



Prince William 4-H

Our Clubs, Our Community



Upcoming Events

- Mar 7-8** - TALT Weekend
- Mar 12-16** - National 4-H IGNITE
- Mar 15** - PW 4-H Cloverbuds
- Mar 15-16** - VA 4-H 2025 Spring Air Champs
- Mar 28-30** - VA 4-H Teen Summit
- Mar 29** - PW 4-H Association BINGO
- Apr 4-6** - VA 4-H Equismartz
- Apr 5-6** - VA 4-H Shooting Ed New Instructor Cert
- Apr 11-16** - National 4-H Conference
- Apr 12** - PW 4-H Tree Planting
- Apr 26** - VA 4-H NE District Contest Day

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Click to Visit



March 5, 2025

Prince William 4-H Embryology Program Takes Flight

In a year with soaring egg prices due to the devastating avian flu, we're excited to be able to offer a favorite county-wide program! Prince William 4-H distributed over 730 eggs to 27 schools in the Greater Prince William area to begin the 4-H Embryology Program.

"The Beginning of Life" 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. Prince William 4-H provides fertilized eggs, guides participants through training, supports participants during the hatch, and then collects the chicks to be sent to a local farm.

We're looking forward to photos of students candling eggs and chicks hatching! **OUR PROJECTED HATCH DATES ARE MARCH 17TH - 21ST!**



Opportunity for PW 4-H Young Entrepreneurs



Date: April 19th
Time: 8 AM - 1 PM; Check-in at 7 AM
Location: City Hall Car Park, 100 Park Central Plaza, Manassas Park, VA
[Click here for more information.](#)



Registration is open for tent space at the Children's Entrepreneur Market! This family-oriented, young entrepreneur-loving market expects over 500 patrons. Last year's market featured over 20 booths.

Prince William 4-H'ers that have participated in the PW 4-H Young Entrepreneurs SPIN Project should consider this extra opportunity to grow their business. Have questions? Ask 4-H'er and Young Entrepreneur Lexi Strand about her experience at the Children's Entrepreneur Market last year!

The 2025 PW 4-H Young Entrepreneur SPIN Project will begin in May.





REGISTRATION IS OPEN!



PRINCE WILLIAM-STAFFORD 4-H JUNIOR CAMP

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

** For youth ages 9-14*

13 - 17 July 2025

Northern Virginia 4-H Educational Center
Front Royal, Virginia

For more information :

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

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



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.

Prince William 4-H Association BINGO

SAVE THE DATE!

Date: Saturday, March 29th

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

Location: Lake Jackson VFD, 11310 Coles Dr, Manassas

Invite your family and friends!

SIGN UP TO VOLUNTEER AT BINGO

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

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



DON'T FORGET YOUR CLUB'S PRIZE DONATIONS

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

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

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

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

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

Date: Saturday, March 15th

Time: 3 PM - 5 PM

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

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

To Register: Email MaryBeth Lerch at mblerch@vt.edu **RSVP TODAY!**

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



PRINCE WILLIAM

Office of the Chair

Chair Deshundra Jefferson's Inaugural Local Government Day

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

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

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



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



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

Hosted By

Prince William Board of County Supervisors



Deshundra Jefferson
Chair At-Large

Joined By

The Dumfries Town Council



Monae Nickerson
Vice Mayor



Selonia Miles
Chair Pro Tem

Prince William
Soil & Water Conservation District



Jenny Reed
Vice Chair



HEAD



HEART



HANDS



HEALTH



HEAD



HEART



HANDS



HEALTH



PRINCE WILLIAM 4-H

CLOVERBUD CLUB

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



MARCH 15TH

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



10 AM - NOON

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

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

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



Learn more about 4-H at www.pwcva.gov/4-H.

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

Come grow with us!

* A parent or guardian must be present.



HEAD



HEART



HANDS



HEALTH



HEAD



HEART



HANDS



HEALTH



Virginia 4-H Congress



Dates: June 24-27, 2025
Location: Virginia Tech
Who Should Attend: Virginia 4-H'ers ages 14-18
Cost: \$295 for full-time registration; \$65 for one-day competitors. [Click here to apply for needs-based scholarships.](#)
[Click here for more information](#), including links to the information packets and registration information, draft schedule, competitions, and educational session descriptions. Register through 4-H Online.

REGISTER BY MAY 10TH.



Registration for the 2025 Virginia 4-H Congress is now open! This year's theme, **"Turning Gears, Shaping Futures,"** will guide an inspiring week of learning, leadership, and connection.

2025 PROGRAM INFORMATION AND HIGHLIGHTS

- ★ **4-H STATE COMPETITIONS:** 4-H members have a chance to compete with their peers from across the state. Participants with high scores in each blue-ribbon category will be recognized during the Closing ceremony on Friday, June 21st. Please see the competition information for more details.
- ★ **PRE-CONGRESS ACTIVITY:** Upon arrival, units and their chaperones can participate in a self-guided campus scavenger hunt after settling into the dorms. The State 4-H Office will provide all materials for the scavenger hunt. This will be a great activity to familiarize yourself and your delegation with the areas of campus we will be visiting throughout Congress.
- ★ **WELCOME TO CONGRESS MIXER!** On Tuesday evening, you can enjoy a welcome mixer, which will be held on Dietrick Lawn. This fun time will be hosted by your current State 4-H Cabinet members, along with Meet and Greets by the Congress Cabinet Candidates and 4-H All-Stars. There will be plenty of get-to-know-you activities, ice cream, and fun to go around!
- ★ **OPENING SESSION:** Featuring Mario Ferruzzi, Dean of the College of Agriculture and Life Sciences at Virginia Tech!
- ★ **EDUCATIONAL WORKSHOPS:** During State 4-H Congress, delegates will have the opportunity to choose from a variety of workshops with hands-on and engaging learning experiences. Congress workshops will consist of two interactive 60-minute sessions on Wednesday morning, followed by a longer 90-minute session on Thursday morning. Participants will be asked to select their top five (5) 3 workshop choices, and final assignments will be made prior to check-in. There is a listing of 2025 workshops in this packet and on the Congress website.
- ★ **DANCES:** At least one dance will be held. This is another great opportunity for delegates to mingle and meet other Congress participants. Alternate recreation will be available for those delegates who choose not to participate in the dance.
- ★ **OPPORTUNITY FAIR:** At the opportunity fair, participants can discover diverse pathways to participate in 4-H activities, interact with representatives from numerous ambassador groups, and access valuable resources to shape their future endeavors.
- ★ **COLOR RUN/WALK:** Join us for our Color Run/Walk on Wednesday evening. This unique paint race celebrates healthiness, happiness, and individuality. Participants will receive a t-shirt and to participate in this event. There will be an additional cost of \$10 to participate in this event, and proceeds will help to support the State 4-H Congress.
- ★ **SERVICE LEARNING:** Each delegate will participate in a service learning project that will be held on Wednesday afternoon.
- ★ **CONGRESSIONAL GAMES:** Congressional Games are coming back this year allowing Districts to compete in both individual and team activities. Points will be awarded in each category to districts based on participation and standing. Tournament style brackets will be utilized and games may include corn hole, volleyball, 3 on 3 basketball, 4 square, chess and other board games, swimming, and more!
- ★ **RECOGNITION OF 4-H ALL STARS:** During 4-H Congress, current and those who will be tapped into the All Stars will be recognized during an opening assembly program, and the tapping ceremony will be held on Thursday afternoon.
- ★ **ALL STAR TAPPING:** The All Star tapping will be held in an indoor location on Thursday afternoon. All Congress delegates (youth and adult participants) are expected to attend the All-Star tapping.
- ★ **ALL STAR ORIENTATION:** The All Star orientation will be held on Thursday from 2:45 - 3:45 PM.
- ★ **STATE AWARDS AND CLOSING CEREMONY:** On Friday morning, State 4-H Congress will close out with a special closing ceremony. This closing ceremony will honor all State 4-H Congress award recipients, including competition winners, 2025 National 4-H Congress delegates, Innovative Programming Awards, Fun Run winners, etc., and installing the 2025-26 State 4-H Cabinet. We will also hear remarks from Virginia Secretary of Agriculture and Forestry Matt Lohr!

2025 VA 4-H Teen Summit - REGISTER BY SATURDAY



VIRGINIA 4-H

TEEN SUMMIT

FOR AGES 14-19 | 28TH MARCH TO 30TH MARCH

REGISTRATIONS OPEN!



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

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

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

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, race, ethnicity, sex (including pregnancy), gender, gender identity, gender expression, genetic information, ancestry or national origin, marital status, sexual orientation, race, religion, sexual orientation, or military status, or any other basis prohibited by law.

Dates: March 28th - 30th

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

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

Cost: \$55

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

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

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

2025 4-H Beekeeping Essay Contest

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

The 2025 4-H Beekeeping Essay Contest sponsored by the Foundation for the Preservation of Honey Bees, Inc. and Virginia 4-H is open to active

Virginia 4-H members. The top 3 winners in the state receive cash prizes and the state winner will go on to compete nationally for additional cash prizes.



**FOUNDATION FOR
THE PRESERVATION
OF HONEY BEES, INC.**

2025 4-H ESSAY CONTEST - THE IMPORTANCE OF YOUTH IN BEEKEEPING: HOW 4-H MEMBERS CAN MAKE A DIFFERENCE! For this essay, a 4-H student should answer these questions: Why youth is important in beekeeping? How can 4-H members make a difference? How can more young people involved in beekeeping? What are your future plans as a beekeeper? What is a major contribution a young beekeeper has brought to the industry?

Virginia 4-H Shooting Education Updates

VIRGINIA 4-H SHOOTING EDUCATION INSTRUCTOR CERTIFICATION

Dates: April 5th -6th

Location: Holiday Lake 4-H Educational Center.

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

STATE OF VIRGINIA'S NRA YOUTH EDUCATION SUMMIT

Dates: July 10th - 13th

Location: Richmond, VA

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

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

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





States' 4-H Summer Hosting

HOST a Japanese youth and bring the richness of the world to your home!

Host a Japanese Youth in Summer 2025 with States' 4-H International

"It's like having a sister I always wanted and a best friend"
-States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



Hosting Details

- July 23, 2025 through August 16, 2025*
- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- This is a voluntary program; no stipends will be provided

Host Family Requirements

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family

Host families apply directly here and select Virginia as their state: <https://www.states4hexchange.org/apply/host/>

??'s - contact Wendy Herdman, VA Inbound Coordinator at wherdman@vt.edu or 804-493-8924

Please note: Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

Virginia 4-H Equismartz

Dates: April 4-6

Location: Virginia Horse Center, Lexington, VA

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



SCHEDULE

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

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

DOCUMENTS & FORMS

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

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

ENTRIES

Entries due Tuesday, March 25th at 5 PM.

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

HORSE BOWL COACHES

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



Hippology and Horse Judging Fix-A-Contest



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

Saturday, March 15, 2025

9am-3pm

Culpeper, Va

Is it a contest? YES!

Are there awards? YES!

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

Ever wanted to ask an expert? YES!

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



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

Contestants Should Bring:

Chair Clipboard Paper/Pens

Horse Safe Shoes Snacks or Lunch

Weather Appropriate Attire (Indoor Arena)

Lunch Available Hamburger/Hotdog Meal

By Pre-Order (Pay on Site)

Fix-A-Contest is \$10 per person

Saturday, March 15, 2025

9am-3pm

13310 Del Dios Way

Culpeper, Va 22701

Registration is OPEN Closes 3/12

WWW.NE4HHORSE.ORG/EVENTS



Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu



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2025 Virginia 4-H State Horse Show

Dates: September 4th - 7th

Location: Lexington, Virginia

[Click here for the Virginia 4-H Horse Show website.](#)

As we continue into the Spring, it will be important for parents, youth, agents, and volunteers to once again familiarize themselves with information regarding the Requirements, Rules, and Qualifying Options for the State Horse Show. Also included on the website are the rules and entry information for the Art Contest, Photography Contest, and the Recordbook/Portfolio Contest.



IMPORTANT DATES

February 1st : Exhibitors enrolled in 4H Online - "Horse - State Horse Show"

May 1st: Declarations open in 4-H Online

July 1st: Deadline for Online Eligibility/Declaration in 4H Online. All horses that MAY be shown at the State 4-H Horse Show must be Declared in 4H Online.

July 3 1st: Entry Deadline. Orientation Meeting/Checklist Completed by Club Leader or VCE Agent. All qualification requirements (ie. District Horse Show, Project Book, Horsemanship Skills) must be met or approved by the Club Leader and VCE Agent at this time.

STATE HORSE SHOW REQUIREMENTS, RULEBOOK, AND SCHEDULE

[2025 Rulebook](#) | [2025 Show Schedule](#) | [2025 Rule Updates](#) | [Overview of Requirements to Show](#)

Please keep in mind, in order to utilize a horse as a "Substitute" or "Back Up" in the event of injury to the intended project horse, the back up horse must also be declared and qualified, just like the intended project animal.

2025 QUALIFYING SHOWS AND HORSEMANSHIP SKILLS

[List of District Approved Qualifying Shows](#) | [Horsemanship Skills Opportunities](#)

Horsemanship Skills Testing is only required once per child, regardless of project animal.



QUESTIONS ON QUALIFYING

- Youth may attend ANY "District Approved" Qualifying show, regardless of their Unit of Enrollment. There is no additional paperwork that is due to attend a show outside of your District. EX. a youth from Augusta may attend a show in Doswell held within the NE District.
- All Districts have Opportunities for "Outside Qualifying Shows" in place. Please reach out to your District Horse Council if you are unable to attend a District Approved Show and are in need of an Outside Qualifying Opportunity for their guidelines and paperwork.

The Virginia 4-H Foundation FCARB 4-H Scholarship



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

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

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

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

Additional scholarship opportunities are available through the Virginia 4-H Foundation. [Click here to learn more.](#)

Virginia 4-H Animal Sciences Updates

[Click here for the March 2025 Virginia Youth Animal Science Newsletter.](#)

[Click here for the VT Youth Animal Programs Website.](#)



STATE 4-H DAIRY BOWL

Date: March 15th

Location: Litton Reaves Hall, Blacksburg, VA

[Click here to register.](#) **Registration due by noon on Thursday, March 13th.**

[Click here for contest resources and study materials.](#)

This event offers youth the opportunity to compete and showcase their dairy knowledge in a fast paced, engaging quiz bowl environment. *Please note, this event is being held in conjunction with the rescheduled Virginia Tech Block and Bridle Stockmen's Contest, but the schedule has been altered to accommodate youth who wish to participate in both events.* The Senior Contest will be held in the morning, with the Junior Contest following in the afternoon. The Senior Contest facilitates selection of the State 4-H Dairy Quiz Bowl team, that will represent Virginia at the Invitational 4-H Dairy Quiz Bowl Contest in Louisville, Kentucky. Coaches, parents, and volunteers should reach out to Dave Winston for additional information here: dwin-ston@vt.edu.



MC LIVESTOCK STOCKMAN'S CHALLENGE

Date: Saturday, March 22nd

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

Location: Rockingham County Fairgrounds, Harrisonburg, VA

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

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

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



2025 VIRGINIA 4-H/FFA STATE SKILL-A-THON

Date: Wednesday, March 26th

Location: Rockingham County Fairgrounds

Entry Fee: \$15/contestant ENTERED

[Click here to enter.](#) **Entries due by March 21st.**

This is the official State 4-H Skill-a-thon Contest and FFA Teams are welcome and encouraged to participate. Contest Schedule is included in the Contest Letter and Rules. Lunch for all contestants is on your own – lunch is NOT provided at this contest. Junior Contestants will finish at approximately 1:15 pm and Senior Contestants at 1:30 pm. Awards will not begin before 4:00 pm

VT YOUTH BEEF/SWINE DAY - "COWS & SOWS"

Date: Saturday, March 29th

Location: Alphin Stuart Arena, Virginia Tech, Blacksburg, VA

Cost: Registration is \$15/person and space is limited to the first 50 junior participants (9-13 years) and first 50 senior participants (14 – 18 years) to register.

[Click here to register.](#) **Registration closes March 15th.**

The VT Beef Leadership Council and Virginia Tech Swine Club are hosting "Cows & Sows," a hands-on learning opportunity for youth ages 9-18.



Hosted by the Virginia Tech Beef Leadership Council and the Virginia Tech Swine Club.

COWS & SOWS

Join us at Virginia Tech for Cows & Sows Day to learn all things cattle and swine!



Hosted at the Alphin-Stuart Livestock Arena on March 29th!

YQCA Training will be included as well as lunch provided for the youth!



Junior Topics

- Reproduction
- Nutrition
- Meat Science
- Food
- Prep/Handling
- NJHA/NJSA

Senior Topics

- Reproduction
- Nutrition
- Meat Science
- Food
- Prep/Handling
- NJHA/NJSA

*\$15 per person

Only 50 juniors

&

50 seniors

Ages 9-18 welcome!

Registration closes

March 15th!

<https://forms.gle/GxXuxGXmfpV1H56gZ>

[GXmfpV1H56gZ](https://forms.gle/GxXuxGXmfpV1H56gZ)

For any questions please contact either Salem Sifford: salems@vt.edu or Ruth Haile: ruthmhaile@vt.edu!



2025 Virginia Youth Cattle Working Contests

VIRGINIA YOUTH LIVESTOCK PROGRAMS



2025 VIRGINIA YOUTH CATTLE WORKING REGIONAL CONTESTS

[Click here for entry link.](#) | [Click here for the Virginia Youth Cattle Working Website.](#)

ELIGIBILITY

Each team will consist of three members. Team members must be registered Virginia 4-H or FFA members who are at least 14 years of age by September 30, 2025 and must not have had their 19th birthday before January 1, 2025.

CONTEST DATES & LOCATIONS

- **Friday, March 28th**, Southern Piedmont, The Adams Farm, 855 Jones Store Road, Red Oak, 10 AM. Contest Coordinator: [Joanne Jones](#)
- **Thursday, April 3rd**, Shenandoah Valley, 1718 Keezletown Road, Weyers Cave, 9 AM and 12 PM start times. Contest Coordinators: [Andy Seibel](#) and [John Benner](#)
- **Saturday, April 5th**, New River Valley, G & G Livestock, 169 Fort Chiswell Rd, Fort Chiswell, 9 AM. Contest Coordinator: [Cynthia Hurst](#)
- **Wednesday, April 9th**, Central Virginia, Senterfitt/Virginia Livestock, 5866 Orange Rd, Radiant, 12 PM. Contest Coordinator: [Kelly Mallory](#)
- **Saturday, April 12th**, Southwest Virginia, Copenhaver Farms, 31118 Blue Springs Road, Meadowview, 9 AM. Contest Coordinator: [Matthew Miller](#)

PLEASE NOTE:

- Each regional contest will have a 15 team maximum limit.
- New for 2025: Each Chapter/Unit is allowed a maximum of 3 teams with a 2 team/contest location limit.
- New for 2025: Regional Contest site locations are NOT to be used by any teams for pre-contest practices.
- The top 2 teams from each of the regional contests will advance to the State Youth Cattle Working Contest

VIRGINIA STATE YOUTH CATTLE WORKING CONTEST



Date: Thursday, April 17th

Location: VA Beef Expo, Rockingham County Fairgrounds, Harrisonburg, VA

Entry Fee: \$50/team. All participants must be 14 years of age by September 30, 2025, and have not had their 19th birthday by January 1, 2025.

[Click here for entry link.](#) **Entries due by Wednesday, March 19th at 5 PM.**

Team members who comprise a team at the Regional Event, must be the same ones who compete at the State Contest. There is no substitution of team members prior to the State Contest. Youth who have been members or previous State Champion Youth Cattle Working Teams are no longer eligible to compete.

Virginia 4-H Livestock Camp

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

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

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

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

This opportunity is supported by the Virginia Cattle Industry Board.



4-H Summer Camp Scholarships - **APPLY TODAY!**



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

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

Applications for youth ages 9–13 can be submitted to attend one of 6 Virginia 4-H Center's 4-H Summer Camps, which include: Airfield, Holiday Lake, Jamestown, Northern VA, Southwest VA, and W.E. Skelton. A total of 48 (forty-eight) youth will be randomly selected for these full scholarships (including the 4-H Center and locality fees). Each of the six 4-H Centers will host eight (8) scholarship recipients.

***** SCHOLARSHIP CAN BE USED TOWARDS THE PRINCE WILLIAM-STAFFORD 4-H JUNIOR CAMP! (SEE PAGE 2) *****

VA Dept. of Forestry Camp Woods & Wildlife



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

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

Cost: \$95*

**A memorial scholarship fund has been established for PW 4-H'ers who attend Camp Woods & Wildlife. Please submit your nomination form above directly to MaryBeth Lerch. Campers will attend camp at no charge!*

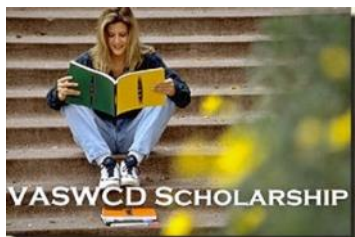
[Click here for more information and to apply.](#) **Applications due April 11th.**


Camp Woods and Wildlife is an academic, structured, residential camp that focuses on field experiences in forestry and other natural resources. This unique camping experience introduces 13-16-year-olds to the challenges, special skills, and knowledge needed for managing the forest resources we use and enjoy every day. Camp Woods and Wildlife is ideal for students who: wish to explore forestry and wildlife related careers; participate in forestry and wildlife judging teams, Envirothon competitions, or ecology clubs want to experience hands-on learning and gain real-world skills in natural resources conservation.

VASWCD Scholarships for High School Seniors


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

The Virginia Association of Soil and Water Conservation Districts annually offers four scholarships to graduating high school seniors or college freshmen for college study. This year, four \$2,000 scholarships are available! Applications must arrive at the PWSWCD office by April 11, 2025. Applications for students who reside in Prince William County must be submitted to the Prince William Soil and Water Conservation District, which will select one student for consideration by the state committee.





NORTHERN VIRGINIA 4-H
EDUCATIONAL AND
CONFERENCE CENTER



Virginia Cooperative Extension
Virginia Tech • Virginia State University

MILITARY TEEN ADVENTURE CAMP

JULY 20-24TH, 2025
600 4-H Center Drive,
Front Royal, VA 22630

Are you 13-18? Do you enjoy the outdoors and trying new things? Is your guardian Active Duty, Guard, Deployed or Retired? THEN... NOVA 4-H Military Teen Adventure Camp is the place to be this summer! Join us for a week-long adventure in the gorgeous Shenandoah Valley while learning new skills and exploring how awesome it feels to step outside of your comfort zone!

For more info on all MTACs in VA
go to
<https://www.holidaylake4h.com/va4hmtac>

National 4-H



CLOVER BY 4-H: YOUR COLLEGE FUNDING PLAN STARTS HERE

[Click here for FREE curriculum.](#) Grades 8-12

Getting ready to pay for college can feel overwhelming, but a little planning makes all the difference. This series of four at-home activities helps solidify teens' knowledge and gives them the resources they need to confidently make smart decisions about their college expenses.



MARCH ACTIVITY: PAINT YOUR OWN 4-H POTTERY

[Click here to find a studio.](#) Looking for a fun activity for you or your 4-H club? Check out the 4-H collection of pottery and create while supporting 4-H. Contact your local studio for availability - 5% of your purchase benefits 4-H.



APPLY TODAY: 2025 GEORGIA BOOT TRAILBLAZER CONTEST

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

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



2026 YOUTH IN ACTION

Applications for the 2026 4-H Youth in Action Program open on January 27th! This program celebrates outstanding 4-H youth aged 14-19 who make a difference in their communities. Selected winners will receive a \$5,000 scholarship, professional development, media training, national recognition, and spokesperson opportunities to inspire others. [Click here for more information and to apply.](#) **Applications due March 31st.**

Educators & 4-H Club Leaders: “I’m a Maker: 3D Printing for Beginners”

Date: March 29th

Location: Virginia State University Campus

[Click here to register.](#)

Limited spots available – pre-registration required!

Are you ready to bring 3D printing into your 4-H programming or community outreach? Join us for “I’m a Maker: 3D Printing for Beginners Pt. 1”, a full-day workshop designed to help you understand and incorporate 3D printing into your programs. This hands-on event will cover the fundamentals of 3D design, printer operation, troubleshooting, and creative applications for youth programs.

What to Expect:

- Intro to 3D Printing & How It Works
- Hands-on Practice with 3D Printers
- Tips for Incorporating 3D Printing into 4-H & Youth Programming
- Take-home Resources and Project Ideas

Whether you’re brand new to 3D printing or looking to build confidence in using this exciting technology, this workshop will provide the tools and knowledge you need to succeed. Don’t miss this opportunity to expand your STEM programming and help youth explore cutting-edge technology.

Questions? Contact: [Dennis G. Donaldson Jr., Ph.D.](#)

SAVE THE DATE

March 29th

I'M A MAKER

3D Printing for Beginners Pt. 1

Want to add 3D printing to your programming? [Save the Date: March 29th](#) for "I'm a Maker: 3D Printing for Beginners Pt. 1," a full-day workshop on 3D printing fundamentals. [Scan the QR code](#) to pre-register! **VSU Campus** Limited Availability!!!

Virginia Cooperative Extension

Virginia Tech • Virginia State University

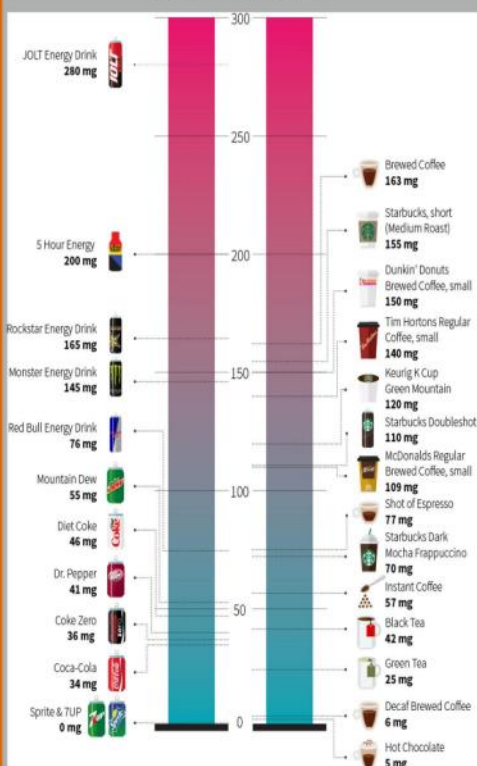
Virginia Cooperative Extension offers a comprehensive collection of resources, programs, and services that are research-proven, accessible, and contain actionable information that supports the success and resilience of individuals and communities throughout the Commonwealth of Virginia and beyond.



Buzz BODY & BITES for Teens

Buzz

How much caffeine is in your drink?



According to the American Academy of Pediatrics, the recommended amount of caffeine for a teenager (ages 12-18) is a maximum of 100 milligrams per day



The Downside of Energy Drinks

Written by: Cassidy Larochelle, 2024-2025 Virginia Teen Healthy Living Ambassador

Despite the delicious taste, cute packaging, and collabs with some of the biggest influencers of our time, energy drinks aren't "aesthetic". Regardless, they can be really tempting in the morning before school after staying up late scrolling on social media, studying, or talking to friends. Popular energy drink companies are quick to promise increased energy and reduced fatigue, but they often don't tell you the side effects of consuming such high amounts of caffeine daily. Studies show that a whopping 41% of children with ages ranging from 13-17 consume energy drinks regularly.

On average, energy drinks contain around 80-300 milligrams of caffeine, which is good news to highly performing athletes and tired students. For most people, the result of guzzling down an energy drink will be increased endurance and focus, but these results are also accompanied by increased heart rate, disturbed sleep, and even digestive issues.

While a lot of people use energy drinks to compensate for their early wake up calls, some mix these drinks with alcohol to mask the flavor. Not only does it mask the flavor, but the caffeine in the energy drink tricks your brain into thinking that you're more alert than you are. Using energy drinks for this purpose is incredibly dangerous and can result in heart strains.

An alternative to energy drinks would be to look at your sleep schedule. If you go to bed late and must wake up early for school or work, try to fall asleep earlier. A big factor in loss of sleep for teenagers right now is the usage of their phone at nighttime. It would be a good idea to set a screen time limit for apps that normally keep you up so that you have no reason to want to be on your phone late at night. Overall, the research shows that there are short-term positives, but long-term negatives. Social media influencers glorify these products, and some even go on to create their own energy drink brand. So, the next time you see your favorite celebrity doing an "outfit of the day" or "get ready with me" with an energy drink in their hand, ask yourself if it's worth it.



Virginia Tech • Virginia State University

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USDA is an equal opportunity provider and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program-SNAP, and was supported by Expanded Food Nutrition Education Program (USDA/NIFA).

BITES



Homemade Strawberry Soda

Prep Time: 5 minutes

Total Time: 25 minutes

Ingredients

- 1 ½ cups water
- 2 tablespoons sugar
- 2 cups strawberries, cleaned and pureed
- 2 tablespoons lemon juice
- Ice
- 5 cups sparkling water

Nutrition Facts

4 servings per container	1 serving
Serving size	(474.55g)
Amount per serving	50
Calories	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 6g of Added Sugars	12%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 0mg	0%
Potassium 125mg	2%

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

Directions

- Bring water and sugar to a boil, in a saucepan and stir until sugar has dissolved. Remove from heat and allow to cool for 20 minutes.
- Combine pureed strawberries and lemon juice in a mixing bowl.
- Combine syrup and strawberry mixture in a drinking pitcher. Add ice and stir.
- When ready to serve, pour strawberry mixture into four glasses and top each equally with sparkling water. Stir gently to combine.

Find more recipes at
eatsmartmovemoreva.org

BODY

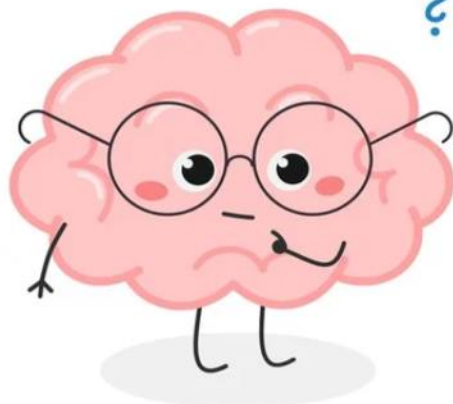
Simple At-Home Circuit

Written by: Aubrey Mosely, 2024-2025 Virginia Teen Healthy Living Ambassador

- **Forward Lunge:** stand with your feet shoulder-width apart, hands clasped in front of your chest. Step forward with your left foot, and plant it firmly on the floor. Bend both knees to create two 90-degree angles with your legs. Your chest should be upright and your torso should be slightly forward so that your back is flat and not arched or rounded forward. Your left quad should be parallel to the floor and your left knee should be above your left foot. Your butt and core should be engaged. Push through your left foot to return to the starting position. That's 1 rep. Complete 5-10 reps and then switch sides.
- **Hands-Elevated Push-Up:** place your hands shoulder-width apart on a low box or step and assume a high plank position with your feet, knees, hips, and shoulders in a straight line. Brace your core and keep your elbows tucked in close to the sides of your torso. Bend your elbows and pull shoulder blades together to lower your chest to the box. Press through your palms to straighten your arms back to the starting position. This is 1 rep. Complete 10-15 reps.
- **Glute Bridge:** lie on your back with your knees bent, feet flat on the floor hip-width apart, and arms at your sides. Squeeze your glutes and abs, and push through your heels to lift your hips a few inches off the floor until your body forms a straight line from your shoulders to your knees. Hold for a second and then slowly lower your hips to return to the starting position. This is 1 rep. Complete 10-15 reps.
- **Superman With Pull-Down:** lie face down on the floor with your arms at shoulder height and elbows bent to 90 degrees, so your shape roughly resembles a goalpost. From this position, engage your core and upper back as you lift your shoulders, arms, and chest off the floor. At the same time, squeeze your glutes and lift your feet off the floor as well. From this lifted position, gaze down toward the floor to keep your neck in a neutral position with your spine. Extend both of your hands overhead, then pull your shoulder blades back to pull your arms back to their goal post position. Exhale as you lower back to the floor. This is 1 rep. Complete 10-15 reps.

Exercise Your Mind

Did you know?



That feeling of alertness associated with caffeine is caused by caffeine blocking your brain's receptors for adenosine, a chemical that makes you feel tired. Too much caffeine can cause headaches, confusion, and even hallucinations and convulsions.

Resources

Virginia 4-H

facebook.com/Virginia4HStateOffice

Virginia Family Nutrition Program

eatsmartmovemoreva.org

www.facebook.com/VaFNP

Virginia Cooperative Extension

ext.vt.edu

facebook.com/VirginiaCooperativeExtension

Editors: Tonya Price, PhD and Rebecca Owen, MEd

Ideas for Future Careers in Ag, Internships, and Current Job Opportunities!



[Click here for the full March 2025 Newsletter from the Virginia Beginning Farmer & Rancher Coalition](#), including news, events, trainings, and more!

Farm Crew (Seasonal) – Glade Road Growing: Glade Road Growing, a Certified Naturally Grown farm in Blacksburg, is hiring seasonal farm crew members to assist with vegetable production, pasture-raised pork and poultry, and farm stand operations. No agricultural experience is required—just a positive attitude, strong work ethic, and willingness to learn. Candidates must be physically fit, adaptable, reliable, and able to lift 40 lbs. Benefits include free produce, homemade lunches (M-F), discounted farm meats, and meal discounts at Rising Silo Brewery.

Farm Manager – Allegheny Mountain Institute (Highland County, VA): Allegheny Mountain Institute (AMI) is hiring a full-time, seasonal Farm Manager to oversee day-to-day farm operations at Allegheny Farm from April to October. This role is ideal for a passionate organic market farmer with experience in agro-ecology, regenerative farming, and community-based food systems. Responsibilities include vegetable production, facilities maintenance, team leadership, and supporting workshops and retreats. Candidates should have strong leadership, organizational, and mentoring skills, along with a deep commitment to sustainable agriculture. Evening and weekend work may be required.

Farm Steward – The Community Food Collaborative (Fairfield Middle School, VA): The Community Food Collaborative (CFC) is hiring a Farm Steward to support crop production, educational programs, and outreach at Cornerstone Farm, a collaborative initiative with Henrico County Public Schools. This 25-hour/week seasonal position (April–September) offers \$18/hour and involves tasks such as planting, harvesting, equipment maintenance, farmers' market operations, volunteer coordination, and community engagement. Candidates should have 3+ years of farming, gardening, or food project experience, be able to lift 40 lbs., and hold a valid Virginia driver's license. Evening and weekend availability is required. Potential for transition to a year-round Community Outreach Coordinator role in July. Apply by March 15, 2024.

Market and Field Staff – Bellair Farm (Charlottesville, VA): Bellair Farm is hiring Market and Field Staff for the 2025 season! This role involves manual labor in vegetable production and customer service at farmers' markets and CSA pickups (1–2 shifts per week). Responsibilities include harvesting, planting, weeding, irrigation, produce washing, and market sales. Candidates should be physically fit (able to lift 60+ lbs.), detail-oriented, and comfortable working in all weather conditions. Full-time (up to 40 hrs/week) and part-time positions available, starting ~April 1. Pay: \$16.50–\$17.00/hr DOE, plus free veggies & eggs, PTO, crew discounts, and farm access for walking/swimming. No experience required, but farm work or manual labor experience is a plus!

Part-Time Regenerative Farming Intern – Monticiano Farms, LLC: Monticiano Farms, LLC is seeking a Regenerative Farming Intern to gain hands-on experience in sustainable agriculture. This part-time position involves assisting with soil health management, crop cultivation, livestock care, agroforestry practices, farm maintenance, and community outreach. Ideal candidates should have a passion for regenerative farming, physical stamina, strong teamwork and problem-solving skills, and a willingness to work flexible hours. Benefits include hands-on training, fresh organic produce, networking opportunities, and potential academic credit. Farming experience is a plus but not required. Apply today to join our team!



Fauquier Education Farm: Growers Academy - Early Spring Planting

Date: March 22nd

Time: 4-6 PM

Location: 8428 Meetze Rd, Warrenton, VA

Free and open to all – No registration required

Join Fauquier Education Farm for an Early Spring Planting session and learn how to maximize your garden by planting cool-season crops like broccoli, cauliflower, cabbage, Asian greens, peas, onions, and potatoes. Discover how early planting can boost your harvest and improve success in the growing season. For more information contact Jim Hankins, fauquieredfarm@gmail.com.

SAVE THE DATE!

PRINCE WILLIAM COUNTY GOVERNMENT
CAREER EXPO

Saturday, April 12, 2025 • 9:30 a.m. – 1:30 p.m.
Hylton Performing Arts Center

pwcva.gov/careers

PRINCE WILLIAM
Human Resources

This is a unique networking and hiring event intended to showcase the County's services and career opportunities! Open to anyone interested in working for Prince William County Government, this is a great opportunity for you and your family and friends to speak with County staff about apprenticeships, internships, seasonal, full-time and part-time positions and volunteer opportunities. Throughout the day, there will be opportunities to complete an online application and attend information sessions. Departments may also have staff available to conduct interviews and extend contingent job offers!

This is NOT your typical job fair! Over 50 job offers have been extended to previous Expo attendees, so bring your "A" Game!
PRINCE WILLIAM COUNTY GOVERNMENT...SEE YOURSELF HERE!

2024 - 2025 PRINCE WILLIAM 4-H EVENT CALENDAR

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
6-12 National 4-H Week	2 VSU 4-H Aspiring Leadership Training - Intermediate Congress	3 PW 4-H Club & Project Leader Training (Option 1)	7 PW 4-H Club & Project Leader Training (Option 2)	7-8 VA 4-H Hippology & Horse Judging	1 PW 4-H Junior Camp Reg Opens
8 Proclamation at PWC BOCs	4-5 PW 4-H Palama Party SPIN Club	5 PW 4-H Homemade Holiday Craft Night, Teen Club, Cloverbud Club	9 PW 4-H Food Challenge Training	17-21 4-H Shooting Sports National Quiz Bowl	1 VA 4-H and FFA Meals Evaluation
12 PW 4-H Cloverbud Club	7 PW 4-H Engage Locally	14 Wreaths Across America Day	14 PW 4-H Association Meeting	19-20 PW 4-H Embryology Project Leader Training	4 PW 4-H Leaders' Mid-Year Meeting & 4-H Association Meeting
12-13 VA 4-H Shooting Ed New Instructor Certification	9 PW 4-H Cloverbud Club	19 PW 4-H Whisper Booth Training	17 PW 4-H Share the Fun Dress Rehearsal	21 PW 4-H Contest Day: Presentations, Table Setting, Fashion Review	7-8 TAL T Weekend - Junior Camp Counselor Training
20-26 National Character Counts Week	12 PW 4-H Association Meeting	30 PW 4-H Embryology Registration Opens (closes Jan. 31)	22 Virginia 4-H Day at the Capitol	21-22 VA 4-H Stockman's & Livestock Judging	12-16 National 4-H IGNITE
19 PW 4-H Teen Club - Community Service	14 PW 4-H Teen Club - Community Service/Project Linus	23 An Evening with Virginia 4-H at VT	24 PW 4-H Share the Fun	22 PW 4-H Food Challenge	15 PW 4-H Cloverbud Club
24 Prince William 4-H Recognition Day	16 PW 4-H Hike: 4-H Outdoor Challenge	24 PW 4-H Share the Fun	25 PW 4-H Cloverbud Club	22 VA 4-H Shooting Ed Instructor Recertification	15-16 VA 4-H Spring Air Championships
29 PW 4-H Contest Orientation - Presentations, Public Speaking, Table Setting, Extemporaneous	18 PW 4-H Officer Training	25 PW 4-H Portfolio Training	30 PW 4-H Tree Seedling Orders Due	28-30 VA 4-H Teen Summit	29 PW 4-H Association BINGO
	29-Dec 3 National 4-H Congress				
	29-Dec15 TSC & 4-H Paper Clover Campaign				
APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
4-6 VA 4-H Equismantz	10 PW 4-H Cloverbud Club	16-20 VA Dept of Forestry Camp Woods & Wildlife	13-17 Prince William/Stafford 4-H Junior Camp	9 VA 4-H Northern District Shoot	5-7 VA 4-H State Horse and Pony Championship
5-6 VA 4-H Shooting Ed New Instructor Certification	TBD Prince William 4-H Young Entrepreneurs SPIN Project	22-28 National 4-H Shooting Sports Championship	Jul 30 - Aug 3 Southern Regionals 4-H Horse Championships	11-15 PW 4-H Fair Camp	6-7 VA 4-H State Shoot
11-16 National 4-H Conference	TBD 4-H Northeast District Food Challenge Contest	23 VA 4-H Livestock Judging Contests	TBD 4-H True Leaders in Equity Institute (TLEI) 2025		Sep 26-Oct 5 State Fair of VA
12 PW 4-H Tree Planting & PW 4-H Cloverbud Club		24-27 Virginia 4-H Congress			TBD Prince William 4-H Day
26 4-H Northeast District Contest Day		24 1st Time Junior 4-H Camper Parents' Meeting			TBD Virginia 4-H Shotgun Championship

For more detailed information as events approach, see the newsletter at www.pwcv4.gov/4-H.



Updated 3/5/2025

PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[Prince William 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



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National 4-H

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Virginia 4-H

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[4-H All Stars](#)
[STEM in Virginia 4-H](#)

Prince William 4-H

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Portfolio Records

[Member Record](#)
[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
[Project Record Ages 11-12](#)
[Project Record Ages 13-15](#)
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)

[Prince William 4-H Member Record - President](#)
[Prince William 4-H Member Record - Vice President](#)
[Prince William 4-H Member Record - Officer](#)



2024-2025 PWC 4-H Association Officers

Youth Officers

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

Adult Officers

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

Committee Chairs

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



Beyond Ready



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