



# Prince William 4-H

## *Our Clubs, Our Community*

February 4, 2026

### Upcoming Events

- 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 6-8** - VA 4-H  
Healthy Living Summit
- Mar 10** - PW 4-H  
Leaders' Mid-Year  
Meeting
- Mar 14** - VA 4-H Dairy  
Quiz Bowl
- Mar 14-15** - VA 4-H  
Spring Air Champs

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Click to Visit



## 4-H'ers Explored the Impacts of Body Language



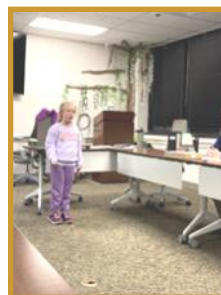
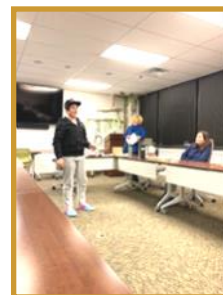
At last week's PW 4-H Leading by Speaking SPIN Project meeting, 4-H'ers explored how effective speakers use gestures and body language to strengthen their messages. Under the guidance of Dr. D, members learned that gestures aren't just hand movements - they are powerful visual tools that help an audience understand, connect with, and remember what a speaker is saying.

Participants discovered several types of purposeful gestures, including:

- Descriptive gestures that show size, shape, direction, or location, such as dramatically pointing to emphasize "He went that way!"
- Gestures that show importance or urgency, such as striking a fist into an open palm to highlight a key point.
- Comparison or contrast gestures, using both hands either moving together or in opposition to illustrate similarities and differences.

4-H'ers also discussed how gestures should be large enough to be seen, yet not so exaggerated that they distract from the message. They practiced developing movements that look natural, intentional, and confident - skills that come from rehearsal. Dr. D encouraged members to rehearse their speeches using a mirror, a friend, or even video equipment when available, so they could watch themselves and refine their use of body language. During our practice speeches, youth worked on relaxing their posture, using nervous energy productively, maintaining eye contact, and demonstrating objects or visuals without over-handling them. The session wrapped up with discussion, feedback, and leadership practice through agenda-based meeting activities, including Table Topics, speech evaluation, and chairing segments of the meeting.

Overall, 4-H'ers walked away with stronger presentation skills and a new appreciation for how gestures can help them show what they mean - not just say it. We're looking forward to watching them SHINE with their new skills at PW 4-H Contest Day!



### PW 4-H CONTEST DAY

**THIS SATURDAY**, February 14th • 10 AM • McCoart, 1 County Complex, Woodbridge  
Come cheer for your club members and friends as they work their presentation skills and get inspired to join in the fun next year!





PRINCE WILLIAM 4-H



# 2026 SHARE THE FUN



Beyond  
Ready







**Beyond  
Ready**

## **A HUGE 4-H THANK YOU TO**

**DIRECTOR:** Adam Dove

**JUDGES:** Kayla Fyock and Robin Willey

**TECH CREW:** Lexi Strand, Simon  
Grahn, Devin Theodore, Katie Cook, and  
Ben Lemaux

And a special thank you to The  
Nokesville School and our terrific  
audience of family, friends, and club  
members!





**Beyond  
Ready**

**2026 PW 4-H  
FOOD  
CHALLENGE  
TEAMS**

**JUNIOR TEAMS**

**We're Cooked!**

Sylvie (captain),  
Rylie, Jason, Jair

**Pink Fluffy  
Unicorns**

Isabel, Hattie,  
Leena, Ben

**SENIOR TEAMS**

**The Snackrafice**

Tim (captain), Eva,  
Grace, Bailey

**Holy Smoker**

Simon (captain),  
Gio, Stella

**MIXED TEAM**

**The Goofy  
Goobers**

Owen (captain),  
Malcolm, Grayson,  
Desmond, Watson



# Prince William 4-H Food Challenge

**FEBRUARY 28 | 8:30 AM  
5 COUNTY COMPLEX, RM 107,  
PRINCE WILLIAM**

Get ready to bring the energy – because the PW 4-H Food Challenge is where teamwork, creativity, and serious kitchen skills collide! Teens from across the county have been training hard since October, learning from professional market Chef April Tanner of US Foods and sharpening their cooking, nutrition, and food safety know-how. Now they're fired up and ready to prove themselves in a fast-paced culinary showdown. Come cheer on your friends, soak up the excitement, and get inspired—because next year, you could be the one stepping up to the cutting board and representing Prince William on the district and state stage!



**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).





**Beyond  
Ready**

# Save the Dates for PRINCE WILLIAM 4-H Summer Camps!

✓ Outdoor Exploration

✓ Creative Arts & Crafts

✓ Sports & Games

✓ Campfire Nights

## 4-H SUMMER CAMPS

**JUNIOR CAMP: AGES 9-14**

**FAIR CAMP: AGES 5-12**

### Explore 4-H at summer camp!

#### **PRINCE WILLIAM-STAFFORD 4-H JUNIOR CAMP**

Ages 9-14 July 19 - 23

Camp Fee: \$395

Northern Virginia 4-H Educational Center

*Preference is given to residents of Prince William and Stafford Counties and the cities of Manassas, Manassas Park, and Fredericksburg, for Prince William-Stafford Junior Camp.*

#### **PRINCE WILLIAM 4-H FAIR CAMP**

Ages 5-12 August 3-7, 9 AM-12:30 PM

Camp Fee: \$60

Prince William County Fairgrounds

**All greater Prince William area youth are encouraged to attend an unforgettable week of summer camp. More details coming soon!**

**Registration Opens  
March 1st!**



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

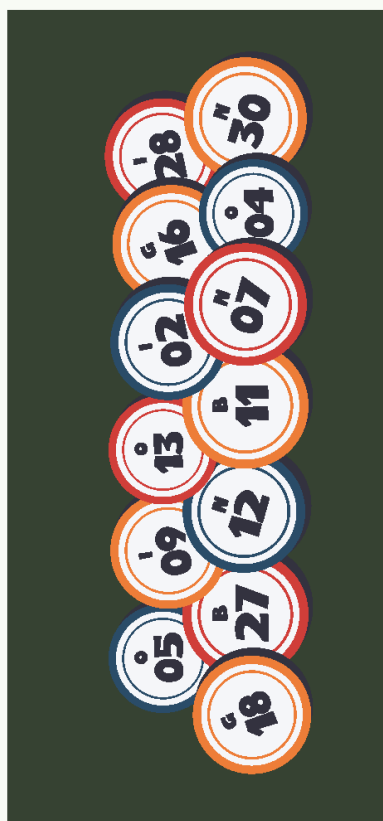


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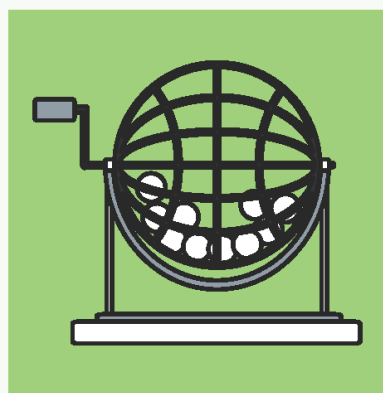


# PRINCE WILLIAM 4-H ASSOCIATION

6 PM -  
9:00 PM  
\$20 CASH



## 4-H BINGO NIGHT



MARCH  
20<sup>TH</sup>  
2026

### MANASSAS CHURCH OF THE BRETHREN

10047 Nokesville Rd, Manassas, VA  
20110



\$20 WILL GET YOU 9 GAMES AND 5 EXPERIENCE TICKETS  
KIDS UNDER 6 ARE FREE



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Virginia Tech. • Virginia State University



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CALLING PRINCE WILLIAM  
4-H TEENS!

TOUR THE RENWICK  
MUSEUM AND THE  
EXHIBITION

VISIT THE WHITE HOUSE  
VISITOR CENTER

# STATE FAIRS: GROWING AMERICAN CRAFT



4/6/2026

MEET AT THE 4-H OFFICE AT 8:30  
RETURN TO THE OFFICE BY 4PM

[SIGN UP HERE](#)



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Virginia Tech • Virginia State University



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

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

**2nd Monday (Mar 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



## Don't Forget Your Monthly Club Reports

We're well into the busy 4-H year with club projects and contests and it's important to stay on track. Be sure to submit your monthly club reports to PW 4-H and keep the momentum going!

We remain incredibly impressed by the youth in the PW 4-H program! 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.

## PW 4-H 2026 Junior Camp Counselor Applications

Eligible PW 4-H'ers should have received a detailed email and respond directly to [Mrs. Lerch](#). If you have not received the email, please email Mrs. Lerch.

*NOTE: Applicants must have previously served as a CIT at PW/Stafford 4-H Camp. CIT applicants will register when camp registration opens on March 1st.*

Steps to take today:

1. **Enroll or re-enroll in 4-H Online** here: <https://v2.4honline.com/> \*Important reminder! If you have attended 4-H Junior Camp before, you already have a profile in 4-H Online. Do not create a new account. If you cannot find your family account, please reach out to Mrs. Lerch for help.
2. **Sign up for an interview slot (required).** [Click here to sign up for an interview slot](#) (Feb 3-20).
3. **Register for TALT (Teen-Adult Leader Training).** Dates: March 6-7. Location: Northern Virginia 4-H Center. Fee: \$80/person. This training is where counselors will learn most of the content needed to feel confident and ready to lead campers. [Click here to register.](#) **Register by Feb 13th.**
4. **Mark your calendars for the training dates.** Be sure you do not have any conflicts now. Failure to attend could affect your chances of serving as a counselor this year.
  - April 11th, 10 AM - 2 PM, Dev Services Bldg, 5 County Complex Ct., Woodbridge - Mandatory Counselor Training
  - June 29th, 10 AM - 2 PM, Dev Services Bldg, 5 County Complex Ct., Woodbridge - Mandatory Counselor Training
  - June 6th, 7 PM, Zoom - First Time Camper and Parent Orientation Meeting.
  - July 8th, 10 AM - 12 PM, Dr. A. J. Ferlazzo Building, 15941 Donald Curtis Dr., Woodbridge, Auditorium - Counselor and CIT meet and Greet
  - July 19-23, Northern Virginia 4-H Center - PW/Stafford 4-H Junior Camp!

We will continue to evaluate readiness for camp leadership through engagement at TALT, counselor training sessions, and the Zoom interview. We reserve the right to make final decisions on counselor selections as we approach camp week. We are very excited to work with each of you in the coming months as we prepare for camp!



## 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:

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

Click here for more [information about contests](#).

*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 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!



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



## PW 4-H Embryology Program Important Dates

**EDUCATOR TRAINING OPTIONS (CHOOSE 1):**

Feb 11 6-7:30 PM @ I County Complex, Woodbridge, Occoquan Room

Feb 12 6-7:30 PM @ PW 4-H, 7987 Ashton Ave., Manassas, McCoy Room

**INCUBATOR PICKUP (if rented) @ PW 4-H**

Feb 9 10 AM - 2 PM

Feb 10 1-4 PM

**EGG PICKUP @ PW 4-H**

Feb 16 4-6 PM

Feb 17 9 AM - 12 PM

**HATCH DAYS: MARCH 9-13**

**CHICK DROP-OFF DATES**

Mar 19 & 26 TBD



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



## VA 4-H Wildlife Habitat Education Program (WHEP) Contest



**Date:** Saturday, March 21st

**Location:** James Monroe's Highland, 2050 James Monroe Parkway, Charlottesville

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

[Click here for team registration.](#) [Click here for individual registration.](#)

**Register by March 2nd.**

[Click here for more information about WHEP and the WHEP Contest.](#)

The State contest region will be Virginia species in the Southeast Mixed and Outer Coastal Plain Forest, and the Urban and Wetlands regions.

### TENTATIVE SCHEDULE

9 AM	Registration for Senior Teams competing for National Contest.
9:15 AM	Management plan for Senior Teams competing for National Contest.
10 AM	Registration for anyone not competing for National Contest
10:15 AM	Beginner/Junior Wildlife Challenge and Reasons for Senior Management Plan
11 AM	Guided plan/Senior Wildlife Challenge
Noon	Lunch (Pack your own)
12:30 PM	Training
2 PM	Awards

The Wildlife Challenge combines wildlife identification and general knowledge. Participants visit stations where they may be presented with a wildlife specimen and questions related to the species. Participants may be asked to identify an animal by specimen or portion of specimen, photo, animal sign, or sound. Questions for the Wildlife Challenge may be from information within Concepts and Terms, Ecoregions, Wildlife Species, Wildlife Management Practices, and the Glossary. Wildlife food items and questions pertaining to wildlife foods also may be included. Appendix B provides definitions of various wildlife foods. Refer to species descriptions to learn what various species eat.

**SENIOR DIVISION:** Full competition for youth ages 14-19 (must be 14 and not 19 as of January 1, 2026). Youth must have a team of 3 or 4 members to be eligible to compete in the full contest and qualify for the national competition. Individual seniors may compete; however, they will only be eligible for the individual awards. This division will include: Wildlife Challenge, Written Management Plan, and Oral Defense of Written Plan.

## Virginia 4-H Healthy Living Summit



**Dates:** March 6-8

**Location:** W.E. Skelton 4-H Educational Center,

**Who Should Attend:** Virginia 4-H teens ages 14-19

**Registration Fee:** \$85 - includes lodging, meals, snacks, and supplies. [Click here to pay the fee.](#)  
[Register through 4-H Online.](#) **Registration closes February 20th.**

The Virginia 4-H Healthy Living Summit will bring together teens who share an interest in learning more about topics related to nutrition education, physical fitness, wellness, and emotional well-being. The overall goal of the summit is to equip teens with the tools and resources to not only help improve their own personal health and wellness, but to help others as well.

## Virginia 4-H Northeast District Contest Day



**Date:** April 18

**Location:** Bell Creek Middle School (Hanover County)

**Time:** 8:30 AM – 1 PM

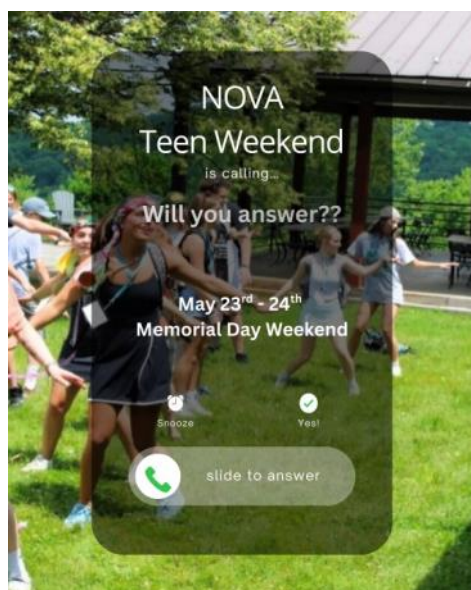
**Who Should Participate:** All PW 4-H'ers that participate in PW 4-H Contest Day

[Click here to register.](#) **Register by April 3rd.**

[Click here for the VA 4-H Northeast District Contest Website.](#)

Level up your confidence, experience, and 4-H resume by participating in Districts! All PW 4-H'ers that participate in PW 4-H Contest Day on February 14th are invited to continue to improve their skills at Northeast District Contest Day. Top scores will have the opportunity to present at Virginia 4-H State competitions this spring!





## Save the Date! NOVA 4-H Teen Weekend

**Dates:** May 23-24

**Location:** Northern Virginia 4-H Educational Center, Front Royal

**Who Should Attend:** all PW 4-H teens

*More information and registration coming soon!*

The Northern Virginia 4-H Teen Leadership Council is hosting a Teen Weekend! The weekend is for teens interested in advancing their leadership skills, networking with 4-H'ers from across Northern Virginia, and having an exciting weekend of 4-H FUN.

Stay an extra night for the TLC Open House on Monday, May 25th, and learn what it takes to join the council!

More info coming soon!



## 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/GanT63ggH4de7JwPZ>. 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  
cnanselvt.edu  
540-459-6140

Christine Hodges, Alleghany 4-H  
chodgesvt.edu  
540-862-0369

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## Upcoming VA 4-H Youth Animal Science Events



### 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 17th @ 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.



### STATE FAIR OF VIRGINIA APPLIED SCHOLARSHIP PROGRAM

[Click here to apply.](#) **Applications due March 1st.**

**Who Should Apply:** 4-H/FFA youth who participated in the 2025 State Fair of Virginia & Youth

Livestock Shows (Beef Cattle, Sheep, Swine, and Meat Goats).

The scholarship program is administered by the State Fair of Virginia. Direct questions to [scholarship@statefairva.org](mailto:scholarship@statefairva.org).



### 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 27th.**

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 Virginia Tech's School of Animal Sciences award scholarships—totaling about \$10,000 last year—to current and incoming College of Agriculture and Life Sciences students who show an interest in poultry and related industries.



### 2026 VIRGINIA 4-H DAIRY QUIZ BOWL

**Saturday, March 14 • 9 AM - 3 PM • Turner Ashby High School, Bridgewater, VA**

[Click here to enter.](#) **Enter by Friday, March 6th at 5 PM**

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

The Virginia 4-H Dairy Quiz Bowl is open to all enrolled, eligible Virginia 4-H members with two divisions: Juniors (ages 9-13, as of 09/30/26) and Seniors (ages 14-19, as of 09/30/26).

Teams should consist of four members.

Please direct questions to: [carterke@vt.edu](mailto:carterke@vt.edu), [huntl97@vt.edu](mailto:huntl97@vt.edu), or [lkopp@vt.edu](mailto:lkopp@vt.edu)

### 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), [huntl97@vt.edu](mailto:huntl97@vt.edu), or [lkopp@vt.edu](mailto:lkopp@vt.edu)

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

### PENS, PARLORS, PETS, AND PADDOCKS - EXPLORING AND UNDERSTANDING YOUTH ANIMAL SCIENCE PROJECTS AND PROGRAMS

- **Session 1:** [Click here to watch the recording.](#) This session for 4-H club leaders reviewed the Virginia 4-H animal science programs and resources available.
- **SAVE THE DATE - Session 2:** Live Zoom Meeting is Feb 17th at 3 PM. *Link available soon.* This session will focus on Dual Enrollment vs Dual Entry and Risk Management Options and Opportunities for YAS Competitions and Events



## VA 4-H Horse Program

### 2026 EDUCATION EVENTS

Feb 21 Communications Event - Gloucester County  
 Feb 21 Horse Bowl Scrimmage Event - Gloucester County  
 TBD Horse Bowl - Prince William  
 Mar 14 District Hippology - Colonial Heights  
 TBD Horsemanship Skills Evaluator/Measurement Certification

### 2026 SHOW SEASON

Mar 14 MHPC (Skills ½)  
 Apr 11 VRS (skills 2)  
 May 16 VRS (skills 1/2)      May 23 TEC (Skills 2)      May 30 - NNPC  
 Jun 13-14 Region 1 Junior Teams Dressage Show (skills)  
 Jun 13-14 Silver Star Farm  
 Jun 13 - VRS (skills 2)  
 Jul 11 VRS (Skills 2)      Jul 17-19 SSF (Skills)      Jul 26 Northumberland (Skills)



### VIRGINIA 4-H STATE HORSE SHOW

**Dates:** September 4th - 6th

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

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

## 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!

## PW 4-H Alumni: NASA Internship Opportunity



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

Explore the Extraordinary! NASA's internship programs provide training, mentoring, and career development opportunities while working with the best science, engineering, financial, information technology and business minds in the world. *(Includes non-STEM opportunities!)*

NASA's Office of STEM Engagement (OSTEM) paid internships allow college-level students to contribute to the agency's mission to advance science, technology, aeronautics, and space exploration. OSTEM internships offer students an opportunity to gain practical work experience while working side-by-side with mentors who are research scientists, engineers, and individuals from many other professions. Internships may be full time or part time on a NASA center or facility.

Join our NASA team and gain valuable on-the-job experience, build your resume, and strengthen your career readiness. We offer three sessions annually, so visit our website often for opportunities.

### 2026 INTERNSHIP APPLICATION DEADLINES:

**Summer 2026:** Feb. 27, 2026, 11:59 p.m. ET

**Fall 2026:** May 22, 2026, 11:59 p.m. ET

## PW 4-H Alumni: PWC Government Internship Opportunity



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

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.

#### APPLICANTS MUST:

- Be actively enrolled in an accredited two- or four-year college, university, community/junior college, professional/technical school, vocational/trade school or other qualifying institution throughout the program.
- Be at least 18 years old during the program dates.
- Have a legal right to work in the United States.
- Provide their own transportation.
- Submit one letter of reference.
- Be able to commit to all program dates.

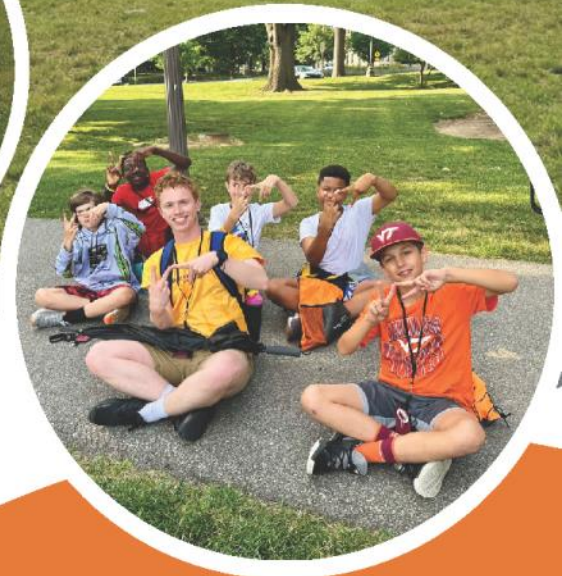
*Interns will work up to 37.5 hours per week at \$18 an hour in a department aligned with their field of study or interests.*



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[www.rural.edu/see-vt/](http://www.rural.edu/see-vt/)



**Apply by March 18th**



ENROLLMENT MANAGEMENT  
COLLEGE ACCESS COLLABORATIVE  
VIRGINIA TECH





## PRINCE WILLIAM COUNTY

8033 Ashton Ave, #105,  
Manassas, VA 20109

### Click to Visit Online:

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

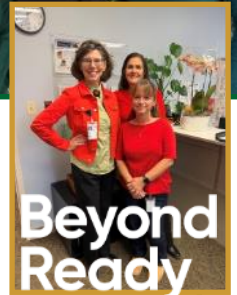


## Your Dedicated PWC 4-H Staff

**MaryBeth Lerch**  
Extension Agent, 4-H  
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703-792-4536



**Pam Hardin**  
4-H Youth Educator  
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**Candi Helmlinger**  
4-H Program Specialist,  
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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).