



# Prince William 4-H

*Our Clubs, Our Community*



February 25, 2026

## Upcoming Events

- Feb 28 - PW 4-H Food Challenge
- Mar 1 - VA 4-H Meats Evaluation
- 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 - PW 4-H Cloverbud Club
- Mar 14 - VA 4-H Dairy Quiz Bowl
- Mar 14-15 - VA 4-H Spring Air Champs
- Mar 21 - VA 4-H WHEP Contest
- Mar 21 - VT Hokie Dairy Day
- Mar 25 - VA 4-H Livestock Skillathon

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Click to Visit



## We're EGGspecting!



All eggs for the Embryology Project have now been collected and placed in incubators. Thanks to an unexpected abundant supply, 18 dozen extra eggs were delivered to a local shelter, where they'll help provide meals for community members in need.

### WHAT TO FOCUS ON THIS WEEK

This is an ideal time to work through Lessons 1–3 of the Embryology Curriculum, which introduce students to incubation and early embryo development.

If you are hand-turning eggs, remember to turn them three times a day and continue monitoring temperature and humidity closely.

### TIME TO START CANDLING!

Most groups should now be able to start candling their eggs. Candling helps students observe embryo development and is an exciting moment in the project. If you need guidance, check the candling folder in the Google Drive. **Be sure to send in your photos to [Mrs. Strand](#)!**



Important reminders:

- Wash hands before handling eggs
- Be gentle
- Keep the incubator lid off only briefly
- Limit egg time out of the incubator to 1–2 minutes

### EMBRYO DEVELOPMENT FUN FACTS (DAYS 3–12)

Keep in mind that groups may be on different days - follow your own chick calendar.

- Day 3: Heartbeat begins; early brain and leg development
- Day 4: **The embryo's large eye becomes visible**
- Day 5: Embryo begins developing male or female characteristics
- Day 6: Gizzard begins forming (helps grind food)
- Day 7: Beak begins to form - made of keratin like our nails
- Day 8: Maintain incubator at 99.5°F and continue turning
- Day 9: Feather follicles begin forming
- Day 10: Egg tooth forms on beak to help with hatching
- Day 11: Tiny comb visible; chickens cannot sweat, so combs help cool them
- Day 12: Embryos can hear sounds - **mother hens "purr" to their chicks!**

### EXTRA CHICKEN FUN FACTS

- ♥ Chickens love to play, run, and sunbathe
- ♥ Hens teach sounds to chicks before they hatch
- ♥ Chickens form friendships and can show emotions like grief
- ♥ Favorite fact: Chickens are the closest living relatives of dinosaurs, sharing ancestry with the Tyrannosaurus rex!

### HATCH DAYS: MARCH 9-13

CHICK DROP-OFF DATES: Mar 19th & 26th (location TBD)

Please contact [DeeAnn Strand](#) for program support.

# Prince William 4-H SPIN Project Leading by Speaking



## Building Confident Leaders: 4-H Concludes Speaking SPIN with Celebration

Last week, the Prince William 4-H "Leading by Speaking" SPIN Club celebrated the end of its program with a special Toastmasters-style graduation ceremony. Kim Choplin, DTM and Program Quality Director for Toastmasters, joined us as a guest speaker and shared inspiring words with our young leaders. Each graduate received a certificate and a goodie bag from Dr. D in recognition of their hard work.

The evening also featured a wonderful cultural presentation led by three 4-H'ers, who hosted a Ramadan celebration. They showcased traditional foods, explained the significance of the holiday, and practiced the public speaking skills they developed throughout the SPIN program. Everyone enjoyed a delicious Ramadan meal prepared by the youth and their family.

A big 4-H THANK YOU goes to Dr. D for supporting our members and helping them grow as confident speakers and leaders. The program was such a success that we're excited to partner with Toastmasters again next year. Look for details in October 2026 - we can't wait to help even more 4-H'ers find their public-speaking voice!

**4-H'ers: Please complete your 4-H Project Record Book! [Click here for forms.](#)**



**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).

# NOKESVILLE 4-H CLUB in support of LOCAL COMMUNITY FOOD PANTRY



## **FOOD DRIVE**

### Drop Off Locations March 2 – 27

#### PWC 4-H Office

8033 Ashton Ave Ste 105  
Manassas, VA 20109

### March 20 6-9 pm

#### Manassas Church of the Brethren

10047 Nokesville Rd,  
Manassas, VA 20110



### March 21 / March 28 10 AM – 2 PM

#### GIANT FOOD

10100 Dumfries Rd  
Manassas, VA 20110

### BRING 5 ITEMS OR MORE

- Maseca
- Rice
- Beans (Dried and Canned)
- Flour
- Sugar
- Vegetable Oil
- Tuna
- Lentils
- Cereal
- Mac & Cheese
- Pasta and Pasta Sauce
- Oatmeal
- Jell-o Mix
- Applesauce
- Crackers
- Cookies
- Kid's Snacks
- Ramen
- Coffee
- Bread

**Gifts Cards  
WELCOME**

**TOGETHER  
WE CAN  
MAKE A  
DIFFERENCE**

Many children rely on school meals, and during **SPRING Break**, that support disappears.

**Help us bridge the gap by  
donating non-perishable food  
items!**

Questions? [4HNColead@gmail.com](mailto:4HNColead@gmail.com)



**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!**



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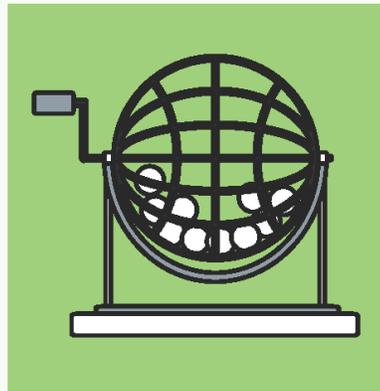


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6 PM -  
9:00 PM  
\$20 CASH



# 4-H BINGO NIGHT



MARCH  
20<sup>TH</sup>  
2026

**MANASSAS CHURCH  
OF THE BRETHREN**  
10047 Nokesville Rd, Manassas, VA  
20110

[CLICK HERE TO PURCHASE TICKETS.](#)  
*Please note that  
Please note, this link is  
a two-step process,  
reservation and then  
pre-pay.*

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



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 (703-792-8000(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.

## Get Ready for PW 4-H Association BINGO!

Calling All 4-H'ers, Volunteers, and Club Leaders - We Need YOU!

BINGO Night is one of our biggest and most exciting 4-H events of the year - and this spring, we're going BIG. Whether you love planning, promoting, competing for fun prizes, or helping your club earn money, there's a place for you in this year's BINGO crew! Here's everything you need to know (and why you'll definitely want to be involved):



### TICKETS: YOUR CLUB'S SUPERPOWER

This year, clubs will keep 50% of all ticket profits, so selling tickets directly supports your club's projects, trips, and activities. Let's make this a win-win for everyone!

#### Why Pre-Selling Matters

We have 175 tickets total, and pre-selling is critical for success - especially because we'll have Domino's Pizza available at the event. The more tickets we sell ahead of time, the better we can plan for food, seating, and supplies.

#### How Ticket Sales Work

Buying tickets is a two-step system:

1. Reserve a ticket through Zeffy: <https://www.zeffy.com/en-US/ticketing/2026-spring-bingo>
2. Follow payment instructions after reservation.



Each \$20 ticket includes: ✓ 9 Bingo games      ✓ 5 raffle tickets      ✓ 1 reusable Bingo card

Additional Bingo cards will be available at the door (cash encouraged!).

Raffle tickets, concessions, and extra Bingo cards will all be available cash-only the night of the event.

### DONATIONS: HELP US BUILD AMAZING PRIZES!

We're asking each club to gather 3-4 donations or themed baskets valued at \$50-\$75. These go directly toward our raffle and Bingo prizes - and the better the prizes, the more excited the crowd will be!



#### Need Inspiration?

[Click here for the SharePoint spreadsheet](#) with prize ideas, and it's super important to log your donations there so we don't duplicate business outreach. A donation letter is available on the SharePoint site to help you communicate with businesses. We could also use grocery store or Walmart gift cards to help us purchase concessions.

**Donation deadline: March 6**

### RAFFLE: LOOK AT THESE AWESOME PRIZES!

We are officially ready to start advertising some of the standout prizes we already have lined up, including:

★ Two Washington Nationals ticket vouchers (worth up to \$150!) ★ Gift certificates to Seven Oaks Lavender Farm ★ Passes to Mount Vernon ★ Skate and Fun gift cards ★ Monticello passes ★ Dabble experience vouchers

...and more coming in every week! These are BIG attractions—and the more hype we build now, the more tickets we sell later!

### WHAT WE'RE TRYING TO ACCOMPLISH

This event isn't just about BINGO (though that part is pretty great). We're also aiming for:

- ♥ Fundraising for 4-H leadership programs, activities, and camps
- ♥ Ticket revenue helps keep our county 4-H strong - and your club benefits directly, too
- ♥ Community outreach

Invite friends, neighbors, teachers, coworkers, and family members. The more people know about 4-H, the more our impact grows!

### MEETING EVERY THURSDAY - HELP US KICK THINGS OFF!

We're holding a BINGO Committee Meeting every Thursday at 7pm via Zoom, and we need at least one representative from each club. We'll go over ticket sales, donation collection, and everything you need to help make this event a success.

(If we don't have a rep from your club, expect a friendly follow-up!) [Click here to join the Zoom Meeting.](#)



### LET'S MAKE 4-H BINGO 2026 THE BEST ONE YET!

Whether you're selling tickets, gathering donations, or spreading the word, YOU make this event unforgettable. 4-H'ers, volunteers, parents, leaders - everyone has a role, and together we can create an amazing night for our whole community. **Ready to get involved? Let's do this!**





PRINCE WILLIAM 4-H

# CLOVERBUD CLUB



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

## MARCH 14TH

TIME: 10 AM - NOON

LOCATION: PRINCE WILLIAM 4-H HEADQUARTERS, 8033 ASHTON AVE., MANASSAS

The 4-H Coverbuds will be exploring small mammals this month to learn about the care, health, and nutrition of small animals such as rabbits, guinea pigs, and other common pets. We'll have a hands-on meeting exploring proper feeding and making animal-themed crafts. The project helps young members build early skills in responsibility, decision-making, and communication while enjoying positive, age-appropriate experiences with animals.

**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.pwcvva.gov/4-H](http://www.pwcvva.gov/4-H).  
**CLICK HERE TO REGISTER.** Registration is free, but required.  
Come grow with us!



### Beyond Ready

\* A parent or guardian must be present.



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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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## PW 4-H Succulent Project – REGISTER TODAY!



**Date:** Saturday, March 28th

**Time:** 10 - 11:30 AM

**Location:** PW 4-H Headquarters, 8033 Ashton Ave., #105, Manassas

**Who Should Participate:** All PW 4-H'ers!

**Click here to register.** Project is limited to 12 youth.

Prince William Master Gardener and succulent expert, Linda Bresler, will lead a ninety-minute hands-on workshop on Saturday, March 28 at 10am in the 4-H office. 4-H participants will learn how to care for succulents and how to design a small, indoor succulent garden. Come get your hands dirty and be inspired by these amazing plants. Space is limited to 12 youth.

## 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!**

## 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 participated in PW 4-H Contest Day - *this is your opportunity to move on to States!*

**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!

## Preston R. Willson VA 4-H Summer Camp Scholarships

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

Ready for an Epic Summer? Nominate Someone for a 2026 4-H Camp Scholarship! If you - or someone you know - dream of spending a week making friends, trying new adventures, and exploring **the outdoors, here's your chance to make it happen!** The 5th annual Preston R. Willson Virginia Statewide 4-H Summer Camp Scholarships are now open for 2026, and 48 lucky campers will earn a **full scholarship to one of Virginia's awesome 4-H summer camps.**

**Who Can Be Nominated?** Youth ages 9-13 can be nominated to attend one of six Virginia 4-H Centers: Airfield, Holiday Lake, Jamestown, Northern Virginia, Southwest Virginia, and W.E. Skelton. Each center will host eight scholarship recipients - and you could be one of them!

**The Cool Part?** Anyone can nominate a camper. Yep - parents, friends, teachers, 4-H agents... even you can nominate someone who deserves an unforgettable week outdoors. All selections are random, but nominations connected to certain forestry organizations listed on the form get priority - so spread the word if you know folks in the forestry community!

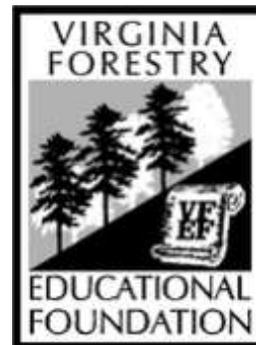
### Important Dates

Applications open: February 13, 2026

Deadline to submit: April 1, 2026

Winners announced: Mid-April

4-H camps are all about learning by doing - ziplines, canoeing, arts, sports, nature adventures, **leadership skills, and more. It's a place where you can explore new things, be yourself, and have a summer you'll never forget.** Apply today!



## 2026 4-H Beekeeping Essay Contest - NOW OPEN!

Virginia 4-H members are invited to participate in the 2026 Honey Bee Essay Contest, sponsored by the **Foundation for the Preservation of Honey Bees, Inc.** This year's theme is **"The Power of Pollen."** Students will explore questions about pollen's role in honey bee health, how changing landscapes may be affecting pollen sources, and how pollen availability influences colony behavior and productivity.

Who Can Enter: Active 4-H members (previous national 1st–3rd place winners are not eligible).

Essay Requirements:

- 750–1,000 words, double-spaced, 12-pt font
- Microsoft Word-compatible file
- Endnotes for all factual statements
- A separate biographical sketch
- Must include the statement: **"I verify that AI was not used to create this essay."**
- Entries emailed by **April 18, 2026**

Awards:

State prizes: \$100 (1st), \$50 (2nd), \$25 (3rd)

National prizes: \$750 (1st), \$500 (2nd), \$250 (3rd)

*The state winner will be announced May 1, 2026, and forwarded to national judging.*

Submit entries to: Sam Fisher at [safishe3@vt.edu](mailto:safishe3@vt.edu)

Subject line: VA. 4-H Beekeeping Essay Contest

Encourage your creativity, sharpen your research skills, and learn more about the amazing world of honey bees. Put on your thinking cap and get writing!



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

## 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.



## 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!*



## VA 4-H Shooting Education New Instructor Certification

**Dates:** April 11-12 (*This is NOT the 7-year recertification on Feb 21.*)

**Location:** Holiday Lake 4-H Center

*See your club leader for more information and to register. Register by March 16th.*

Volunteers registered in 4-H Online, with background checks, can register for the courses. This includes a provision for highly experienced teens 16 and older to become Apprentice Instructors.

First-time candidates will need to complete the online course by March 31st.

**Current Classes:** Archery, Coordinator, Muzzleloader, Pistol, Rifle, and Shotgun.

## Upcoming VA 4-H Youth Animal Science Events

### 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)

**“Lets 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

[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)



## VA 4-H Horse Program



### 2026 EDUCATION EVENTS

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.

### VA 4-H INTERNATIONAL EXCHANGE BRINGS GLOBAL LEARNING HOME

[Click here to read the article.](#)

The Virginia Tech article highlights how 25 Japanese students spent three weeks living with Virginia families through the 4-H International Inbound Exchange Program, sharing culture, food, and daily life. The program emphasized 4-H's "learn by doing" philosophy as host families and students bonded over shared activities like swimming, cooking, and exploring local attractions. Participants described the experience as fun, eye-opening, and filled with meaningful cross-cultural connections.



**You know the part of the 4-H pledge that says: and my world? Here is an opportunity for you to build your global citizenship skills.**

## Project Learning Tree & Project WILD Joint Early Childhood Education Workshop

### ADULT CLUB LEADER & EDUCATOR TRAINING

Date: Friday, April 3rd

Time: 9:30 AM - 4:30 PM

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

Cost: \$11

Registration Opens March 1st. [Click here to register.](#) Limited to 30 participants.

Join us for a hands-on professional development event designed for both 4-H Club Leaders and educators! Participants will become certified early childhood educators for both [Project Learning Tree \(PLT\)](#) and [Project WILD](#), exploring environmental topics through interactive indoor and outdoor activities. Attendees will receive the PLT Trees & Me guide - featuring 12 activities and 250+ learning experiences for ages 1-6 - and the Growing Up WILD guide, a nationally recognized curriculum with **27 thematic units and 400+ activities that build children's sense of wonder while supporting academic, social, and developmental growth.**

This workshop equips educators, childcare providers, and caregivers with rich, ready-to-use, standards-aligned resources that help young learners connect with nature, explore wildlife, and build **lifelong learning skills. It's an excellent opportunity to expand your toolbox, enhance your teaching practice, and bring high-quality environmental education to the children you serve.**



## PW 4-H Alumni: 2 Internship Opportunities!



### PRINCE WILLIAM COUNTY GOVERNMENT INTERNSHIP

[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.*



### VIRGINIA COOPERATIVE EXTENSION (VCE) - 4-H INTERNSHIP

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

Virginia Cooperative Extension internships gives students the opportunity to explore careers in nutrition, agriculture, environmental science, natural resources, family and consumer sciences or community and youth development. All while making a paycheck. VCE summer-long internships are credit-hour-eligible. Besides learning about your career options, building your resume and helping better your community, you can also earn college credit! VCE Internships are awarded to college students who are community minded and have a desire to create positive change.

#### APPLY IF YOU HAVE:

- An interest in possibly pursuing an Extension career
- A desire to serve others and a genuine interest in people
- The ability to lead, teach, motivate and communicate effectively
- The motivation to continue learning and growing professionally
- The desire to work as part of a team

*The internship program is 40 hours per week for a maximum of 10 weeks. Interns will be paid \$15.20/hour.*



# Summer ENRICHMENT EXPERIENCE at Virginia Tech

Residential camp for rising  
7th and 8th grade gifted  
students from rural  
communities



-  June 14 - 19, 2026
-  Virginia Tech, Blacksburg, VA
-  Place-based academic enrichment
-  STEM & arts-based humanities courses
-  Campus life, social activities, field trips, & more!
-  FREE for accepted students

*If you can see it, you can be it!*

 [seevt@vt.edu](mailto:seevt@vt.edu)

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



**Apply by March 18th**



## 2026 VSU-CE Junior MANRRS Leadership Institute

**Dates:** April 17–19

**Location:** Virginia State University

**Who Should Register:** Virginia youth in grades 8-12

[Click here to register.](#) Register by March 4th. Registration limited to 50 youth.

Virginia State University is excited to invite you and your young people to the Junior MANRRS Leadership Institute – AI/STEM, a powerful three-day experience designed to spark curiosity, leadership, and innovation in agriculture, STEM, and emerging technologies.

Youth from across the nation will take part in hands-on STEM challenges, interactive AI learning, leadership workshops, and team-based innovation labs led by industry professionals, university faculty, and inspiring MANRRS mentors. Meals and lodging are fully covered by VSU Cooperative Extension.

**Students will:**

- Explore cutting-edge ag and STEM technologies
- Build leadership and career-ready skills
- Connect with college students and industry leaders
- Experience life on the campus of Virginia State University

This is more than an event - **it's an investment in the next generation of innovators and agricultural leaders. Register today!**

Contact Ms. Nicole for more info: [Nswinson@vsu.edu](mailto:Nswinson@vsu.edu)

# Junior MANRRS Leadership Institute

Empowering future leaders through experiential learning and leadership skills.  
Grades 8-12

April 17th-19th, 2026  
Virginia State University  
Douglas L. Wilder Building

### Agenda

2026 Junior MANRRS Leadership Institute

Friday	
3p-5p	Registration/Room Check-In at the hotel (ALL PARTICIPANTS will need to meet at the hotel)
5p	Professional Headshot - Delta Hotel by Marriott Colonial Heights
6p-7p	Dinner and Keynote Speaker: Professional Attire
7p-9p	Sessions 1-2
9p - until	Sundae Social/Mixer (Competition Meeting@9p Front Lobby Area)
Saturday	
8a-9a	Breakfast - VSU Randolph Farm Pavilion
9a-5p	Session 3-9
12p	Lunch at VSU Randolph Farm Pavilion
1p-4p	Competitions - Wilder Building
5p-8p	Dinner
6p-9p	Career Expo
Sunday	
8:00a-9a	Harvest Hero TeachBack - Pavilion
10a-1p	ComiCon Closing Brunch Celebration - (Presentations and certificates and Closing Evaluations) Located in VSU Wilder Bulder
1p	Depart for Home - Safe Travels!

## Thank You for Supporting VT Giving Day & 4-H!



1,557 Donors gave \$138K in support of the Virginia Cooperative Extension during VT Giving Day! On top of that, PW VCE earned bonus funds through meeting VT Giving Day benchmarks.

Your VT Giving Day gift helps:

- Send youth to 4-H Camp for experiences that build independence and teamwork.
- Support leadership programs like State 4-H Cabinet and Ambassadors.
- Open doors to national and international learning opportunities that inspire future changemakers.

Every gift makes a difference and helps 4-H'ers **grow into leaders who are beyond ready to take on** the challenges of any path they choose to follow.

Thank you for supporting Prince William VCE and 4-H!

## Virginia 4-H Youth in Action & National Application



### CONGRATULATIONS TO THE VA 4-H YOUTH IN ACTION HONOREES!

[Click here for full article.](#)

Virginia 4-H has recognized four teens - Avani Kaur, Ariana Blake, Shreyas Kalidindi, and Bhoomika Kaur - as the 2026 Youth in Action Award recipients for their leadership in agriculture, civic engagement, healthy living, and STEM. The honorees were celebrated at the Evening with 4-H event on January 22 and each received a \$500 community project grant, a scholarship to Virginia 4-H State Congress, and opportunities to serve as statewide youth spokespersons. Their stories highlight how 4-H empowers young people to apply real-world leadership skills, support their communities, and inspire others through hands-on learning.

**PW 4-H'ers: READ THE ARTICLE! We have many youth that should apply next year!**



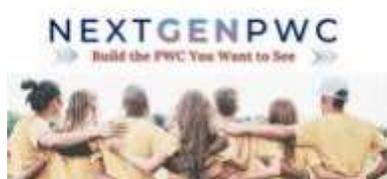
### NATIONAL 4-H YOUTH IN ACTION APPLICATION

[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.

## NextGen PWC: A Community Forum - TONIGHT



**Date:** Wednesday, Feb 25 from 5-7 pm; doors open at 4:30 PM

**Location:** IKEA Restaurant, Woodbridge

[Click here for more information and to register.](#) **Registration is filling fast!**

PWC teens & 20-somethings...help build the Prince William County YOU want to see!

Help build the future you want to see in Prince William County! Join Occoquan District Supervisor Kenny Boddye to discover how local government can serve you, talk through YOUR vision for our community, and share ideas and solutions. The event is free and will feature small-group discussions, snacks, and prizes.

Attendees can also connect with the people behind local decision-making, parks and recreation, libraries, internships, transit and more. Spots are limited, so please register soon and help shape the future of Prince William County.



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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**Beyond  
Ready**

## 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



**Beyond  
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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).