they want to improve language skills.

**VIRGINIA** Host families are needed for each of these delegates. Ideally, families host for 2-3 weeks each. Host families treat the exchange delegate as one of the family members. They should make a conscious effort to help the delegate feel comfortable around friends and include them in activities. It would be good for the exchange delegates to visit some of our schools, learn about our education system, the agriculture programs in our schools as well as about the Career and Technical Education programs. Efforts should be made to include them in some 4-H meetings, programs and activities during their stay. Families will need to assign a bed exclusively to the delegate for the duration of the stay and will need to provide three meals a day. Host families do not have to be farm families.

Why do families serve as host families? It's a great opportunity to:

- Learn about another country
- Learn about another culture and customs while sharing about ours.
- Represent the United States, Virginia, Virginia 4-H and your county/city 4-H program.
- Develop intercultural competencies and cross-cultural communication skills
- Give an international visitor an unforgettable experience.
- Improve language skills
- Build lifelong friendships

**Interested in hosting an agricultural student from Chile? [Click here to complete the interest form.](#)**

## 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.

## 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.](#)

## 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.](#)

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



**Virginia  
Cooperative  
Extension**

Virginia Tech.  
Virginia State University

# 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](mailto: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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**Virginia Cooperative Extension**  
Virginia Tech. • Virginia State University

## Volunteer Opportunities at Prince William Conservation Alliance



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

[Click here to learn more about 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.

# Save the Date



October 12, 2024

10am - 3pm

Squires Student Center  
[hokiebugfest.org](http://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)



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.

## Hokie BugFest Insect Collection Contest

### GREAT IDEA FOR A 4-H SPIN PROJECT!

**Date:** October 12th

**Time:** 10 am - 3 pm

**Location:** Squires Student Center, Virginia Tech

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

The Entomology Department at Virginia Tech in Blacksburg is hosting an Insect Collection Contest at Hokie BugFest. Collect as many insects as you can, identify them as accurately as possible, pin them carefully, and arrange them in a display box. Each collection should have a total of 50 specimens. Double-check your identifications with [Bugguide.net](http://Bugguide.net).

### Who Can Enter?

Junior Collectors: Ages 8 to 13

Senior Collectors: Ages 14 to 18

Any individual, team, or group is eligible. Group or team entries are encouraged. Individuals within groups can contribute their best specimens to the collections, which is judged as a team entry.

**Winners:** Collections will be awarded first, second, and third place in each age category based on the scoring guidelines. The top collection will be awarded "Best in Show" and will receive a grand prize. All participants and their collections will receive recognition!

### Suggested Supplies:

Foam, pins, magnifying glass, and killing jar (a mason jar with a paper towel and a little nail polish remover works well). Make sure to pin insects from your kill jar right away or store them in the freezer until you are ready to pin them. See the 4-H activity book "[Adventures with Insects](#)" for tips on finding, collecting, and pinning insects.





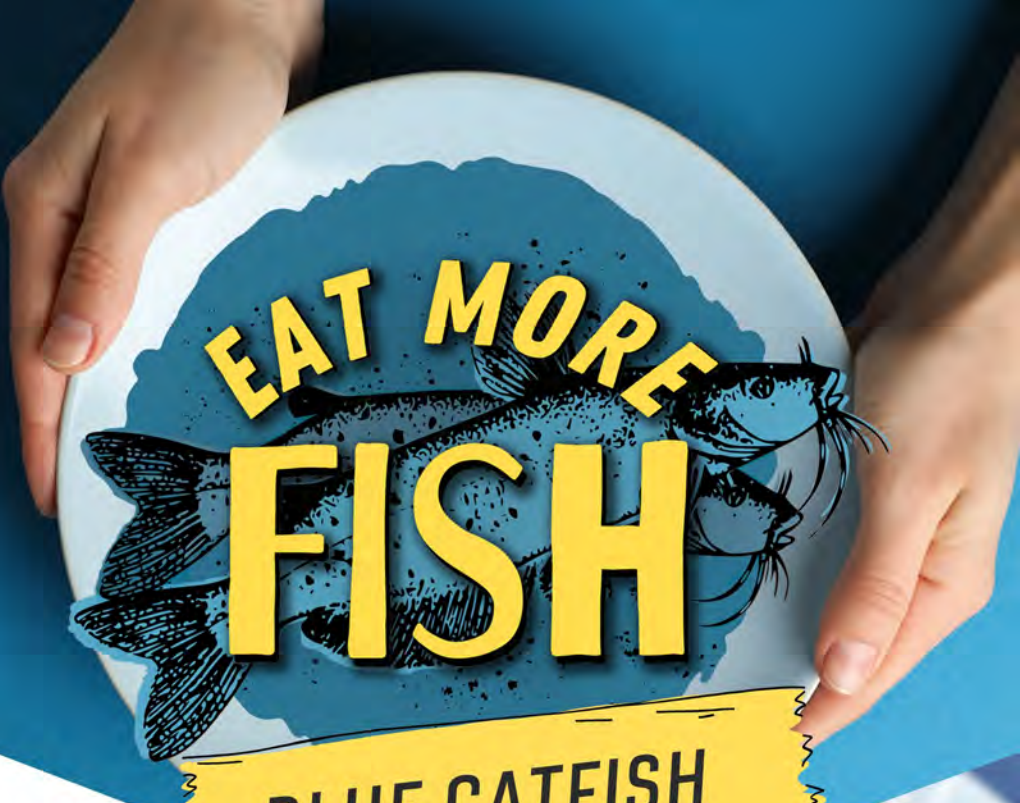
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VIRGINIA SEAFOOD AGRICULTURAL  
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EAT MORE  
FISH

BLUE CATFISH

## Free webinar series to bring seafood home

Learn how seafood lovers can protect the Chesapeake Bay by helping control the invasive blue catfish population—starting at your dinner table!

Join the blue catfish edition of ‘Eat More Fish’ – a free, three-session webinar series that equips you with the knowledge and skills to turn this sustainable seafood into a delicious meal.

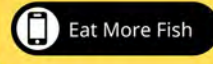
- DATES: SEPTEMBER 11, 18, 25
- TIME: 10-11AM EST

Register now to explore the story of the invasive blue catfish, a voracious predator threatening the Bay’s delicate ecosystem and the livelihoods it supports. Discover how you can help combat this growing problem while learning essential knowledge and techniques to safely and scrumptiously prepare blue catfish in your own kitchen – from buying to cooking!

Register and access program resources online at <https://bit.ly/eatfish-va>



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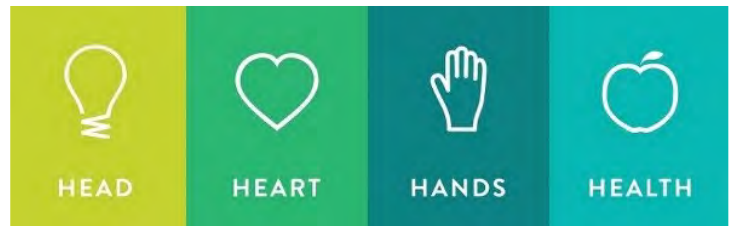
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