



# Prince William 4-H

*Our Clubs, Our Community*



March 4, 2026

## Upcoming Events

- 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 18** - PW 4-H Fair Camp Teen Planning
- Mar 21** - VA 4-H WHEP Contest
- Mar 21** - VT Hokie Dairy Day
- Mar 25** - VA 4-H Livestock Skillathon
- Mar 28** - PW 4-H Succulent Project

## Prince William 4-H Camp Registrations are OPEN



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

**Dates:** July 19 - 23

**Location:** Northern Virginia 4-H Educational Center, Front Royal  
**Who Should Attend:** Youth ages 9-14 with preference given to residents of Prince William and Stafford Counties and the cities of Manassas, Manassas Park, and Fredericksburg.

**Camp Fee:** \$395

[Click here for more information and to register.](#) **Register by May 1st.**

4-H Junior Camp is a five-day, four-night camp for youth ages 9-14 held at the Northern Virginia 4-H Educational Center in Front Royal, Virginia. Youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires.

**Save the Date:** First Time Camper & Parent Orientation Meeting: July 6th, 7:00 pm, via Zoom. Returning counselors are invited/encouraged to join in to share insights with new camper families.



### PRINCE WILLIAM 4-H FAIR CAMP

**Dates:** August 3-7th - *Please note this is one week earlier than previous years!*

**Time:** 9 AM - 12:30 PM, Monday - Friday

**Location:** Prince William County Fairgrounds

**Who Should Attend:** greater Prince William area youth ages 5-12

**Camp Fee:** \$60 (includes activities, snack, and t-shirt)

[Click here for more information and to register.](#) **Register by June 1st.**

4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual County Fair at the Prince William County Fairground. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities.

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## PW 4-H Succulent Project with Master Gardener



**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.

**Check out the beautiful succulents that Ms. Bresler has started for our project!**

Click to Visit





# Prince William 4-H 2026 Food Challenge

The Prince William 4-H 2026 Food Challenge lit up the weekend with sunshine, sizzling creativity, and some seriously impressive talent. Five teams from across the county arrived early, energized, and ready to put months of training to the test. Since October, these 4-H'ers have been sharpening their cooking techniques, nutrition knowledge, and food-safety skills – and it all came together in one fast-paced, high-pressure culinary showdown.

## **JUNIOR TEAMS KICK THINGS OFF**

Two junior teams – We're Cooked (Sylvie, Rylie, Jason, Jair) and Pink Fluffy Unicorns (Isabel, Leena, Ben) – opened their mystery bags to find a bright red apple and a challenge: create an appetizer or a healthy dessert. They didn't hesitate. Pink Fluffy Unicorns whipped up Yogurt Delight, a sweet, refreshing treat. We're Cooked crafted Apple-Tastic, a fun and flavorful apple-based creation. Both teams showed off teamwork, quick thinking, and the ability to turn a simple ingredient into something delicious.

## **MIXED TEAM TAKES ON THE UNEXPECTED**

The mixed-age team, The Goofy Goobers (Malcolm, Grayson, Desmond, Watson), faced a tougher surprise: a can of chickpeas. Their mission? Turn it into an appetizer. Chickpeas may have thrown them off for a moment, but they regrouped, brainstormed, and delivered a dish that impressed the judges with both flavor and creativity.

## **SENIOR TEAMS BRING THE HEAT**

The senior competitors – The Snackrafice (Tim, Eva, Grace, Bailey) and Holy Smoker (Simon, Gio, Stella) – also tackled the chickpea challenge. With more experience under their belts, they leaned into bold flavors, strong teamwork, and confident presentation. Their dishes showed just how far their culinary skills have come.

## **A DAY OF LEADERSHIP, LEARNING, AND FLAVOR**

Every team rose to the challenge, proving that 4-H youth don't just cook – they problem-solve, collaborate, and innovate under pressure. Their hard work paid off with dishes that wowed the judges and earned all teams an invitation to compete at the Virginia 4-H Northeast District 2026 Food Challenge.

## **A HUGE 4-H THANK-YOU GOES TO OUR JUDGES:**

- **Senior Judges:** Jim Thompson and Margaret O'Leary
- **Junior Judges:** Hannah Wang and Cara Grahn, both former Food Challenge competitors

Their expertise and encouragement helped make the event unforgettable.

The 2026 Food Challenge wasn't just a competition – it was a celebration of creativity, confidence, and the power of teamwork. The next stop is the district level, and Prince William 4-H is ready to shine.



# Prince William 4-H



# CLUB REPORT



## Nokesville Equestrian 4-H Club

*By Lexie George, Secretary, Nokesville Equestrian 4-H Club*  
March 2, 2026

In the month of February, the Nokesville 4-H Equestrian Club was very active. The month started with 4-H presentations in which the entire club participated. These presentations, held at the McCourt Building, were just the beginning, as members will later take them to the state competition.



Over this past weekend, 4-H'ers also participated in Block and Bridle. Block and Bridle is an event run by Virginia Tech where 4-H'ers showcase their knowledge of horses. Competitors participate in hippology, which is made up of four parts: a multiple-choice test, team challenges, stations, and slides. They also compete in horse judging, where they are given several classes to evaluate, each consisting of four horse-and-rider pairs. After placing the classes, competitors must give oral reasons to the judges explaining why they ranked the horses the way they did. Unfortunately, due to weather conditions, Block and Bridle had to be held online this year.



## Patriot High School 4-H Club

*By Azadeh Hill, Reporter, PHS Ruri-Teen 4-H Club*  
March 1, 2026



The Patriot 4-H Club this month has strived to be productive even with this crazy weather! It has continued pursuing its hydroponics project and will soon be able to move onto the next steps.

The Patriot Club has been hard at work for the past couple weeks, taking apart and cleaning very old hydroponics equipment. The entire club came together for this mission. Members agreed to start with trying to set up one of the hydroponics stations. If this mission is successful, there are plans to clean the other three and start growing plants that can be used either by the culinary class at Patriot High School or for the community as a whole.

The Patriot High School 4-H cannot wait to fire up the hydroponics equipment and start growing plants for the very first time in club history!



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

**1st Monday (Apr 6)**  
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 (Mar 16)**  
Trigger Time 4-H Club

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



### THANK YOU FOR YOUR CLUB REPORTS!

We're 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 [chelmlinger@pwcva.gov](mailto:chelmlinger@pwcva.gov) and CC your adult club leader.

**BE BEYOND READY WITH 4-H!**

## Citizenship Opportunity for PW 4-H'ers

### PWC CIRCUIT COURT 6TH ANNUAL LAW DAY ART CONTEST

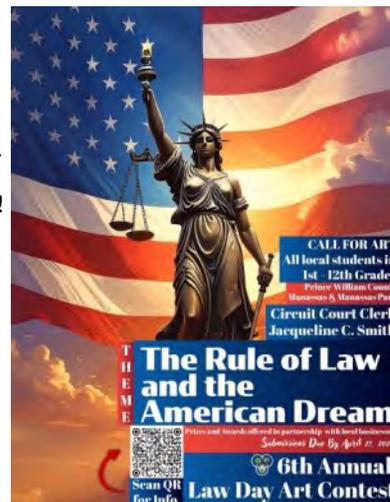
[Click here for contest details and to enter.](#) **Entries due April 24th.**

**Who Should Participate:** all PW 4-H'ers grades 1–12 enrolled in private, home, or public schools in Prince William County, and the Cities of Manassas and Manassas Park.

Prince William 4-H'ers have a personal invitation to be a part of this community-wide event! The contest offers an exciting and educational opportunity for students to celebrate Law Day (May 1) and expand their understanding of justice within the framework of the Constitution. It also encourages civil discourse about the common good and the foundation of our democracy. With a focus on the theme **"The Rule of Law and the American Dream,"** students are invited to express their interpretations illustrated through art.

Prizes include gift cards and more!

For updates, please follow us on social media @PWCCircuitCourt on Facebook, Instagram, X (Twitter), and YouTube.



## Healthy Living-Food Challenge Opportunity for PW 4-H'ers

### VIRGINIA 4-H AND FFA BEEF CHALLENGE

**Date:** Wednesday, April 16th

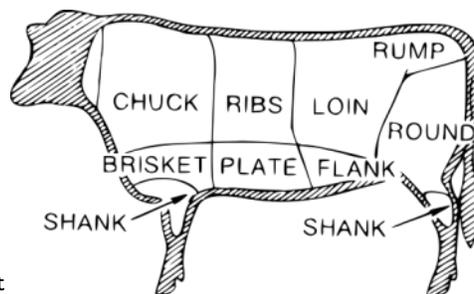
**Time:** 4:15 PM Check-in (school early dismissal letter available)

**Location:** Virginia Beef Expo, Rockingham

[Click here to register your team.](#) **Entries due April 9th.**

[Click here for contest information.](#)

We are pleased to once again offer the Virginia Beef Challenge for 4-H and FFA youth! Similar to the 4-H Food Challenge, Beef Challenge allows youth to showcase beef as part of a healthy diet. This combination cooking and communications contest is sponsored by the Virginia Beef Council and, therefore, is no cost to teams.



## PW 4-H Fair Camp Counselor Planning & Pizza Meeting

**Date:** Wednesday, March 18th

**Time:** 6 PM

**Location:** PW 4-H Headquarters

**Who Should Attend:** All PW 4-H 2026 Fair Camp Counselors

[Click here to RSVP.](#)

Calling all Prince William 4-H Fair Camp Teen Counselors! It's time to kick off our planning for an unforgettable 2026 4-H Fair Camp, and we want your creativity at the center of it. Join the 4-H staff for a pizza-powered brainstorming session as we dream up this year's camp theme and map out exciting outdoor activities for our campers ages 5–12.

Your leadership, ideas, and enthusiasm help make Fair Camp the highlight of every summer. Bring your best ideas, your love for camp, and your appetite - we can't wait to build another amazing season of 4-H memories together!



## PW 4-H EMBRYOLOGY PROGRAM CHECK DROP-OFF DATES

PWC Fairgrounds – Red Children's Barn, 10624 Dumfries Rd, Manassas  
 March 19th, 2 - 6 PM and March 25th, 11 AM - 3 PM



# 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



**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



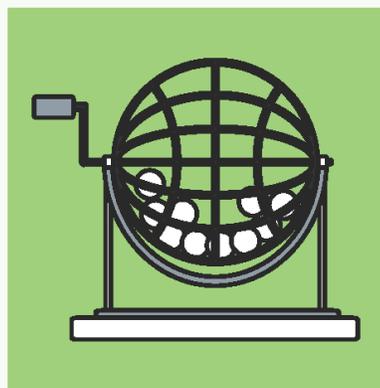
If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Prince William 4-H, Virginia Cooperative Extension at (703-792-6000/TDD\*) during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days 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 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

[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



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



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



### 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. [Click here to join the Zoom Meeting.](#)

### DONATIONS NEEDED BY MARCH 6TH

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! [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.

### VOLUNTEERS NEEDED

From setup to clean-up, to baked good donations, and BINGO callers...we need YOU! [Click here to sign up.](#)



### 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.

### 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!

### 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.



## Virginia Cooperative Extension

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](#)



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University



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## Spring Paper Clover - Save the Dates!



Get ready to kick off spring gardening season at Tractor Supply Company in Manassas! During TSC's semi-annual Paper Clover event, customers can donate just \$1 at checkout to help Virginia 4-H members attend camp, State 4-H Congress, and other awesome leadership experiences. Each year, Virginia 4-H raises more than \$70,000 through the Spring and Fall Paper Clover Campaigns, and funds go straight back to local county programs.

Prince William 4-H clubs are invited to sign up for a day to host a table at TSC. It's a great chance to share what your club does, meet new people, and show off what 4-H is all about. Clubs can also run bake sales or similar activities to raise extra money directly for their group.

**Signup will open soon!**

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



**Date:** Saturday, April 18

**Time:** 9 AM – Noon

**Location:** Woodlawn, 7074 Currie Farm Dr., Haymarket, VA

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!

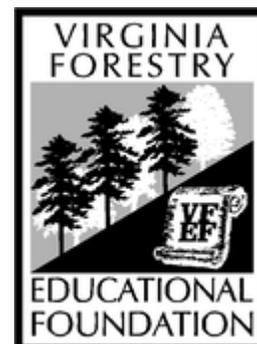
### Important Dates

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.

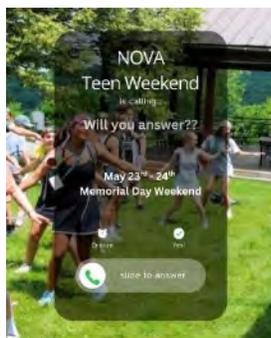
**Submit entries to:** Sam Fisher at [safishe3@vt.edu](mailto:safishe3@vt.edu)

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.**



## 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

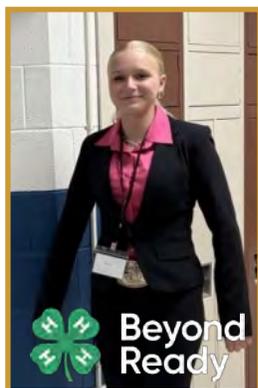
See your club leader for more information and to register. **Register by March 16th.**

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.

## Virginia 4-H Horse Program



### 2026 EDUCATION EVENTS

[Click here for additional local competitive opportunities.](#)

March 7th Northwest District 4-H Horse Bowl and Hippology Contest - Rapidan, VA

March 14th Northeast District 4-H/FFA Hippology Contest - Colonial Heights, VA

March 28th Blue Ridge Classic Horse Judging Contest - Waynesboro, VA

### 2026 VIRGINIA EQUISMARTZ 4-H/FFA HIPPOLOGY & HORSE JUDGING CONTESTS

**Dates:** April 10th - 11th

**Location:** Meadow Event Park, Doswell, VA

**Entry Fee:** \$15/contestant entered in Horse Judging; \$12/contestant entered in Hippology

[Click here to enter.](#) **Enter by 5 PM on Friday, March 27th.**

[Click here for contest schedule and contest information.](#)

This contest will serve as the State 4-H Hippology Contest - where the high senior team will be eligible to represent Virginia at the National 4-H Hippology Contest in Louisville.

This contest will also serve as the State 4-H Horse Judging Contest - where the high senior individuals will be invited to travel with the State 4-H All-Star Horse Judging Team in the upcoming year.

Additionally, this event serves as Day 1 for the State FFA Equine Evaluation CDE for Junior and Senior FFA Teams - the top 5 FFA Senior Teams will be invited to compete at Day 2 during the State FFA Convention in June.

### 2026 VIRGINIA 4-H STATE HORSE BOWL & COMMUNICATIONS CONTEST

**Date:** April 25th

**Location:** Blue Ridge Community College, Weyers Cave, VA

### 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.

## Upcoming VA 4-H Youth Animal Science Events

### 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), [hunt197@vt.edu](mailto:hunt197@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**

**Entry Fee:** \$15/contestant entered. Lunch is NOT provided.

[Click here to enter.](#) **Enter by Wednesday, March 18th at 5 PM.**

[Click here for contest letter and schedule.](#)

This is the official State 4-H Skillathon Contest and FFA Teams are welcome and encouraged to participate. This contest is modeled after the National 4-H Skillathon, as the highest placing Senior 4-H Team moves on to represent Virginia at the National Skillathon Contest in Louisville, Kentucky. The second highest placing 4-H Senior Team will represent Virginia at the National 4-H Quiz Bowl Contest in Louisville, Kentucky.



### 2026 VIRGINIA 4-H YOUTH CATTLE WORKING

**Wednesday, April 15 • Rockingham County Fairgrounds, Harrisonburg, VA**

**Entry Fee:** \$50/team

[Click here to enter.](#) **Enter by Wednesday, March 18th at 5 PM.**

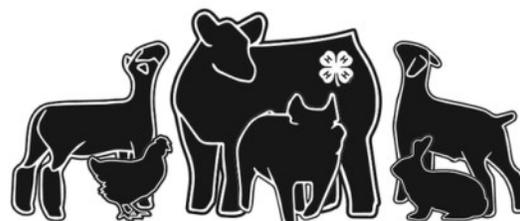
[Click here for regional contests, state contest letter, and schedule.](#)

*Note: Regional Contests will have a 15 team maximum entry limit.*

The top two teams from each of the Regional Contests will advance to the State Youth Cattle Working Contests.

### COMING SOON!

Apr 17-18	Virginia 4-H Junior Beef Round Up
Apr 24	State 4-H/FFA Poultry Evaluation Contest
May 1	State 4-H/FFA Dairy Skillathon
May 29 - 31	Judge Like A Champ Judging Camp
Jun 15	State 4-H Livestock Judging Contest
Jun 16-19	State 4-H Congress
Jun 26-27	VA Lamb and Goat Symposium
Aug TBD	State 4-H Dairy Judging Contest
Sep 22-23	National Youth Cattleworking Contest
Sep 24-27	State Fair Youth Dairy Weekend





# Buzzy BODY & BITES for Teens

Buzzy



Harvard Medical School suggests that walking after meals may help regulate blood sugar levels, reduce cravings for sweets, and support immune function.

Sources:  
"5 Surprising Benefits of Walking - Harvard Health." Harvard Health, 13 Oct. 2020, [www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking](http://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking). Accessed 1 Dec. 2025.

Gomez, Julia. "Time for a Thanksgiving 'Fart Walk': Here's How It Can Help You." USA TODAY, 2025, [www.usatoday.com/story/life/health-wellness/2025/11/26/what-is-fart-walk-meaning/87472593007/](http://www.usatoday.com/story/life/health-wellness/2025/11/26/what-is-fart-walk-meaning/87472593007/). Accessed 3 Dec. 2025.



## Take a "Fart Walk" for Better Comfort and Health

Written by: Grace Stevens, 2025–2026 Virginia Teen Healthy Living Ambassador

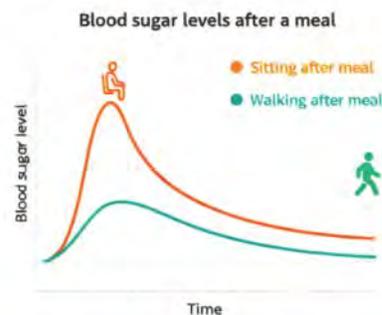
After a large meal, many of us feel ready to sink into the couch — often accompanied by bloating, sluggishness, or acid reflux. Fortunately, there's a simple and healthy way to ease these uncomfortable symptoms: take a short walk.

Sometimes humorously called a "fart walk," a brief stroll after eating can support digestion and help relieve bloating and heartburn. Light movement encourages the digestive system to keep working efficiently, helping your body feel more comfortable after a big meal.

Research highlighted by Harvard Medical School suggests that walking after meals may also help regulate blood sugar levels, reduce cravings for sweets, and support immune function. Over time, this simple habit can contribute to maintaining a healthy weight and lowering the risk of obesity and type 2 diabetes.

The best time to walk is shortly after eating — even 10–15 minutes can make a difference. Consider stepping outside with family members, inviting guests to join you, or enjoying a quiet stroll before dessert.

After enjoying your favorite foods, make room for a short post-meal walk. Your body will thank you.



# BITES

## French Toast with Fruit Sauce

Prep Time: 5 minutes  
Total Time: 10 minutes  
Servings: 8



### Ingredients

- 4 egg(s)
- 1 cup 1% milk
- 1/2 teaspoon ground cinnamon, divided
- 1/2 teaspoon vanilla extract
- 1 tablespoon butter
- 8 slice(s) whole-wheat bread
- 3 cups strawberries, sliced
- 1/3 cup maple syrup

### Instructions:

1. In a mixing bowl, beat eggs with a fork or whisk. Add milk, 1/4 teaspoon cinnamon, and vanilla extract. Beat until mixed well.
2. Melt butter in a skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture and turn over to coat both sides.
4. Place bread slices in the hot skillet. Use a spatula to turn bread. Cook each side until golden brown, about 2 minutes.
5. To make fruit sauce, combine strawberries, syrup, and remaining 1/4 teaspoon cinnamon in a microwave-safe bowl. Mix well. Microwave for 30-60 seconds or until warm. Remove from microwave and stir.
6. Spoon over French toast and serve.

Recipe adapted from: <http://www.foodnetwork.com>

# BODY

## Winter Exercise to Stay Active & Energized

Written by: Garima Patel 2025-2026 Virginia Teen Healthy Living Ambassador

### Indoor Cardio Circuit

Why: Boosts heart health and energy when it's too cold outside.  
Try: 30 seconds each — jumping jacks, high knees, butt kicks, fast marching.

### Bodyweight Strength Routine

Why: Builds muscle and prevents winter sluggishness.  
Try: 10-15 squats, 10 pushups, 20-second plank, 10-12 lunges per leg.

### Indoor Walking or Step Workout

Why: Keeps blood flowing and reduces stiffness.  
Try: Walk indoors 10-15 minutes, use stairs, or march in place while watching TV.

### Healthy Winter Habits

- 💧 Stay hydrated — Aim for 6-8 cups daily.
- ☀️ Get sunlight — Sit near a window or step outside midday for Vitamin D.
- 🍲 Eat warm, nutrient-dense foods — Soups, oatmeal, fruits, vegetables, and lean protein support wellness.
- 🕒 Keep a consistent sleep schedule — Longer nights can disrupt routines.
- 🧠 Support your mental health — Journal, stretch, read, or connect with friends to boost mood.

## Resources

### Virginia 4-H:

[facebook.com/Virginia4HStateOffice](https://facebook.com/Virginia4HStateOffice)

### Virginia Cooperative Extension:

[ext.vt.edu](https://ext.vt.edu)

[facebook.com/VirginiaCooperativeExtension](https://facebook.com/VirginiaCooperativeExtension)

**Editors:** Toriya Price, PhD, Karen Baker, M.Ed., Kelsey Laubach

## Did you know?



**Cold weather can reduce your sense of thirst, making it easier to become dehydrated in winter even when you don't feel sweaty.**

## 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

[Click here to register.](#) Limited to 30 participants.

ASSOCIATION of  
FISH & WILDLIFE  
AGENCIES

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.

## 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.



Hosting an exchange student: where game nights turn into global summits!

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.

## PW 4-H Alumni - Apply NOW for Internships



### PRINCE WILLIAM COUNTY GOVERNMENT INTERNSHIP

[Click here to learn more and apply.](#) **Apply by March 29th.**

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.](#) **Apply BEFORE March 13th.**

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.*

## 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.



## PWC Parks & Recs

### SUMMER CAMPS

[Click here to search and register for summer camps.](#)

PWC Parks & Recs offers specialty camps from arts to sports plus everything in between and full day traditional style summer camps with popular themes each week all for ages 3-17 at 11 locations throughout Prince William County.

### PRESCHOOL

[Click here for more information.](#)

Open enrollment for Preschool begins March 24 at 8am. Enroll in Preschool between March 24 and April 17 and earn \$50 in PWC Parks Play Money!





CENTER FOR RURAL EDUCATION  
VIRGINIA TECH

# 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**



ENRICHMENT MANAGEMENT  
COLLEGE ACCESS COLLABORATIVE  
VIRGINIA TECH



# 2025 - 2026



## PRINCE WILLIAM 4-H EVENT CALENDAR

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

APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
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5 VA 4-H Lumber Cup	1 VA 4-H/FFA Dairy Skillathon	15 VA 4-H Livestock Judging Contest	19-23 Prince William/Stafford 4-H Junior Camp	3-7 PW 4-H Fair Camp	4-6 VA 4-H State Horse and Pony Championship
6 PW 4-H Tour of Renwick Museum	10 PW 4-H Cloverbud Club	16-29 Virginia 4-H Congress	28-Aug 1 Southern Regionals 4-H Horse Championships	TBD VA 4-H Northern District Shoot	5-6 VA 4-H State Shoot
10-11 VA 4-H Equismartz	12 PW 4-H Association Board & Leader Year-End Meeting	21-26 National 4-H Shooting Sports Championship	TBD State of Virginia's NRA Youth Education Summit	TBD VA 4-H Pork Challenge	24-27 SFVA Youth Livestock Shows, Livestock Skillathon, Dairymen's Contest, Dairy Goat Contest
10-15 National 4-H Conference	23-24 NOVA 4-H TLC Teen Leadership Weekend	26-27 VA 4-H Lamb & Goat Symposium	TBD VA 4-H Youth Dairy Field Day	TBD VA 4-H Dairy Judging Contest	25-Oct 4 State Fair of Virginia
11 PW 4-H Cloverbud Club					
11-12 VA 4-H Shooting Ed New Instructor Certification					
14 PW 4-H Club & Project Leader Professional Dev					
15-17 VA 4-H/FFA Beef Challenge, Beef Roundup, Tractor Skillathon	TBD PW 4-H Outdoor Challenge SPIN Project	30 1st Time Junior 4-H Camper Parents Meeting			TBD VA 4-H Shotgun Championship
18 VA 4-H Northeast District Contest Day	TBD VA 4-H Northeast District Food Challenge Contest	TBD VA Dept of Forestry Camps Woods & Wildlife			
18 Contest Day					
18 PW 4-H Tree Planting Project					
24 VA 4-H/FFA State Poultry Evaluation Contest					
25 VA 4-H Horse Bowl & Communications Contests					

TBD PW 4-H Young Entrepreneurs Interest Mtg  
TBD TSC & 4-H Paper Clover Campaign

For more detailed information as events approach, see the newsletter at [www.pw4hva.gov/4H](http://www.pw4hva.gov/4H).



Updated 02/24/2026

**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](#)



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**PWC 4-H Resources**

**National 4-H**

[National 4-H Homepage](#)

**Virginia 4-H**

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[4-H Online Information](#)  
[The 4-H Foundation](#)  
[4-H All Stars](#)  
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**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](#)  
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**Beyond  
Ready**



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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).