



# Prince William 4-H

*Our Clubs, Our Community*



## Upcoming Events

- May 28** - PW 4-H Young Entrepreneurs Workshop #4
- May 29** - PW 4-H Book Club SPIN Project
- May 30** - PW 4-H Outdoor Challenge
- Jun 7** - PW 4-H Young Entrepreneurs 1st Market Day!
- Jun 22-28** - National 4-H Shooting Sports Championship
- Jun 23** - VA 4-H Livestock Judging Contests
- Jun 24-27** - VA 4-H Congress
- Jun 24** - 1st Time Junior 4-H Camper Parents' Meeting
- Jul 13-17** - PW/Stafford 4-H Junior Camp

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Click to Visit



May 28, 2025

## PW 4-H Young Entrepreneurs Have BIG Smiles



Last Wednesday, the Prince William 4-H Young Entrepreneurs met to work on marketing and salesmanship skills. The 4-H'ers used the icebreaker to work on introducing themselves and then took on a challenge of rock-paper-scissors. They discussed market etiquette and greeting customers. Youth finished with a slightly competitive team game of "Friendly Feud"...and **NAILED IT!**

Just one more workshop until our first market day!



### WORKSHOP #4

Wednesday, May 28th | 6:30-8 PM | PW 4-H Headquarters

### MARK YOUR CALENDARS FOR MARKET DAYS!

8 AM - 1 PM @ Manassas Park Farmer's Market  
Jun 7th, Jul 12th, Aug 23rd, Sep 13th, and Oct 4th

## PW 4-H Teen Club Volunteers at Boxes of Basics



Last week, 4-H'ers from the Prince William 4-H Teen Club met at Boxes of Basics in Manassas to volunteer to help outfit local school-aged youth with seasonal clothing. The 4-H'ers created custom boxes of clothing by selecting coordinating pieces based on the sizes provided. The items are folded and wrapped and placed in a gift box for each child. The 4-H'ers also added a hand written note of encouragement for the end of the school year and summer. After packing gift boxes, they helped organized bins with the new items that came into the warehouse.

We're so proud of these young citizens and their dedication to our community!

[Click here to learn more about Boxes of Basics](#), donate new and gently used clothing and shoes, and volunteer.



## ISO 4-H Competition Judges & Room Chairs @ State 4-H Congress

Competitions on Wednesday, June 25th • Blacksburg, VA • [Click here to volunteer.](#)  
Our very own PW 4-H Extension Agent MaryBeth Lerch will be organizing volunteers!



# Prince William 4-H



Through your experiences in your Prince William 4-H club and with the help of dedicated volunteers, parents, friends, and 4-H staff, you've pledged your HEAD to clearer thinking, HEART to greater loyalty, HANDS to larger service, and HEALTH to better living, for your club, community, country and world. Today, we celebrate YOU as you venture out into the world, knowing that you are BEYOND READY for the exciting adventure ahead! We are beyond proud of you. *CONGRATULATIONS!*



**Beyond Ready**

# CLASS OF 2025



# Remember and Honor MEMORIAL DAY



Prince William's Nokesville Equestrian 4-H Club marched in the 43rd Annual Memorial Day Parade at Cherry Hill Park in the City of Falls Church on Monday. The parade is sponsored by Recreation & Parks and had 55 organizations in the parade lineup. Our 4-H'ers have enjoyed participating for many years! You can watch them on video that will be posted to the government website soon!  
<https://www.fallschurchva.gov/645/Memorial-Day-Festival-Parade>



Beyond  
Ready



Prince William 4-H



# OUTDOOR CHALLENGE SPIN CLUB



Enjoying every challenge and beauty that nature offers.



**FRIDAY,  
MAY 30TH**

**6:30  
PM**

**BRISTOE STATION  
BATTLEFIELD  
HERITAGE PARK**

[CLICK HERE FOR MORE INFO & TO REGISTER.](#)

**Hike with us on a 2-mile loop trail and learn about  
this summer's 4-H Outdoor Challenge!**



- All ages welcome
- Must be registered in 4HOnline
- Wear comfortable shoes and layered clothing
- bring a water bottle, sunscreen, and bug spray



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# TOUR OF THE US CAPITOL



PRINCE WILLIAM 4-H

# 28<sup>TH</sup> OF JULY

## 4-H PILLAR OF CITIZENSHIP

JOIN US FOR A RARE OPPORTUNITY  
FOR A PRIVATE TOUR OF THE US  
CAPITOL, VISIT TO SENATOR  
WARNER'S OFFICE, AND IN-DEPTH  
Q&A WITH STAFFERS!

- Limited to 10 4-H youth
- Open to rising 8<sup>th</sup> - 12<sup>th</sup> Graders
- Transportation provided



Click here to register:  
<https://forms.gle/vZvfxtvTekGRCBhv6>  
Register by Friday, June 20th



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PRINCE WILLIAM 4-H

# Celebrating 40 Years of 4-H Fair Camp

Prince William 4-H Fair Camp is an exciting week for youth to explore the 4-H Pillars of Agriculture, STEM, Healthy Living and Citizenship.

## PRINCE WILLIAM COUNTY FAIRGROUNDS

AUGUST 2025

**11-15**

9 AM - 12:30 PM

### DAILY THEMES!

Color Day Monday

Superhero Tuesday

Wacky Wednesday

4-H Thursday: Celebrating  
40 Years

4-H Beach Day Friday

- Celebrate 40 Years of our favorite snacks, activities, & themes!
- Experience the Prince William County Fair close-up with behind the scenes access to Fair exhibits.
- Explore daily themes, camp songs, creative crafts, face painting, healthy snacks, & more!
- Engage with new friends and build confidence while exploring the Character Counts traits: trustworthiness, respect, responsibility, fairness, caring, & citizenship.

## REGISTRATION IS OPEN!



**Dates:** Monday - Friday, August 11<sup>th</sup> - 15<sup>th</sup>

**Time:** 9 am - 12:30 pm

**Location:** 4-H Children's Barn at the PWC Fairgrounds

**Who Should Attend:** youth ages 5-12 residing in Prince William County, Manassas City, & Manassas Park

**Registration Fee:** \$50, includes activities, a healthy snack, and a camp t-shirt (if registered by June 1st)

**Register:** [www.pwcva.gov/departments/virginia-cooperative-extension/4-h-camps](http://www.pwcva.gov/departments/virginia-cooperative-extension/4-h-camps)

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Virginia Tech Virginia State University

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## VA 4-H Inbound Exchange - 1 MORE HOST FAMILY NEEDED!

Virginia 4-H Inbound Exchange Program needs one last host family to volunteer! The family should have a girl age 13-16 to host a female delegate from Japan of similar age. All screenings must be complete by May 31st for this final delegate to have the opportunity to experience 4-H in the United States!

**Let's show the State and the delegates our commitment to the 4-H Pillar of Citizenship!**

[Click here to apply](#) and select Virginia as your state. | [Click here for Summer Program FAQs.](#)

[Click here for an inspirational video](#) of Virginia's inbound exchange from 2023.



## Virginia 4-H All Star Tapping Ceremony Practice and Ceremony

**Date:** Thursday, June 26th

**Location:** Squires Student Center – Commonwealth Ballroom, Virginia Tech

**Schedule:**

- 8:30 AM - 4-H All Star Ceremony Setup
- 9:45 AM - 11:15 AM - 4-H All Star Consecration (Tapping) Ceremony Practice
- 12:45 PM - Shuttle from the Coliseum Parking Lot to Squires begins
- 1 PM - 1:30 PM - 2025 4-H All Star Initiates Check-in
- 2 PM - 4-H All Star Consecration (Tapping) Ceremony
- 2:45 PM - 3:30 PM - Orientation for new 4-H All Stars following the Ceremony

**Attire for Tappees:** Black slacks or skirts, white modest tops, black shoes or sandals

**Transportation:**

- Parking on the Virginia Tech Campus - You must purchase a [Parking Permit](#) (ParkMobile App). All Day parking is \$8.00 per vehicle. Guests may stop by Parking Services, 505 Beamer Way (7 AM - 5 PM, M-F) to purchase a daily pass. Suggested Parking Areas include Coliseum Parking Lot F/S/V/C/G..
- Squires Student Center Parking; Squires Lot F/S/V/C/G with parking permit.
- Shuttle Service from/to the Coliseum Parking Lot to the Squires Student Center: The shuttle will begin running from the Coliseum Parking Lot to the Squires Student Center at 12:45 PM. Please tell the driver whether you will need to ride the shuttle back to the Coliseum Parking Lot after the Ceremony or after the Orientation Session. If needed, the shuttle will depart from the drop off location at Squires to the Coliseum Parking.

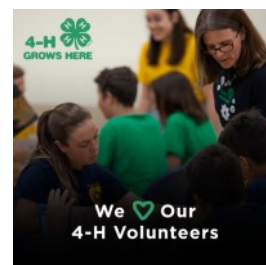


## Virginia 4-H Virtual Volunteer Training Series

All of the free Virginia 4-H Virtual Volunteer Training Series recordings are now available! All Prince William 4-H adult volunteers are encourage to watch the videos and learn more about how you can help develop the next ready generation of leaders. [Click here to access the recordings for the following Spring 2025 presentations:](#)

- Supporting Deaf & Hard of Hearing Youth
- Knowing your Audience
- Mission Possible: Planning Backwards to reach your goals
- Decoding Your True Colors
- Connecting with purpose - Communication Strategies for Volunteer Leaders
- Tools to Implement the 4-H Thriving Model
- Positive Youth Development: The Heart of Every 4-H Project
- 4-H Excellence in Action: Unlocking the Principles of Program Quality
- From Club to Career: Your Role in Youth Readiness

Your feedback matters! Please take a few minutes to fill out the survey after watching to help Virginia 4-H continue to provide support that matters to you. [Click here for the survey.](#)





## Virginia 4-H State Cabinet Town Halls

STATE 4-H CABINET  
VIRTUAL TOWN HALLS

**SAVE THE DATE**

JUNE 8 - OFFICERS

JUNE 10 - NORTHWEST DISTRICT

JUNE 12 - CENTRAL, NORTHEAST, SOUTHEAST, AND SOUTHWEST DISTRICTS

The application process for the 2025-2026 State 4-H Cabinet is well underway! This year, voting for candidates will no longer be limited to those youth who attend Virginia 4-H State Congress. 4-H'ers from each district will still vote on their own district's candidates for ambassador positions, and officers will be elected by the entire state.

To ensure that all youth ages 14 and up have an opportunity to get to know the candidates and those they will be voting for, Virginia 4-H is hosting Virtual Town Halls for each district and another for the Officer (President, Vice President, Secretary, and Reporter/Historian) candidates.

### SAVE THE DATES

June 8 - Officer Town Hall, 7 PM

June 10 - Northwest District Town Hall, 7 PM

June 12 - Central, Northeast, Southeast & Southwest Town Halls, 7 PM

*Zoom links coming soon.*

## 2025 Virginia 4-H State Horse Show- **Declarations are OPEN**



**Dates:** September 4th - 7th

**Location:** Lexington, VA

[Click here for the Virginia 4-H Horse Show website.](#)

Parents, youth, agents, and volunteers should familiarize themselves with information regarding the Requirements, Rules, and Qualifying Options for the State Horse Show. Also included on the website are the rules and entry information for the Art Contest, Photography Contest, and the Record Book/Portfolio Contest.

### Important Dates

**May 1st: Declarations open in 4-H Online**

**July 1st: Deadline for Online Eligibility/Declaration in 4H Online.**

**July 31st: Entry Deadline.** Orientation Meeting/Checklist Completed by Club Leader or VCE Agent.

### State Horse Show Details

[2025 Rulebook](#) | [2025 Show Schedule](#) | [2025 Rule Updates](#) | [Overview of Requirements to Compete](#)

### 2025 Qualifying Shows & Horsemanship Skills

[List of District Approved Qualifying Shows](#) | [Horsemanship Skills Opportunities](#)

### DECLARATIONS ARE OPEN

**ALL DECLARATIONS MUST BE COMPLETED BY JULY 1 AT 11:59 PM.**

- ANY Horse or Pony that a youth MAY show at the State Show must be declared in 4HOnline in order to be eligible to show.
- Please be prepared when beginning your declarations with current photos of your animal, Coggins test date, and an accurate height measurement. The correct measurement is imperative, as it is tied to "Animal Type" and linked to specific classes within the entry system. If the height entered is incorrect, it will affect your ability to enter classes. If you notice your height is incorrect, you must re-add that animal as a new animal in order to input the correct measurement, the system will not allow changes.
- If you are declaring a Horse/Pony that you declared last year or in a previous year, you do have the option to re-declare a previously added animal. Please note, if your height/animal type is incorrect due to a previous entry error, you will need to add a new animal and provide all new information. There is no opportunity to change the Animal Type. Additionally, if using an animal from a previous year, please ensure that you upload a CURRENT Coggins Test and edit to reflect the updated Coggins Test date for 2025.
- [Click here for Tip Sheets for declarations.](#)



## 2025 Virginia 4-H State Livestock Judging Contest

**Date:** Monday, June 23rd

**Location:** Alphin-Stuart Arena on the campus of Virginia Tech

**4-H Contest Entry Link:** <https://tinyurl.com/2025-State-4-H-LJ-Eval-Entry>

**Fee:** \$20/contestant entered, includes lunch for contestants

**Entry Deadline:** **Wednesday, June 11th at 5 pm**

[Click here for more information](#), including contest letter, entry info, supporting materials, and more.

This event will serve as the Official State Contest for Virginia 4-H. There is a Junior and Senior Division, based on participant age as of Jan. 1, 2025. All youth must be entered and approved in 4HOnline prior to submitting your entry. All Junior and Senior contestants will give Oral Reasons-2 sets for Juniors and 4 sets for Seniors.



## 2025 State Fair of Virginia Youth Livestock Shows

### 2025 SFVA Youth Livestock Dates:

October 1st – 5th, 2025; **Updated rules will be available the week of May 12th.**

### Important Dates and Deadlines – NEW FOR 2025

July 1st – DEADLINE for Mailing/Postmark DNA Samples to VA Tech

July 1st – DEADLINE for completing Online Nomination Process via FairEntry

July 1st – Ownership Deadline for all REGISTERED Breeding Livestock

July 2nd – SFVA Youth Livestock Entry System will open via FairEntry

August 15th – Entry Deadline for ALL ANIMALS via the Fair Entry System

### VIRGINIA YOUTH LIVESTOCK PROGRAMS



### DNA PACKET ORDERING SYSTEM IS OPEN - DUE BY JUNE 24TH

Animal nomination is FREE - NOMINATE ANYTHING THAT YOU THINK YOU MIGHT BRING TO THE STATE FAIR.

Nominations close July 1st. No late additions accepted. [Click here to order DNA Envelopes and Nomination Packets.](#)

### Livestock the Require Nomination and DNA Samples to Show

Market Beef (*registered and crossbred*) • Commercial/Crossbred Heifers • Commercial (*non-registered*) Does • Market Goats • Commercial (*non-registered*) Ewes • Market Lambs • Market Hogs (*registered and crossbred*) • Commercial Breeding Gilts

**Livestock NOT Requiring Nomination and DNA Sample to Show:** Registered Breeding Females of any species

## 2025 June Dairy Month 4-H Poster Contest: “Dairy Defenders”

[Click here for more information and to enter.](#) **SUBMIT ENTRIES TO PW 4-H BY JUNE 11TH.**

**Who Should Participate:** all Virginia 4-H'ers

**Age Groups** (as of Sep 30, 2025): Junior: ages 9-11, Intermediate: ages 12-13, Senior: ages 14-19

The purpose of the annual June Dairy Month 4-H Poster Contest is to learn more about milk and milk products and their importance to human health. Posters must be on 8 1/2" x 11" white card stock, not poster board. See link above for specific entry details, rules, and scoring guidelines. Winners The top three posters in each age category at the unit level may compete for state awards. Prince William 4-H will mail unit winning posters to Virginia 4-H before June 18th.



**Unit Winners:** In each age group, first, second, & third place winners receive ribbons.

**State Winners:** In each age group, first, second, & third place winners receive an embossed stainless-steel tumbler and an art set.

## 2025 Virginia 4-H Pork Challenge

**Date:** Saturday, August 9th - begins at 10 AM

**Location:** George Washington Carver Center, 9432 James Madison Highway, Rapidan

**Who Should Participate:** Prince William 4-H Food Challenge Teams

**Registration opens July 1st and is limited to 10 teams.** [Click here for contest rules.](#)

This contest is being offered through grant funding received by the Virginia Pork Council. Similar to the 4-H Food Challenge and the Virginia 4-H Beef Challenge, this contest will allow participants to use their creativity to create a dish using pork as the main ingredient.



## 2025 State Fair of Virginia Youth Livestock RV Spots



**Dates:** October 1st - 5th

To meet the needs of all of our fair partners, The State Fair will be allocating 10 New RV spots in the livestock area to be reserved for Youth Livestock participants for the 2025 Fair. These spots are located along the fence between the Farm Credit and First Bank & Trust Company Pavilions. Spaces will be awarded through a lottery system if requests exceed the 10 spots.

### 2025 State Fair of Virginia Youth Livestock Camping Guidelines

- Eight (8) 30amp sites (including access to a central water hook up, Does NOT include Sewer)
- Two (2) 50amp sites (including access to a central water hook up, Does NOT include Sewer)
- 18ft x 45ft Spaces (No Exceptions)
- Central water hook-up – Campers must bring a 100ft of hose o Each spot is \$176.48 (Tax included) for the length of the show (Wednesday, October 1st – Sunday, October 5th )

### How to Reserve (One request per exhibitor/family):

- Requests due by July 1st by email to [Gmartin@meadoweventpark.com](mailto:Gmartin@meadoweventpark.com).
- Include: Name of Exhibitor, Contact person, , Email, phone #, and 50amp or 30amp (only 2 – 50amp available)
- Spots allocated by July 15th. Payment due by August 1st (Failure to make payment results in forfeiture of reservation). No Refunds after September 1st

If spots remain following July 15th they will be allocated to others attending the YL shows on a first come first served basis. Please include your requests for additional spaces with your initial request. This is the only option for Livestock exhibitors, All spots in campground have been allocate



## NOVA 4-H Educational Center: Cloverbuds Summer Camp

**Dates:** July 18th-20th

**Cost:** \$160 per person

[Click here to register.](#)

This year's theme is Superheroes! Open to youth ages 5-8. This year's theme is superheroes and participants will be involved in classic camp activities and classes like canoeing, tie-dye, arts and crafts, pool time, evening activities and more with a superhuman twist!

Cloverbud Camp is a 2-night residential camp designed to give younger children the opportunity to spend the night away from home and experience what 4-H has to offer with a while sharing the experience with a parent or guardian.

## Save the Date: Hokie BugFest 2025

**Date:** Saturday, October 18th

**Time:** 10am-3pm, 9am pre-opening for those who may benefit from a less crowded environment.

**Location:** Squires Student Center, Blacksburg, VA

This free, community event will feature exhibits from Virginia Tech labs and partner organizations, live arthropods from the Hokie BugZoo, contests, and a wealth of hands-on, STEAM-based activities for all ages.

**Exhibitor and volunteer sign-up information will be emailed this summer. For now, please save the date and help us spread the word!**

# Save the Date



October 18, 2025  
10am - 3pm  
Squires Student Center  
[hokiebugfest.org](http://hokiebugfest.org)

Free Admission • Open to Public • Live Bugs • Hands-On Activities  
Exhibits from VT Labs, Local Museums, and Community Organizations  
Early opening at 9am for those with special needs (SAFE Hour)





If you are an individual with a disability and desire an accommodation, please contact Whitney Weaver Wright at 540-231-6543 or [wvwhit@vt.edu](mailto:wvwhit@vt.edu) during regular business hours at least 10 business days prior to the event.



## VSU Small Farm Events

### BRINGING BASIC SOLAR ENERGY TO YOUR FARM

Monday, June 2 • 6 PM

Fredericksburg, VA

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

Solar energy can provide farmers with invaluable power options on the farm. It is convenient and inexpensive. Join Farmer Thomas Roberson as he discusses solar energy options in use on his small 10 - acre farm. Learn about design basics, solar operations, and how he uses it for electric fencing, powering his well and cooling his high tunnels during the summer.



### CUT FLOWER FARM TOUR, BOUQUETS AND MARKET PREP

Tuesday, June 3 • 6 PM

Fredericksburg, VA

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

Botanical Bites & Provisions, LLC, is a small, 10-acre, family-owned farm and business located just outside Fredericksburg, Virginia. Thomas and Anita Roberson, owners of the farm, grow and market a variety of cut flowers and other products. The Robersons will demonstrate how to make bouquets, including planning, selecting and arranging flowers, choosing bouquet-making supplies, and more. Learn the basics of harvesting, storage, transportation, and pricing your flowers for the market. There will be a comprehensive discussion about preparing your cut flowers for display and selling at farmers markets, and a checklist of items you will need for your farmers' market display will be provided. Participants can also tour the farm fields and high tunnel operation.



## USDA Shares Food Safety Recommendations for Your Potluck

By Meredith Carothers, Public Affairs Specialist, Food Safety and Inspection Service (FSIS), USDA  
May 20, 2025

Make sure your summer dish is remembered for its flavor, not a foodborne illness. Keep these potluck food safety tips from the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) in mind.



### Travel Safely:

- Place perishable foods like meat, poultry, egg or seafood salads directly from the refrigerator or freezer into a cooler.
- When transporting cold dishes, use a cooler packed with ice or gel packs to maintain a temperature of 40 degrees F or below.
- Keep hot foods at or above 140 degrees F by wrapping dishes in insulated bags or towels.
- Transport your cooler in the air-conditioned passenger compartment of your vehicle.

### Avoid the Danger Zone:

- The bacteria that can cause foodborne illness grow between 40 degrees F and 140 degrees F - also known as the Danger Zone.
- If you plan to keep perishable foods on the table for more than two hours (or one hour in temperatures above 90 degrees F), keep hot foods hot and cold foods cold to avoid the Danger Zone.
- Keep hot foods heated at or above 140 degrees F with chafing dishes or preheated grill.
- Keep cold foods chilled at or below 40 degrees F by placing them on bowls of ice or keeping them inside a cooler near the picnic table.

### Think Nonperishables:

Whole fruits, whole vegetables, bagged chips and dips, dried fruits, nuts and beef jerky are good alternatives that do not require refrigeration.



For more information about food safety, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or email [MPHotline@usda.gov](mailto:MPHotline@usda.gov). [Click here for this and more USDA Blogs.](#)

**PRINCE WILLIAM 4-H'ERS: Let's use our knowledge of the 4-H Pillar of Healthy Living and experience in 4-H Food Challenge Competition!**

**What other safety tips would you recommend for a summer potluck?**

## 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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### Pam Hardin

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### DeeAnn Strand

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### Candi Helmlinger

4-H Program Specialist,  
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## PWC 4-H Resources

### National 4-H

[National 4-H Homepage](#)

### Virginia 4-H

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

### Prince William 4-H

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

### Portfolio Records

[Member Record](#)  
[Cloverbud Sheet](#)  
[Project Record Ages 9-10](#)  
[Project Record Ages 11-12](#)  
[Project Record Ages 13-15](#)  
[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](#)



## 2024-2025 PWC 4-H Association Officers

### Youth Officers

Lexi Strand, President  
Tim Hirshey, Vice President  
Cara Grahn, Secretary  
Ryan Nguyen, Treasurer

### 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 Ready



## Virginia Cooperative Extension

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