



# Prince William 4-H

## *Our Clubs, Our Community*



### Upcoming Events

- Jan 30** - [PW 4-H Share the Fun](#)
- Feb 5** - [PW 4-H Club Leader Professional Development Zoom](#)
- Feb 10** - PW 4-H Rabbit Project Kickoff
- Feb 14** - [PW 4-H Contest Day](#)
- Feb 21** - VA 4-H Shooting Ed Recertification
- Feb 28** - PW 4-H Food Challenge
- Mar 1** - VA 4-H Meats Evaluation
- Mar 3** - PW 4-H Dog Project Kickoff
- Mar 6-7** - PW 4-H TALT Weekend
- Mar 10** - PW 4-H Leaders' Mid-Year Meeting

### Inside this issue:

- [Prince William 4-H Updates](#) 2
- [Virginia 4-H Updates](#) 10
- [Contacts & Recourses](#) 16

Click to Visit



January 28, 2026

### Get Ready to Shine & Cheer: 4-H Share the Fun Is Almost Here!

**Date:** Friday, January 30th at 7 PM

**Location:** The Nokesville School, 12375 Aiden Rd., Nokesville

**Volunteers & Teens to BLOOM:** Click here to fill the [remaining volunteer slots](#)

If you're looking for a Friday night filled with energy, creativity, and seriously impressive talent, Prince William 4-H Share the Fun is the place to be!

Whether you're performing, volunteering, or cheering from the audience, this is one 4-H event you won't want to miss.



Come out Friday night and cheer for your favorite acts! This year's Share the Fun is STACKED.

**We've got 20 acts lined up - yes, twenty! - showcasing an incredible mix of talent: graceful ballet ★ instrumental solos ★ sibling duos ★ creative skits ★ powerful spoken word...and even some mind-bending magic!** It's like a talent show, variety show, and hype night all rolled into one—and your friends are counting on you to help make the energy unforgettable.

4-H Share-the-Fun isn't just a show - it's a tradition built to help you grow. It's a place where 4-H'ers can build self-confidence, explore their creativity, strengthen public speaking and performance skills, and express themselves in a fun, supportive space Plus, acts are judged on talent, creativity, showmanship, and how well costumes/props are used. Top acts can even advance to district and state-level showcases - so your cheers might just help someone make it all the way to the top!

### Want to Help the Magic Happen?

We still need volunteers to bring the night to life - especially our amazing teens who help make every 4-H event run smoothly. [Click here to volunteer!](#) Whether you're helping backstage, greeting guests, or running tech, you'll be part of what makes Share the Fun unforgettable.

### Bring the Energy. Bring Your Friends. Bring the FUN.

Grab your friends, your sparkliest spirit gear, and your loudest cheering voice. Let's pack the auditorium and show our performers how much we support them!



### WEATHER NOTE

PW 4-H 2026 Share the Fun may be rescheduled due to weather. If PWCS are closed or evening activities are canceled, the show will be postponed. Stay tuned for updates through 4-H communication channels.

**Due to weather and school closures, Leading by Speaking SPIN with Toastmasters is CANCELED for tonight. Please join us on Wednesday, February 4th from 6-8 PM for the final meeting.**

# PRINCE WILLIAM 4-H DELEGATION TO VIRGINIA 4-H DAY AT THE CAPITOL



## PRINCE WILLIAM 4-H TAKES ON RICHMOND: HIGHLIGHTS FROM VIRGINIA 4-H DAY AT THE CAPITOL

Last week, Prince William 4-H'ers hit the road to Richmond for Virginia 4-H Day at the Capitol - and it was an unforgettable adventure in leadership, citizenship, and hands-on learning about how our state government works. Here are some highlights from our day:

### Meeting the Leaders Who Shape Virginia

Our delegation didn't just tour the Capitol - they talked with the people who help make laws for our state! Throughout the day, we met with: Sen. McPike, Sen. Carroll-Foy, Del. Maldonado, Del. Sewell, Del. Thomas, Del. Torian, and Del. Henson. 4-H'ers shared stories about their projects, service, and leadership experiences - and asked great questions about what it's like to represent the community in Richmond.

**A View from the Top:** Before diving deeper into the legislative world, we stopped by the Observation Deck at Richmond City Hall. From 18 floors up, we had a stunning 360° view of the city - definitely a photo-op moment!

**Rally at the Bell Tower:** Next, we joined the Virginia 4-H Rally at the Bell Tower in Capitol Square with several Virginia Secretaries. Hundreds of 4-H'ers from across the state filled the lawn with green as we celebrated citizenship, leadership, and the power of youth voices.

**Inside the Capitol:** We toured the historic Capitol building and even stepped into the Senate Chamber, getting a behind-the-scenes look at where big decisions happen. Seeing the legislative process up close made what we learn in civics feel real.

**Sharing Clover & Peanuts:** In true 4-H spirit, our members helped deliver 139 clover plants - one for every member of the House of Delegates and Senate - as a symbol of growth, community, and appreciation. We also delivered packages of Virginia peanuts to highlight the importance of agriculture in our state and connect to Senate Bill 300, which promotes Virginia's agricultural industry (including naming peanuts as the official state snack!).

**A Big 4-H Thank-You:** Huge shoutout to Virginia 4-H for organizing such an inspiring day of citizenship in action! And thank you to the many senators, delegates, and staffers who took time to meet with us and give us a glimpse into how state laws are made.

**Why 4-H Day at the Capitol Matters:** This annual event gives youth the chance to learn how government works, meet legislators face-to-face, share their 4-H stories, explore roles like congressional aides and pages, and tour the Capitol and historic sites around Richmond. It's a chance to see firsthand how your voice can make an impact! We hope you'll join our delegation next January!












## WHAT'S A 4-H DOG OR RABBIT PROJECT?

The 4-H Dog and Rabbit Projects teach you how to be an awesome and responsible pet owner while building real-life skills. You learn how to care for your pet, train them in obedience, agility, rally, and showmanship, and keep track of everything you accomplish. You also set goals, record your progress, and can even compete in dog or rabbit events. It's all about learning by doing – and becoming a confident leader while bonding with your furry friend.

## JOIN US FOR THE PW 4-H SMALL ANIMAL SPIN PROJECT INTEREST MEETING

January 27th   
**RESCHEDULED**  
**DATE TBD**

6–7:30 PM 

PW 4-H Headquarters 

**CLICK HERE TO  
REGISTER**



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



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Prince William 4-H, Virginia Cooperative Extension at (703-792-6000/TDD\*) during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120. Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture (USDA), and local governments, and is an equal opportunity employer. For the full non-discrimination statement, please visit [ext.vt.edu/accessibility](http://ext.vt.edu/accessibility).



# Prince William 4-H SPIN Project Leading by Speaking



## Who

The 4-H Youth Leadership SPIN Club, in partnership with Toastmasters International Youth Leadership Program, is an 8-session hands-on program designed for 4-H'ers ages 9-18.

## What

Learn to speak with confidence, deliver powerful speeches, think on your feet, use your voice and body language effectively, and give and receive feedback like a pro!

## Where & When

**Due to weather and school closures, Leading by Speaking SPIN with Toastmasters is CANCELED for tonight. Please join us on Wednesday, February 4th from 6-8 PM for the final meeting.**

## Why

Public speaking is a cornerstone skill in 4-H because it builds confidence, leadership, and communication abilities that youth can use throughout life. Lead your club, challenge yourself in 4-H competitions, and grow your voice as a leader.

**CLICK HERE TO REGISTER**

Participation is free, sponsored by PW 4-H.  
Space is limited. Register by Dec 5th.  
Enroll in 4-H Online prior to registering.



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Virginia Tech • Virginia State University



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### Prince William 4-H CLUB REPORT DUE DATES

**1st Monday (Feb 2)**  
Nokesville Equest. 4-H Club  
Patriot High School 4-H Club

**2nd Monday (Feb 9)**  
Kettle Run 4-H Club  
Benton Middle School Club

**3rd Monday (Feb 16)**  
Trigger Time 4-H Club

**4th Monday (Feb 23)**  
Nokesville 4-H Club  
Linton Hall 4-H Club

## Keep Up the Good Work!



and traditions.

PW 4-H'ers are asked to submit a club report each month to build skills and strengthen their club. Youth gain communication skills while growing in responsibility, accountability, and leadership. The report helps keep the club organized, supports record books and awards, and builds a documented history of your clubs activities

### PW 4-H CLUBS ARE CRUSHING IT!

Thank you for submitting your club reports and sharing how you're thriving in 4-H. Please continue to submit reports and photos to [chelmmlinger@pwcva.gov](mailto:chelmmlinger@pwcva.gov) and CC your adult club leader.

### BE BEYOND READY WITH 4-H!



## PW 4-H Succulent Project – Coming This March!

**Who can join?** All PW 4-H'ers!

**Led by:** Master Gardener Linda Bresler

[Click here to join the project.](#)

Ready to dig into the 4-H Agriculture pillar? Join us for a hands-on workshop where you'll design your very own succulent dish garden!



Supplies will be provided, but here's a cool bonus: PW 4-H Youth Educator Pam Hardin is sharing leaves from her jade plant so you can start propagating your own succulents before the workshop! Limited leaves, soil, and instructions are available at Headquarters - **grab them while they last!**

If you're curious about succulents and want to learn how to grow and design with them, sign up today and join the project!

## PW 4-H Winter Sowing Challenge



It's time to kick off winter sowing with Virginia native seeds - and you can do it with a simple milk jug! Thanks to Prince William Master Gardeners, we've got FREE Virginia native seeds and potting soil for PW 4-H'ers who want to try (or level up) their skills in milk jug gardening. It's your turn to rock this project as part of the 4-H Agriculture Pillar!

### Here's how to start:

- Step 1: Grab a clean milk jug
- Step 2: Cut it in half & punch/drill drainage holes in the bottom
- Step 3: Fill with moist potting soil & plant your seeds
- Step 4: Tape it shut, label it, and place in a sunny spot

When the weather warms up, remove the lid and transplant your plants into your home garden—or **team up with your 4-H Club to grow flowers for the Prince William Fairgrounds!**

**FREE SUPPLIES at PW 4-H Headquarters!** PW 4-H Youth Educator Pam Hardin has limited soil and flower seeds ready for you - just bring a jug! Contact her to set up a time to pick up your supplies. *Check out Mrs. Helmlinger's winter sowing that she's trying this year!*

Need help? [Click here for a quick how-to video!](#) Don't miss out - start your winter sowing today!



## PW 4-H Cloverbud Club Meeting Dates - UPDATED

This time of year is busy with county-level contests at Prince William 4-H. While all 4-H'ers from cloverbud to senior are encouraged to participate, we understand if you're new and unsure of what to expect. **Good news - our events are FREE to come, watch, learn, and gain an understanding for how to prepare to participate next year!** Make sure you have these Prince William 4-H opportunities on your calendars:

**JAN 30** 2026 Prince William 4-H [Share the Fun Show](#)

**FEB 14** 2026 Prince William [4-H Contest Day](#)

Click here for more [information about contests](#). [Click here to register](#). Register by Feb 6.

*NOTE: no February Cloverbud Club meeting. Please attend Contest Day!*

**MAR 21** Cloverbud Club Meeting @ PW 4-H Headquarters. *Info coming soon!*



## PW 4-H Embryology Program Important Dates

### EDUCATOR TRAINING OPTIONS (CHOOSE 1):

Feb 4 6-7:30 PM @ PW 4-H

Feb 11 6-7:30 PM @ McCoart, Woodbridge

### INCUBATOR PICKUP @ PW 4-H

Feb 5 1-4 PM

Feb 11 10 AM - 2 PM

### EGG PICKUP @ PW 4-H

Feb 16 4-6 PM

Feb 17 9 AM - 12 PM

### HATCH DAYS: MARCH 9-13

Registration is **CLOSED**. Please contact [DeeAnn Strand](#) for program support.



## Save the Date: PW 4-H 2026 Tree Planting Day!

**Date:** Saturday, April 18

**Time:** 9 AM – Noon

**Location:** Meadow Planting Project TBD

Ready to get your hands dirty for a good cause? Join Prince William 4-H for an epic environmental service day with County Arborist Will Shoup! We're planting 250 trees - including bottlebrush, apple trees, and northern red oaks - to help reforest our community.

### Why you'll love it:

- ♥ Dig in the dirt and make a real impact
- ♥ Learn pro tips on tree planting from an expert
- ♥ Celebrate Earth Day early with friends and nature vibes

This is your chance to give back, learn something cool, and have fun outdoors. Plus, if you're part of a 4-H club or school group, you can even host your own planting day!

**Interested in hosting?** Contact [Pam Hardin](#) by January 23 to reserve seedlings for your group.

**LET'S MAKE PRINCE WILLIAM GREENER—ONE TREE AT A TIME!**





PRINCE  
WILLIAM 4-H

## 4-H ADULT LEADER PROFESSIONAL DEVELOPMENT

Join PW 4-H Extension Agent MaryBeth Lerch for dynamic, one-hour virtual sessions designed for all 4-H adult leaders and volunteers. These interactive meetings dive into key topics like positive youth development (PYD), social-emotional learning (SEL), emotional intelligence, and problem-solving—all within the context of 4-H project work. Plus, we'll explore additional subjects based on your club's unique needs and interests. Whether you're looking to connect with fellow volunteers, deepen your understanding of youth development, or inspire tomorrow's leaders, these sessions are a valuable opportunity to grow and make a lasting impact.



### 4-H Positive Youth Development (PYD)

Learn how to empower young people by fostering critical life skills like leadership, problem-solving, and community engagement through hands-on projects in a safe, nurturing, and inclusive environment.

OCT  
21



### Youth Social Emotional Learning

Understand how to use the 4-H Thriving Model to emphasize high-quality, safe, and caring environments to help youth thrive, reach essential life goals, and achieve academic and social success.

DEC  
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### Youth Emotional Intelligence

Understand a holistic approach that addresses mental health, education, employability, and character development, promoting healthy lifestyles and self-esteem in 4-H projects and activities.

FEB  
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### Youth Problem Solving

By focusing on youth strengths and providing opportunities, relationships, and support, the 4-H PYD model helps young people thrive and reach their fullest potential, ultimately benefiting themselves, their families, and their communities.

APR  
14



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



**CLICK HERE TO JOIN  
ZOOM MEETING FROM  
7-8 PM**

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## Prince William 4-H

# 4-H CONTEST DAY

February 14<sup>th</sup> | 10 AM | McCoart Building, Woodbridge

**All Prince William 4-H'ers are Encouraged to Participate!**

Learning competitions aren't just about winning - they're about growing your skills and confidence! Each year, the goal is to improve your own score against the standard rubric, so you can see how far you've come.

It's totally normal to feel nervous, but remember - this is a safe, supportive space to try something new. Every attempt helps you learn, and every challenge makes you stronger.

So go for it! Step up, give it your best, and discover what you're capable of.

**4-H Contests Include:** Presentation, Extemporaneous Speech, Public Speech, Dramatic Reading, Fashion Review, Table Setting, and Vocal, Instrumental, or Combo

### START PREPARING TODAY!

Look up information on the contests, tip sheets and scoring aids:  
<https://ext.vt.edu/4h-youth/competitions.html>

This event is also the final session for all PW 4-H'ers participating in the Leading by Speaking SPIN Project led by Toastmasters.

**CLICK HERE TO REGISTER.** Register by February 6th



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## Upcoming VA 4-H Youth Animal Science Events

### GORE'S INVITATIONAL MEATS JUDGING CONTEST

**Saturday, February 7<sup>th</sup> • Gore's Meats in Edinburg**

**Cost:** \$20 per team or \$5 per individual; Adults \$5 (includes lunch)

[Click here to register.](#) **Register by January 31**

Clinic/Contest for those preparing for the State 4-H/FFA Meats Evaluation Contests or anyone hoping to learn more about Meats Evaluation. Please direct any questions to

[saheishman@shenandoah.k12.va.us](mailto:saheishman@shenandoah.k12.va.us) or [dbrittenour@shenandoah.k12.va.us](mailto:dbrittenour@shenandoah.k12.va.us)

2026 "Corey Childs Memorial"  
Stockmen's Contest  
©  
Virginia Livestock, LLC



### COREY CHILDS MEMORIAL STOCKMAN'S CONTEST

**Saturday, February 14<sup>th</sup> • Virginia Livestock, Front Royal**

**Schedule:** registration 8-9 AM; stockmen's judging 9 AM

**Cost:** \$5 per person (includes lunch)

[Click here to register.](#) **Register by February 6<sup>th</sup>.**

Please forward any questions to [Emily Shultz](#) or [Ken Mathews](#)



### VT B & B LIVESTOCK WEEKEND - STOCKMAN'S & LIVESTOCK JUDGING

**February 20 & 21 • Virginia Tech**

Junior Stockman's Contest - Friday, February 20 (AM - Juniors; PM - Seniors)

Livestock Judging Contest – Saturday, February 21 (AM - Advanced Contest/Reasons; PM - Regular Contest/No Reasons)

[Click here for more information.](#) [Click here to enter.](#) **Enter by Monday, February 2nd.**

*Note: no Jr/Sr Team Problem in the Stockman's Contest*

### 2026 VIRGINIA STATE 4-H/FFA MEATS EVALUATION CONTEST

**February 28 • Virginia Tech Food Science & Technology Building**

**Entry Fee:** \$15/contestant or \$20/contestant for Dual-Entered youth (includes lunch)

[Click here for more info and to register.](#) **Register by February 17<sup>th</sup> @ 5 PM.**

[Click here for the 2026 Meats Evaluation and Technology Handbook.](#)

Official State Contest for both 4-H and FFA (dual entry allowed). The winning senior teams from each organization's contest will represent Virginia at their respective National events. All contestants must provide their own frock, hair net, and hard hat.



### VT BEEF LEADERSHIP COUNCIL BEEF BOOT CAMP

**Friday, March 6 • 8 AM - 4 PM • Alphin-Stuart Arena, Virginia Tech**

**Cost:** \$15/person

[Click here to register.](#) **Register by February 27<sup>th</sup>.**

Please direct questions to Megan Mallory at [mmegan22@vt.edu](mailto:mmegan22@vt.edu)

"Let's Raise the Steaks" – Hands-on Stations that focus on Nutrition, Reproduction, Cattle Handling, Food Preparation and Handling. Perfect opportunity for youth who are new to cattle or seasoned show/beef industry kids. Stations will be fun and educational, led by VT students and Beef Industry Leaders.



### VT POULTRY SCHOLARSHIP FOR INCOMING STUDENTS

[Click here for the application.](#) **Applications with references due by March 2nd.**

Each year the Virginia Poultry Federation and the School of Animal Sciences at Virginia Tech offer scholarships to assist with the academic careers of students demonstrating an interest in poultry and its related industries. Last year approximately \$10,000 was awarded to current and incoming students with a poultry interest in the College of Agriculture and Life Sciences.



### VIRGINIA 4-H DAIRY QUIZ BOWL

**Saturday, March 14 • Turner Ashby High School, Harrisonburg, VA**

*Additional details and registration link coming soon!*

Please direct questions to: [carterke@vt.edu](mailto:carterke@vt.edu), [hunt197@vt.edu](mailto:hunt197@vt.edu), or [lkopp@vt.edu](mailto:lkopp@vt.edu)



## Upcoming VA 4-H Youth Animal Science Events *continued*

### HOKIE DAIRY DAY - RESCHEDULED

**Saturday, March 21 • Virginia Tech**

*Additional details and registration link coming soon!*

Please direct questions to Kaydan Shomaker at [kaydans24@vt.edu](mailto:kaydans24@vt.edu).



### MC STOCKMAN LIVESTOCK JUDGING CONTEST

**Saturday, March 21 • Rockingham County Fairgrounds, Harrisonburg, VA**

*Additional details and registration link coming soon!*

Please direct questions to Tom or Sarah McCall at [mclivestock@gmail.com](mailto:mclivestock@gmail.com).



### STATE 4-H & FFA LIVESTOCK SKILLATHON

**Wednesday, March 25 • Rockingham County Fairgrounds, Harrisonburg, VA**

*Additional details and registration link coming soon!*

Please direct questions to: [carterke@vt.edu](mailto:carterke@vt.edu), [hunt197@vt.edu](mailto:hunt197@vt.edu), or [lkopp@vt.edu](mailto:lkopp@vt.edu)



## 4HOnline Enrollment Deadline for VA 4-H State Horse Show

**State Horse Show Dates:** September 4th - 7th

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

**Important Deadlines:**

**February 1**

July 1

July 31

**4HOnline Enrollment Deadline**

4HOnline Horse Declaration Deadline

Entry Deadline

[Click here for show details](#) including important dates, rulebook, qualifying requirements, events and more. 2026 info will be added as updated.

**ENROLL TODAY!** The deadline for 4HOnline Enrollment for Virginia 4-Hers who may want to show at the State 4-H Horse Show in September is February 1. Deadlines are firm.



## 2026 VA 4-H Dominican Republic Program - Apply by Feb 16

**Who Should Apply:** Virginia 4-H'ers in 9th - 12th grades

**Program Fees:** \$2,600, with \$1,000 of that due as a deposit on March 16

[Click here for the Youth Application.](#)

[Click here for the Adult Volunteer Application.](#)

**Applications due February 16th.**

The Virginia 4-H Program in the Dominican Republic is now accepting applications from Virginia 4-H teens, agents and 4-H volunteers! This program started as a grassroots, county based program, which is now in its 18th year. Since one main focus of our program in the Dominican Republic is conducting a 4-H Day Camp for Dominican children, this program may especially appeal to 4-H Camp Counselors.

Interested 4-H'ers can learn more about the program through annual blogs and photos shared by participants:

**2024 Blogs:** [Group 1](#) | [Group 2](#)

**2025 Blogs:** [Group 1](#) | [Group 2](#)

[Click here for previous years' blogs and click on Dominican Republic.](#)

## SERVICE BEYOND BORDERS

### VIRGINIA 4-H DOMINICAN REPUBLIC SERVICE TRIP

**SERVE. LEARN. GROW**

Immerse yourself in the local culture, engage in meaningful service projects, and help facilitate day camps for local children. This is a unique opportunity to make a positive impact, take on exciting challenges, and create unforgettable memories.

**WHO, WHEN, & WHERE?**

This trip is open to all Virginia 4-H youth in grades 9-12. Participants can join one of two sessions: July 13-21, 2026 or July 27-August 4, 2026. The adventure takes place in Punta Cana, Dominican Republic.

**READY TO APPLY?**

The total cost of the trip is \$2,600, which includes airfare, lodging, and most meals. Applications are due by February 16, 2026 and will be accepted through <https://forms.gle/GaaTAKoH5aZ7uZ2>. A \$1,000 deposit is due by March 16, with the final balance due July 1. Don't miss your chance to join this unforgettable Virginia 4-H service experience!

**CONTACT US:**

Carol Nansel, Shenandoah 4-H  
[cnansel@vt.edu](mailto:cnansel@vt.edu)  
540-459-6140

Christine Hodges, Allegheny 4-H  
[chodges@vt.edu](mailto:chodges@vt.edu)  
540-862-0569

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## VA 4-H Shooting Education Updates

### VA 4-H SHOOTING ED RECERTIFICATION

**Date:** February 21

**Location:** Holiday Lake 4-H Educational Center, 1267 4-H Camp Rd, Appomattox

See your 4-H club leader for registration. **Payment/registration must be received by Feb 9.**

Virginia 4-H Shooting education instructors are required to attend recertification sessions every seven years. More than 120 instructors need to be recertified this year. There will be one session on February 21 and the other on November 7. Failure to attend will result in decertification for each discipline involved. *This training is NOT for new discipline certification.*

### VIRGINIA 4-H SPRING AIR

[Click here for the Match Program.](#) Please see your club leader to register and pay registration fees.

#### IMPORTANT DATES

Feb 17 @ 8 PM	All registrations & payments must be received by VA 4-H Shooting Ed Council
Feb 24 @ 8 PM	<a href="#">Portfolio Certification Document</a> Deadline
Feb 25	Draft squadding document sent out for review. Corrections due by Feb 28.
Mar 3	Volunteer deadline to identify who is coming to help set up ranges
Mar 13 @ 3 PM	Range setup
March 14-15	Spring Air @ W.E. Skelton Educational Center, Wirtz, VA

#### IMPORTANT NOTES

- Public Speaking and Presentation contests are only held on Saturday
- Air Pistol International Standing is only held on Saturday
- Air Rifle, Air Pistol, and BB have limited capacity on Sunday
- If a competitor is in Air Rifle on Sunday, they cannot be in BB or Air Pistol
- If a competitor is in Air Pistol on Sunday, they cannot be in Air Rifle
- If a competitor is in Air Pistol on Sunday, they may or may not be able to compete in BB on Sunday



## 4-H Citizenship: States 4-H Inbound Exchange

**INBOUND EXCHANGE DATES:** July 22 - August 15

[Click here for the 2026 Hosting Application.](#)

Virginia 4-H partners with States' 4-H to offer an inbound exchange experience. This summer our goal is to host 20 young people and 2 adult chaperones from Japan.

- \* To host youth, you must have a child within 4 years of age of the Japanese delegate.
- \* To host an adult chaperone, you do not need to have children in your home.

#### PROGRAM NOTES

- No previous 4-H experience is required. Host Families will receive support from the state coordinator before, during, and after the exchange. There is no financial stipend.
- Host family must be available to pick up and drop off delegate in Richmond.
- Delegate Host Families must have youth host sibling to match to a same gender Japanese delegate. Host siblings should be 10+ years old. Japanese delegates are ages ~13-16
- Chaperone Host Families do not have to have a youth in the family
- All applying Host Families will be screened and interviewed as part of our risk management protocol. Agents will conduct the home visits that are part of the screening with guidance from Inbound Coordinator (Wendy). Only after passing all screenings, do families enroll in 4-H Online.
- Families hosting youth delegates must provide adult supervision during the time of the exchange/homestay. Adults cannot both work outside the home all day without another adult present.
- Japanese delegates have a range of English language abilities.
- Delegates are here to experience every day American life. No special activities need to be planned.



## National 4-H

### YOUTH IN ACTION APPLICATIONS ARE NOW OPEN

[Click here for more information and to apply.](#) **Applications due April 13th.**

[Click here for March 4th - Youth & Parents Application Webinar Info](#)

The 4-H Youth in Action (YIA) program celebrates young people who are creating real change in their communities. This national program amplifies the stories and leadership of 4-H youth, showcasing how 4-H has shaped their lives and equipped them to impact others.



Four Award Winners will receive a(n):

- \$5,000 scholarship for higher education, paid directly to the institution, including two-year and four-year colleges, trade schools, or other advanced learning opportunities.
- Year of professional and media development, training, networking, and national opportunities to serve as a spokesperson and thought leader.
- All expenses paid trips for each award winner and a chaperone to attend national events.
- Official reference letter from a National 4-H Council leader for educational or career purposes.

Apply today and share your story with a national audience!

### YOUNG ALUMNI ADVISORY COMMITTEE NOMINATIONS ARE OPEN

[Click here for more information and to apply.](#) **Apply/Nominate by February 5th.**

National 4-H Council needs your help to identify and nominate dynamic, proven leaders to serve on the Young Alumni Advisory Committee (YAAC). The YAAC brings together young 4-H alumni to help shape the future of youth programming and strengthen connections between alumni and the 4-H system.



This group serves as a bridge to the young alum community, informing Council's Board of Trustees and working closely with associates to provide counsel and serve as 4-H ambassadors by elevating youth voice, engaging partners, and representing 4-H at events and through digital and media channels.

## PWCC Scholarship Applications Are OPEN!

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

**Applications are due February 6th by 5 PM.**

Each year, the Prince William Chamber Foundation, in partnership with the Prince William Chamber of Commerce, awards \$2,500 scholarships to outstanding local graduating high school seniors. For 2026, the Chamber will award 5 (five) scholarships. Four of the scholarships will be awarded to graduating high school seniors, and one will be directed to alternative schooling/adult education.



This year, the Chamber Foundation will award 5 scholarships in the following categories: Workforce Development & Certification ★ Higher Education ★ Military & Public Service ★ Entrepreneurship ★ Adult Education Eligibility Requirements!

## PW 4-H Alumni: Internship Opportunity

### Applications Are Open for the PWC Government 2026 Internship Program!

Do you know a student who's looking for a summer internship that offers more than just course credit? Prince William County's paid internship program gives participants the chance to do meaningful work, gain real-world experience and make a positive impact in the community. It's a hands-on opportunity to learn, grow and see how local government works to serve the community. [Click here to learn more and apply.](#)





## PW 4-H'ers: Ag Career Idea

### AGROFORESTRY TRAINING SPECIALIST

[Click here for details and application.](#) **Resume and cover letter due by Jan 27.**

Do you have a passion for education and building collaborative partnerships? Are you interested in scaling the availability of agroforestry technical assistance for farmers nationwide?

If so, we have a position opening just for you! Appalachian Sustainable Development (ASD) is now hiring an Agroforestry Training Specialist to lead our Agroforestry Training for Natural Resource Professionals (ATFNRP) programming.

#### Skills to gain for this career path:

- Bachelor's degree (or equivalent 3-4 years of experience) in/related to: Education, Agroforestry, Forestry, Natural Resource Management, Environmental Studies, etc.
- Exceptional project planning and management experience.
- Demonstrated ability to build partnerships and collaborate with diverse teams.
- Excel in developing virtual and in-person training materials and curriculum.
- Demonstrated ability to plan and conduct outreach and training events, with exceptional community engagement and public speaking skills.
- Superior listening, verbal, and written communication and interpersonal skills.
- Outstanding organizational, record keeping, and data management and analysis skills.
- Proficiency with technology including MS Office Suite, Google Drive, webinars, etc.

## 4-H Healthy Living: Delicious Blackberries



[Click here for Blackberry Fruit: Nutrition Facts and Health Benefits](#)

PW 4-H'ers, check out this recent VCE publication and try the healthy recipes featuring BLACKBERRIES!

With its inky purple color, juicy bursts of sweet and tart flavor, and multiple health benefits, the blackberry fruit is gaining increasing attention from consumers. Many varieties of blackberries are cultivated in the Commonwealth of Virginia. These include "Navaho," "Ouachita," "Chester," and "Chickasaw." This article focuses on the blackberry fruit's nutritive values and benefits and includes a few recipes for preparing it in creative ways.

## Webinar for 4-H Club Leaders & Educators



### BE READY FOR ENGINEERS WEEK!

**Date:** February 4th

**Time:** 4 PM

**Who Should Attend:** 4-H Club Leaders and Educators interested in teaching engineering activities

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

Join Discover Engineering and Teach Engineering for a fast-paced webinar full of free STEM resources, ready-to-use lessons, hands-on engineering activities, and tips for introducing the Engineering Design Process to students. Perfect for educators looking to energize their classrooms and other learning spaces with creativity and real-world problem-solving during Engineers Week (Feb. 22-28, 2026).

[Click here to learn more about Engineers Week.](#)



# 2025 - 2026



## PRINCE WILLIAM 4-H EVENT CALENDAR

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
4 PW 4-H Young Entrepreneurs Market Day 5-11 National 4-H Week Proclamation at PWVC BOCs 8 PW 4-H Association Fundraising Committee Mtg 11 PW 4-H Cloverbud Club 11-12 VA 4-H Shooting Ed New Instructor Certification 14 PW 4-H Portfolio Training 16 PW 4-H Teens to BLOOM 19-25 National Character Counts Week 21 PW 4-H Club & Project Leader Professional Dev 23 PW 4-H Presentation Training 27 PW 4-H Green & Growing	1 VA 4-H Shooting Ed Instructor Re-Certification 3-4 PW 4-H Sewing SPIN Club 4 VA 4-H Soil Judging Contest 6 PW 4-H Engage Locally 8 PW 4-H Cloverbud Club 12 PW 4-H Association Meeting 16 PW 4-H Hike: 4-H Outdoor Challenge 20 PW 4-H Teens to BLOOM 24 PW 4-H Officer & Leadership Training 28-Dec 2 National 4-H Congress 28-Dec14 TSC & 4-H Paper Clover Campaign	1 PW 4-H Embryology Registration Opens 3 PW 4-H Homemade Holiday Craft Night 4 PW 4-H Club & Project Leader Professional Dev 10 PW 4-H Leading by Speaking SPIN Project 11 PW 4-H Canning Class 13 Wreaths Across America Day 30 PW 4-H Whisper Booth Training	10 PW 4-H Cloverbud Club 13 PW 4-H Association Meeting 21 Virginia 4-H Day at the Capitol 23 PW 4-H Share the Fun Dress Rehearsal 27 PW 4-H Rabbit/Dog Project Interest Meeting 30 PW 4-H Share the Fun	5 PW 4-H Club & Project Leader Professional Dev 10 PW 4-H Rabbit Project Kickoff 14 PW 4-H Contest Day: Presentations, Table Setting, Fashion Review 14 VA 4-H Stockman's & Livestock Judging 21 VA 4-H Shooting Ed Instructor Recertification 28 PW 4-H Food Challenge 28 VA 4-H Meats Evaluation State Contest	1 PW 4-H Junior Camp Reg Opens 3 PW 4-H Dog Project Kickoff 6-7 PW 4-H TALT - Junior Camp Counselor Training 10 PW 4-H Leaders' Mid-Year Mtg & 4-H Association Mtg 14 VA 4-H Dairy Quiz Bowl 14-15 VA 4-H Spring Air Champs 21 VA 4-H WHEP Contest 21 VT Hokie Dairy Day 25 VA 4-H State Livestock Skillathon 25-29 National 4-H IGNITE

APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
5 VA 4-H Lumber Cup 10-11 VA 4-H Equismartz 10-15 National 4-H Conference 11 PW 4-H Cloverbud Club 14 PW 4-H Club & Project Leader Professional Dev 18 VA 4-H Northeast District Contest Day 18 PW 4-H Tree Planting Service Project 25 VA 4-H Horse Bowl & Communications Contests	10 PW 4-H Cloverbud Club 12 PW 4-H Association Board & Leader Year-End Meeting TBD PW 4-H Young Entrepreneurs Workshops TBD PW 4-H Outdoor Challenge SPIN Project TBD VA 4-H Northeast District Food Challenge Contest	16-29 Virginia 4-H Congress 21-26 National 4-H Shooting Sports Championship 30 1st Time Junior 4-H Camper Parents' Meeting TBD PW 4-H Young Entrepreneurs Market Day TBD VA Dept of Forestry Camp Woods & Wildlife TBD VA 4-H Livestock Judging Contests	TBD PW 4-H Young Entrepreneurs Market Day TBD State of Virginia's NRA Youth Education Summit TBD Prince William/Stafford 4-H Junior Camp TBD Southern Regionals 4-H Horse Championships TBD VA 4-H Youth Dairy Field Day	TBD VA 4-H Northern District Shoot TBD VA 4-H Pork Challenge TBD PW 4-H Fair Camp TBD PW 4-H Young Entrepreneurs Market Day	4-6 VA 4-H State Horse and Pony Championship 5-6 VA 4-H State Shoot TBD PW 4-H Young Entrepreneurs Market Day TBD VA 4-H Shotgun Championship TBD State Fair of Virginia TBD SFVA Youth Livestock Shows, Livestock Skillathon, Dairyman's Contest, Dairy Goat Contest,

TBD VA 4-H Shooting Ed New Instructor Certification  
 TBD PW 4-H Young Entrepreneurs Interest Mtg  
 TBD VA 4-H/FFA Beef Challenge, Beef Roundup, Tractor Operators Contest  
 TBD TSC & 4-H Paper Clover Campaign  
 TBD VA 4-H/FFA State Poultry Evaluation Contest  
 TBD VA 4-H Healthy Living Summit

For more detailed information as events approach, see the newsletter at [www.pwcv4.gov/4-H](http://www.pwcv4.gov/4-H).



Updated 01/27/2026

## PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,  
Manassas, VA 20109

### Click to Visit Online:

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

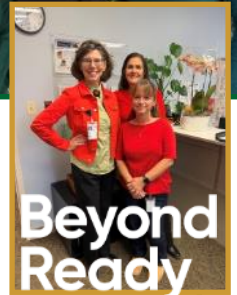


## Your Dedicated PWC 4-H Staff

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## PWC 4-H Resources

### National 4-H

[National 4-H Homepage](#)

### Virginia 4-H

[VCE 4-H](#)  
[4-H Online Information](#)  
[The 4-H Foundation](#)  
[4-H All Stars](#)  
[STEM in Virginia 4-H](#)

### Prince William 4-H

[PW 4-H Homepage](#)  
[PW 4-H Programs](#)  
[PW 4-H Camps](#)  
[PW 4-H Events & Calendar](#)  
[PW 4-H Document Center](#)

### Portfolio Records

[Member Record](#)  
[Cloverbud Sheet](#)  
[Project Record Ages 9-10](#)  
[Project Record Ages 11-12](#)  
[Project Record Ages 13-18](#)

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

[Prince William 4-H Documents & Resources](#)



## 2025-2026 PWC 4-H Association Officers

### Youth Officers

Lexi Strand, President  
Tim Hirshey, Vice President  
Sarah Fox, Secretary  
Samantha Holmes, Treasurer  
Ayden Strand, Jr Fundraising Committee Chair

### 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



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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Prince William 4-H, Virginia Cooperative Extension at (703-792-6000/TDD\*) during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120. Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture (USDA), and local governments, and is an equal opportunity employer. For the full non-discrimination statement, please visit [ext.vt.edu/accessibility](http://ext.vt.edu/accessibility).