



# Prince William 4-H

*Our Clubs, Our Community*



February 7, 2024

## Upcoming Events

Feb 10 [PW 4-H Contest Day](#)

Feb 27 [PW 4-H Teen Club](#)

Feb 29 [PW 4-H Portfolio Workshop](#) (rescheduled)

Mar 8-10 [VA 4-H Teen Summit](#)

Mar 9 [PW 4-H Food Challenge](#)

Mar 15 [PW 4-H BINGO](#)

Mar 13-17 [Ignite by 4-H](#)

Mar 16-17 [VA 4-H Spring Air Championship](#)

Mar 22-23 [TALT Weekend](#)

Apr 5-7 [EquiSmartz](#)

Apr 13 [PW 4-H Cloverbud Club](#)

Apr 19-24 [National 4-H Conference](#)

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Click to Visit



## Prince William 4-H Contest Day is HERE!



**Date:** February 10th

**Time:** 10 am

**Location:** McCoart Building, 1 County Complex Ct., Woodbridge, VA

**Who Should Participate:** All Prince William 4-Hers



Join us for a morning of learning competitions where registered participants present their skills in categories including: Presentations, Extemporaneous, Radio/Public Address, Science Fair Presentation/Display, Fashion Review, and Table Setting. Learning competitions help our 4-H'ers grow their skills by judging their performance against a rubric. All 4-H'ers are invited to watch and be inspired for next year!



**PRINCE WILLIAM 4-H CLOVERBUDS** - join in the fun and learn how you can participate in this exciting 4-H annual event! Cloverbuds are not scored, but are provided feedback to GROW with 4-H!



### NPR'S STUDENT PODCAST CHALLENGE

**Who Should Participate:** youth in Grades 4-12

[Click here for more information.](#) **Due by May 3rd.**

Passionate about something? Anything! Check out this opportunity to take your 4-H radio/public address to a whole new level!

## PW 4-H Fair Camp Counselor Applications - OPEN!



**Fair Camp Dates:** August 12th - 16th, 9 AM - 12:30 PM

**Location:** Prince William Fairgrounds

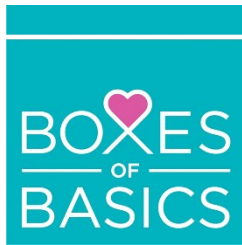
**Who Should Apply:** Prince William 4-H teens ages 14 & up

[Click here to apply.](#) Applications due February 23rd.

Prince William 4-H teens ages 14 & up are encouraged to apply for a camp counselor position for 2024 Prince William 4-H Fair Camp. Counselors are expected to work hard and demonstrate mature and responsible behavior throughout camp and be enthusiastic leaders. Teens selected as counselors are required to attend the Zoom Planning Meeting on February 28th, counselor training in July, participate in Workday Wednesdays (beginning June 19th), and attend all 5 days of Prince William 4-H Fair Camp.



## Prince William 4-H Teen Club - Community Service



**Date:** February 27th

**Time:** 4-6 PM

**Location:** 9239 Mike Garcia Dr, Manassas

**Who Should Attend:** 4-H teens ages 13 and up -**all participants must be at least 13.**  
[Click here to register.](#) **Registration is required and is limited to 10 participants.**

For February, Prince William 4-H Teen Club is meeting at Boxes of Basics in Manassas for community service. You never know what work needs to be done at Boxes of Basics HQ. One day it's sorting donations, the next day you could be packing a box for a local child. Teens come ready to sort and pack boxes for children in our communities in need of clothing & shoes. Wear comfortable shoes and 4-H green! We will be moving on our feet serving the community.

About Boxes of Basics: Did you know that parents will spend an average of \$264 on their children's clothing and accessories each season? But that number is out of reach for many families. Our mission is to empower kids with seasonal wardrobes packed with love and compassion. We work with school counselors, social workers, faith leaders and human services agencies to provide children with stylish, quality clothing that will give kids confidence and help them thrive!

## Prince William 4-H BINGO FUNdraiser Update



**SAVE THE DATE FOR THE PRINCE WILLIAM 4-H ASSOCIATION FAMILY BINGO NIGHT!**

**Date:** Friday, March 15th

**Time:** 6-8 PM

**Location:** Buckhall VFD

**Who Should Attend:** All Prince William 4-H families and their friends!

More information coming soon! We'll be asking for volunteer support for the event as well as donations.

## Prince William 4-H Food Challenge - Register Today!



[Click here to register your team or as an individual interested in joining a team.](#)

It's time to **SPICE THINGS UP** at 4-H and **GO BANANAS** in the kitchen! This event might be the **BEST THING SINCE SLICED BREAD**. Be the **BIG CHEESE** in your 4-H club and form a team to **COOK UP A STORM** with culinary skills, **SPILL THE BEANS** with food nutrition and safety knowledge, and **BUTTER UP** the judges with public speaking skills.

### IMPORTANT DATES

- County: Prince William 4-H Food Challenge Contest Date: March 9th
- District: Northeast District Food Challenge Contest Date: April 27th



**Cloverbuds are invited to participate, too! (This is our March gathering.)**

## Prince William-Stafford 4-H Junior Camp Registration Opens March 1st!

**Camp Dates:** July 14-18

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

**Who Should Attend:** Prince William youth ages 9-14

**Fees:** \$365

**Registration Opens March 1st.**

4-H Junior Camp is a five-day, four-night camp where youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires. More information will be posted to our website soon: <https://www.pwcva.gov/departments/virginia-cooperative-extension/4-h-camps>.

### 4-H CAMP SCHOLARSHIPS AVAILABLE!

**Applications Due April 1st**

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

The Virginia Forestry Educational Foundation (VFEF), the Virginia Forestry Association (VFA), the Virginia Forest Products Association (VFPA), and the Virginia Loggers Association (VLA) are announcing the third annual Preston R. Wilson Virginia Statewide 4-H Camp Scholarships for the summer of 2024. Applications for youth ages 9 – 13 can be submitted to VFEF to attend the Northern VA Prince William - Stafford 4-H Camp with us NOW. Only 8 youth will be randomly selected for these full scholarships.

### REMINDER TO PRINCE WILLIAM - STAFFORD 4-H CAMP COUNSELORS

Teen-Adult Leadership Training (TALT) weekend is March 22-23. This training is mandatory for all teen counselors.



## Northeast 4-H Spring Social

[Click here to complete the interest form before April 1st.](#)

The Northeast District 4-H Cabinet Ambassadors invite all community members, of all ages, to join them at the NOVA 4-H Center at Front Royal on Sunday, May 19th, 2024 from 3-6pm for the 4-H Spring Social, where attendees can learn about 4-H while playing board games and getting to know fellow 4-H members.



## Virginia 4-H Teen Summit - Register Today!

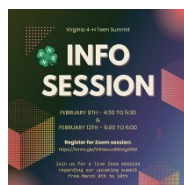
**Dates:** March 8th - 10th

**Location:** Northern Virginia 4-H Center

**Cost:** \$55

Register through 4-H Online. **Register by February 14th.**

Virginia 4-H Teen Summit registration is OPEN! Our 4-H Teen Summit Leadership team has worked so hard to plan an amazing event. Teen Summit is an event, planned for teens, by teens that is focused on social equity, youth voice, and advocacy. During the summit, youth will be able to learn, interact and have fun while empowering their voice around social equity issues. We will discuss issues such as disability inclusion, the environment, and culture diversity, as well as youth-adult partnerships, and youth voice. Join us for this teen planned and teen led weekend!



### VIRGINIA 4-H TEEN SUMMIT INFO SESSIONS

**Dates:** February 9th, 4:30-5:30 PM

February 12th, 5-6 PM

[Click here to register and receive Zoom link.](#)

WE AIM TO MAKE THE BEST BETTER FOR ALL

FOR  
TEENS  
BY  
TEENS

VIRGINIA  
4-H  
TEEN  
SUMMIT

This event focused on social equity allows teens to learn about their power within their own communities, while respectfully discussing their own ideas.



MAR  
8-10  
2024

### LOCATION

Northern Virginia 4-H Educational & Conference Center

### WHO?

Ages 14-18  
Youth interested in leadership and making change

REGISTRATION OPEN NOW UNTIL FEB 14  
FEE: \$55



# SHIMMER



It's good to see you again!

## UPDATE #2

*MY OH MY* has our adorable calf grown! At just 4 months old, she is as tall as a 2nd grader! Be sure to join our free 4-H Spin Club and access the lesson plans, activities, and more on our Shimmer Google Drive.

Time to check in on Shimmer!



Name: **Shimmer**  
Birthdate: September 07, 2023

**Updated Information**  
(At the time the photos were taken)  
Age: 4 months old  
Height: 44 inches  
Weight: 380 pounds

Key Items on the Shimmer Google Drive:

- Calf Presentation Update #2 (slideshow)
- Adopt a Cow Lessons Available
  - All Grades Lesson 2
  - Grades 3-5 Lesson 2 - Keepin it Fresh
  - Grades 6-8 Lesson 2 - Milk Safety
  - Grades 7-12 Lesson 2
- Calf Growth Chart



Calf Update



VOTE FOR THE  
MOST KISSABLE  
CALF!



VOTE FOR  
SHIMMER!

The "Most Kissable Calf" contest is back for 2024! Discover Dairy's Adopt a

Cow program has been "love at first moo" for classrooms across the globe this school year. This February, join us for a fun contest to help share the love for your adopted calf.

To join the fun and spread the love this month, VOTE for the most kissable calf by clicking on one of the photos. You have from February 1-29 to vote. On March 1st, we will announce the winner of the "most kissable calf" contest on social media, and the winning calf and her host family will receive a calf care package! [Click here to vote now.](#)

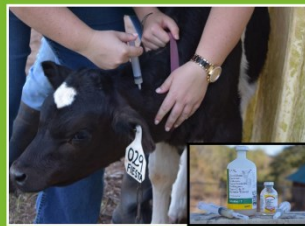


Look how **BIG** Shimmer has grown! At just 4 months old, she is as tall as a 2nd grader!



### Shimmer's Health is Important

Proactive daily care is key to keeping Shimmer and her herd mates happy and healthy!



### Vaccinations

Shimmer was vaccinated at 2 months old to protect her from getting harmful diseases.



Health



Vaccination photo is a sample photo for education use



JOIN THE PW 4-H SPIN CLUB AND GROW WITH 4-H AND SHIMMER!

Log into our PW 4-H Shimmer Google Drive to access lessons and activities.

[Click here to access the Shimmer Google Drive.](#)





PRINCE WILLIAM 4-H

# Embryology Project



“The Beginning of Life” 4-H Project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. Educational material address Virginia SOLs for math, science, English, life science, and computer technology. Prince William 4-H provides fertilized eggs, guides participants through training, supports participants during the hatch, and then collects the chicks to be sent to a local farm.

Prince William 4-H Clubs, Prince William County Schools, Manassas City and Manassas Park Schools, and Homeschool Groups are invited to participate in this exciting 4-H project!



## RESOURCES:

- [Prince William 4-H Embryology Project Facebook Page](#)
- [Virginia 4-H Resources for School Curriculum Website](#)
- [VA 4-H The Beginning of Life Project Curriculum](#)

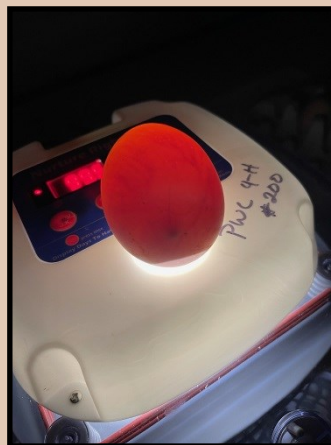
## FINAL IN-PERSON LEADER TRAINING OPPORTUNITY IS TONIGHT!



[Click here to register.](#)

**Wednesday, February 7th**  
6:00-7:30 pm  
Sudley North – McCoy Room  
7987 Ashton Ave., Manassas

**We have chick's growing in our test project at Headquarters - do you see the embryo's eye?**



## IMPORTANT DATES

**Embryology Registration - CLOSED.**  
Program is full.

### In-Person Leader Training (choose 1)

Feb 1, 6-7:30 pm, Woodbridge

Feb 7, 6-7:30 pm, Manassas

[Click here to register for training.](#)

### Incubator Pickup (if rented from 4-H)

PW4-H, 8033 Ashton Ave, #105

Feb 8, 1 - 4 pm

Feb 12, 10 am - 2 pm

### Egg Pickup

PW4-H, 8033 Ashton Ave, #105

Feb 21, 4 - 6 pm

Feb 22, 9 am-12 pm

## HATCH DAYS: MARCH 13TH - 16TH!

### Chick Drop Off

PWC Fairgrounds

Mar 19, 2 - 6 pm

Mar 21, 12 - 3 pm

### CONTACT INFORMATION

**DeeAnn Strand**

4-H Youth Educator

[dstrand@pwcva.gov](mailto:dstrand@pwcva.gov)

703-792-4762

[www.pwcva.gov/4-H](http://www.pwcva.gov/4-H)



## Virginia 4-H NE District Horse Updates



**HIPPOLOGY AND HORSE JUDGING CONTEST**

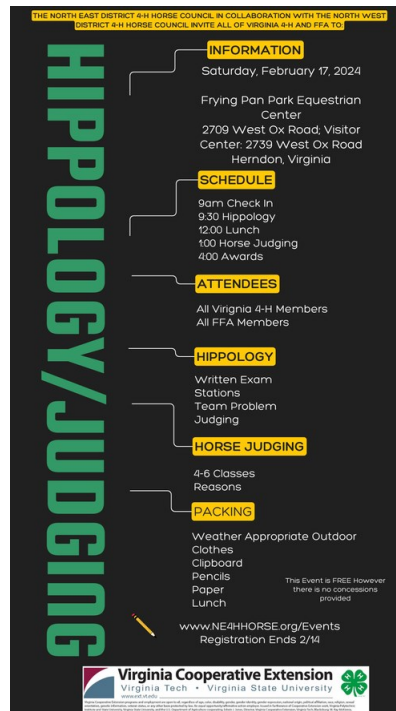
SATURDAY, FEBRUARY 17, 2024  
FRYING PAN PARK

[WWW.NE4HHORSE.ORG](http://WWW.NE4HHORSE.ORG)

**COMMUNICATIONS CONTEST AND HORSE BOWL**

SUNDAY, MARCH 10, 2024  
POLE GREEN PARK

Virginia Cooperative Extension  
Virginia Tech • Virginia State University



THE NORTH EAST DISTRICT 4-H HORSE COUNCIL IN COLLABORATION WITH THE NORTH WEST DISTRICT 4-H HORSE COUNCIL INVITE ALL OF VIRGINIA 4-H AND FFA TO

**HIPPOLOGY/JUDGING**

**INFORMATION**  
Saturday, February 17, 2024  
Frying Pan Park Equestrian Center  
2709 West Ox Road, Visitor Center, 2739 West Ox Road Herndon, Virginia

**SCHEDULE**  
9am Check In  
9:30 Hippology  
12:00 Lunch  
1:00 Horse Judging  
4:00 Awards

**ATTENDEES**  
All Virginia 4-H Members  
All FFA Members

**HIPPOLOGY**  
Written Exam Stations  
Team Problem Judging

**HORSE JUDGING**  
4-6 Classes  
Reasons

**PACKING**  
Weather Appropriate Outdoor Clothes  
Clipboard  
Pencils  
Paper  
Lunch  
This Event is FREE However there is no concessions provided

[www.NE4HHORSE.org/Events](http://www.NE4HHORSE.org/Events)  
Registration Ends 2/14

Virginia Cooperative Extension  
Virginia Tech • Virginia State University

**February 1st is the deadline to be enrolled online for 4-H Horse project members wanting to show at the State 4-H Horse Show.**

Click here to read the [January 15th NE District Horse Advisory Council Meeting Minutes](#).

### UPCOMING EVENTS

- Feb 9** Block and Bridle Hippology;
- Feb 10** Block and Bridle Horse Judging Contest; Entries due Feb 2nd
- Feb 17** Hippology/Judging at Frying Pan Park
- Feb 27** District Hippology and Judging
- Mar 10** District Communications and Horse Bowl , Pole Green Park

Please visit [www.NE4HHORSE.org](http://www.NE4HHORSE.org) for detailed information on the Virginia 4-H North East District Horse Program.

## Virginia 4-H Animal Science Updates



### 2024 BLOCK & BRIDLE CLUB STOCKMEN'S, LIVESTOCK JUDGING, AND MEAT EVALUATION CONTESTS

- Feb 23** Junior Stockman's – Juniors in the morning and Seniors in the afternoon
- Feb 24** Livestock Judging – Advanced in the morning and Regular (non-reasons) in the afternoon
- Mar 2** State 4-H and FFA Meats Evaluation Contest

**Location:** Alphin-Stuart Arena on the Campus of Virginia Tech (Stockman's and Judging) and VT Meats Lab and Litton Reaves (State Meats Evaluation)

**Who Should Attend:** Enrolled 4-H and FFA Youth

[Click here for more information and to register.](#) **Entries due Friday, February 16th.**

**Entry Fees:** \$10 per individual in all divisions of the Stockmen's Contest and the Regular (nonreasons) divisions of the Livestock Judging Contest. Individuals competing in the Advanced divisions of the Livestock Judging contest will pay a \$15.00/person entry fee – this includes lunch for those contestants. Meats contestants who are only entering in the 4-H OR FFA contest will pay an entry fee of \$15/person and those contestants Dual-Entering as both 4-H AND FFA will pay \$20/person to cover the cost of additional awards and resources. All entries are due no later than Friday, February 16th Late entries will not be accepted.

The link to the entry forms will also be posted to the Block and Bridle Club's website:

Virginia Youth Livestock Website: <https://vtblockandbridle.wixsite.com/vtblockandbridle>

Virginia Youth Livestock Program: <https://ext.vt.edu/4h-youth/youth-livestock.html>

Virginia Youth Livestock Programs Facebook: <https://www.facebook.com/vayouthlivestock>

## Virginia 4-H Dairy Quiz Bowl

**Date:** Saturday, February 17th

**Location:** Litton Reaves Hall, Virginia Tech, 175 West Campus Dr., Blacksburg, VA

**Time:** 10 AM

[Click here to register.](#) **Register by noon on February 15th.**

The State 4-H Quiz Bowl is a Jeopardy-style competition in which 4-H'ers compete in teams of three to five answering dairy-related questions. The State 4-H Dairy Quiz Bowl Team will be selected at the conclusion of the senior contest and will have the opportunity to represent Virginia 4-H and compete at the Invitational 4-H Dairy Quiz Bowl Contest in Louisville, Kentucky in November.

### Virginia 4-H Dairy Quiz Bowl Materials



**STUDY MATERIALS:** [Click here for the 2024 study materials.](#)

Questions for senior contestants will be taken from the whole packet. Questions for junior contestants will be taken from Chapters 1 to 9, 14 and 15.

## Virginia 4-H Shooting Sports Updates



### 7-YEAR INSTRUCTOR RECERTIFICATION SESSIONS

**Dates:** February 24th or November 2nd

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

**Register in 4-H Online by February 9th.**

Shooting Education instructors who received their Level I certification in 2017 must attend a 7-Year Instructor Recertification Session hosted by the 4-H Shooting Education Council. Any instructor that fails to recertify will be decertified at the end of 2024. Those who received their certification in 2018 may attend the 7-year recertifications in 2024 if they choose. Please contact Lynn Wheelless, VA 4-H State Shooting Education Coordinator, Phone: (757) 778-1078, [lynnwheelless1@vt.edu](mailto:lynnwheelless1@vt.edu).



### SPRING AIR 2024

**Dates:** March 16-17

**Location:** W.E. Skelton 4-H Education Center

[Click here for registration information.](#)

**Registration deadline is February 20th. Project Portfolio Certification due February 27th.**

Virginia 4-H members enrolled in a State 4-H Office approved 4-H Shooting Education Club and has completed project portfolios in the event(s) in which they are registered to shoot are invited to participate. Portfolios can be downloaded from the Virginia 4-H Shooting Education Website. Portfolios for each participant need to be complete and presented at registration. Please note that the deadline to submit the Project Portfolio Certification document for each competitor is February 27th. This document must be completed by the 4-H Agent or Club Coordinator using a high degree of integrity. If you have any questions you can contact: Robert Tillotson at [ricochetrobort56@gmail.com](mailto:ricochetrobort56@gmail.com) or 434-841-6055 (cell).

**Events:** BB Gun, Air Pistol, Air Rifle, Air Pistol Silhouette, Air Rifle Silhouette, Presentation Contest, Public Speaking Contest, and Archery.

**Presentation and Public Speaking Contests:** The 4-H Shooting Education Program is a vehicle for teaching life skills and the youth participating in the shooting program need to be able to communicate to others their interest and commitment to the shooting sports. Youth may participate in either the presentation contest or public speaking contest.





## National 4-H



### YOUTH IN ACTION APPLICATIONS OPEN

[Click here for more information and to apply.](#) **Applications due April 1st.**

Teens aged 14-19 are encouraged to apply to the 4-H Youth in Action Program for the chance to tell their 4-H impact story and win a \$5k educational scholarship, tailored professional mentoring, national speaking opportunities and MORE!

### YOUTH IN ACTION INFO SESSION FOR APPLICANTS

Date: February 21st at 7 PM

[Click here to register.](#)

Join us for an engaging and interactive webinar on the Youth in Action 2025 application! Our team will share an overview of the YIA program and the key opportunities it provides, as well as the application process for the Youth in Action scholarship. For parents and youth, you will also hear from our current YIA winners! They will share their stories and their experience as national representatives of 4-H. This webinar will provide invaluable information for parents and students as we seek to amplify youth voice within the 4-H community and across the country. We look forward to having you join us for this enriching session!



### CLOVER BY 4-H: ROCKETS TO THE MOON

[Click here for FREE activity.](#)

Calling all space explorers! Designed by the University of Arizona Cooperative Extension and brought to you by Hughesnet, embark on a cosmic journey beyond our atmosphere. 4-H youth will create a virtual rocket, customize the look and feel, and equip it with all it needs to get to the moon. So dream big, explore more, and shoot for the moon!



### GEORGIA BOOT TRAILBLAZERS CONTEST

[Click here for more information and to apply.](#) **Contest runs February 1st - March 3rd.**

Want to show off your 4-H project? Apply for the 2024 Georgia Boot Trailblazer Contest. Georgia Boot is looking for four enthusiastic 4H'ers to share their 2024 project journeys with the Georgia Boot audience. Don't miss this chance to win a prize package valued at \$500!



### SPREAD LOVE THIS VALENTINE'S DAY WITH CRAYOLA FLOWERS

[Click here to learn more.](#)

When you purchase beautiful blooms from Crayola's custom flower shop, Crayola Flowers will donate 10% of gross flower sales to 4-H. Not only will you be supporting our cause, but you also will be spreading love and cheer through the joy of giving flowers to that special someone on Valentine's Day!



### 2024 PHOTO CONTEST

Presented by the Virginia Association of Soil & Water Conservation Districts

Enter up to 10 digital images that represent:  
"Conservation Across the Commonwealth™"

FOR MORE INFORMATION VISIT:

[WWW.VASWCD.ORG/PHOTOCONTEST](http://WWW.VASWCD.ORG/PHOTOCONTEST)

- Images must be taken in Virginia
- One Overall Winner, People's Choice, & Young Photographer will be selected
- Full list of rules can be found online



**ENTRIES DUE  
8.1.2024**

### VASWCD Photo Contest

The VASWCD is committed to conservation of natural resources through stewardship and education programs, and we want to see it through your eyes! The theme this year is "Conservation Across the Commonwealth." Capture those vibrant moments and express what conservation looks like through your lens. All photographs must be taken within the Commonwealth of Virginia. Photographs taken outside the state of Virginia will be disqualified.

The contest is open from January - August 1, 2024. You can submit up to 10 photos.

[Click here for contest rules and submission form.](#)



# Make plans NOW to attend the Virginia Institute on Cooperative Education!

**When?** March 22 – 24, 2024

**Where?** Graves Mountain Lodge, Syria, VA

## What?

- FREE three-day leadership conference for high school juniors & seniors 16-19 (as of July 1, 2024)
- Interactive, educational, and entertaining, with a chance to win scholarships ranging from \$1,000 to \$2,000 and an expense-paid trip to the Georgia Cooperative Council's week-long leadership conference in July 2024.
- Enhance your business, teamwork, and leadership skills with "Who's Minding the Store," an interactive, business-simulation game with each team making key decisions for a fictional farm-supply store.

## How do I apply?

Applications are available from Virginia agriculture teachers and posted at [www.virginia.coop](http://www.virginia.coop). Students are selected on the basis of merit from all applications received by February 15, 2024. Selected students must be able to attend both days (from 10 a.m. Friday through 2 p.m. Sunday) and will need to be excused from school on Friday, March 22. **Students accepted to attend VICE will receive a confirmation email by March 12, 2024 with the VICE schedule, packing list and study materials for tests given at the conference.**

## Agenda

### Day One

- Arrival and registration
- Team building and icebreakers
- Personality type assessment
- Breakout on co-op types
- Introduction to co-ops & test
- Evening banquet with speakers
- Game night

### Day Two

- Delicious country breakfast
- Co-op case studies
- Computer simulation game
- Free time (bring fishing poles!)
- Evening banquet
- "White Elephant" gift exchange
- Ice cream social

### Day Three

- Another great breakfast
- Devotional service
- Computer simulation wrap-up
- Awards luncheon
- Winners announced
- Say goodbye to new friends



## For more information:

Virginia Cooperative Council  
Mary Howell, Executive Secretary  
(804) 432-0236; [mary.howell@sscoop.com](mailto:mary.howell@sscoop.com)  
or visit [www.virginia.coop](http://www.virginia.coop)

The Virginia Cooperative Council is a not-for-profit organization headquartered in Richmond, VA, dedicated to furthering and educating the public on the cooperative form of business. All instructors and adult leaders are professionals from either co-op businesses in Virginia, state educational institutions, or are involved with 4-H or FFA activities.



Virginia  
Cooperative Council

[Click here to check out a You Tube video of what to expect at VICE!](#)

**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**

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**DeeAnn Strand**

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**Candi Helmlinger**

4-H Program Specialist,  
Newsletter  
[chelminger@pwcva.gov](mailto:chelminger@pwcva.gov)

## 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 13-15](#)  
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)

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



## 2023-2024 PWC 4-H Association Officers

### Youth Officers

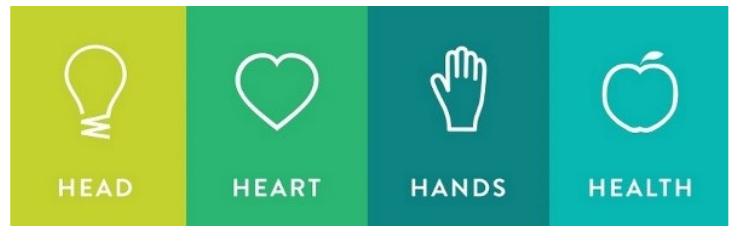
Lauren Byrd, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

### Adult Officers

Susan Wolf, President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
Mary McDonald, Secretary

### Committee Chairs

Fundraising Committee - Lauren Byrd  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



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