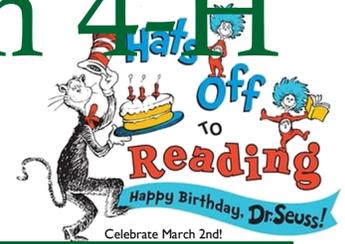




Prince William 4-H

Our Clubs, Our Community



February 24, 2021

Upcoming Events

- Feb 24 - Embryology Training
- Feb 25 - Crocheting for a Cause Zoom 2
- Feb 24 - VT Giving Day
- Feb 27 - Presentation Day and Share the Fun!
- Mar 1 - Move it Monday!
- Mar 2 - Read Across America Day
- Mar 9 - 4-H Leader's Meeting
- Mar 19 - Northern District Contests Registration Due
- March 26-28 - Equismartz State 4-H Horse Knowledge Contests
- Mar TBD - Statewide Shooting Instructor Training

Inside this issue:

- [Move it Monday!](#) 2
- [Crocheting for a Cause](#) 2
- [Clover Connections](#) 3
- [Virginia Updates](#) 4
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- [National Contests](#) 7
- [Contacts & Recourses](#) 8

Click to Visit



Gearing up for 4-H District Challenges



PWC 4-H Share the Fun/Presentation Day

We are so excited for this weekend! With 27 participants, this year's PWC 4-H Share the Fun and Presentation Day will not disappoint! Participants were given the option of pre-recording their performance or signing up for a time slot at Buckhall VFD. We know our 4-H'ers have been practicing and perfecting their skills and are excited to see what they have learned. Be sure to check out select performances as they are posted to the [PWC 4-H/VCE Youtube Channel by clicking here.](#)

Performances this Saturday, February 27th!



2021 In-Person VA 4-H Northern District Contests

Virginia 4-H Northern District will host a number of both virtual and in-person contests this April, providing all 4-H'ers and opportunity to explore their talents and perfect their skills. Participants that would like to participate in the District Contests in-person should visit the [In-Person Northern District Contests website by clicking here.](#) Contests include Presentations, Public Speaking, Science Fair, Share-the-Fun, Table Setting and Extemporaneous Speech. Please click here for the [2021 Northern District In-Person Contests Registration Form.](#) The in-person contest will take place at the George Washington Carver Agricultural Research Center, 9432 N. James Madison Hwy., Rapidan, VA, 22733.

In-Person Registrations are due March 19th.



2021 VA 4-H Northern District Virtual Contest Website

The [2021 Northern District Virtual Contest Website](#) has all of the details, guidelines and registrations. 4-H members may enter in a maximum of two contest areas: Fashion Review, Presentations, Public Speaking, Radio/Public Address, Science Fair, Share-the-Fun, Table Setting and Extemporaneous Speech. Please see the [contest pages on the website](#) for guidelines, video examples, and scoresheets that are specific for each contest. Horse Public Speaking and Presentations Contests is also found at this website. Extemporaneous speech will be conducted via Zoom on April 9th and 10th.

Registration and Videos for Virtual Contests are due on April 10th.

Judges Needed!

In-Person Contest

- [Click here to Register to be an IN-PERSON Judge](#)
- Register by March 19th.
- In-person judges need to be available to judge in-person on April 10th at the [Carver Center.](#)

Virtual Contest

- [Click here to Register to be a VIRTUAL Judge](#)
- Register by April 1st.
- Virtual judges need to be available to judge videos between April 10 and 14.





Please click here to sign up for Move it Monday!

While everyone is welcome, participants will receive timely information and updates on how to win SWAG with

Move it Monday! Race Training Begins this Monday!

Move it Monday! Is back on March 1st with a dedicated goal of getting YOU ready for our new PVC 4-H 5K or Fun Run! **Move it Monday!** is open to all PVC 4-H members, whether you are interested in the race or not. But we highly recommend that you give it a try!

Date: Monday, March 1st begins the 1st week of our 12-week training program

Time: 4:30 pm every Monday

Location: PVC Fairgrounds or [click here to attend via Zoom](#)

Monday's Goal: Let's ease into this and strengthening our legs with targeted exercises followed by walking and short spurts of slow running.

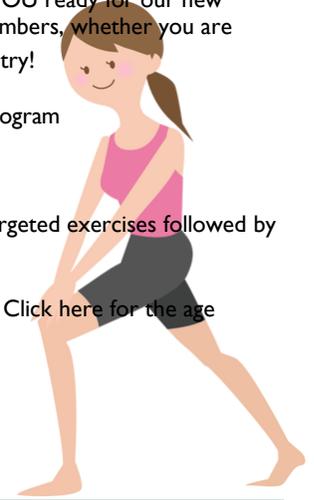
Start Your Portfolio and Turn Your Training Into a 4-H Project! Click here for the age appropriate links to begin recording your progress:

[Project Record Ages 9-10](#)

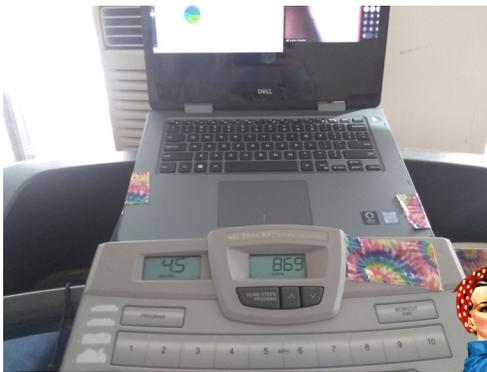
[Project Record Ages 11-12](#)

[Project Record Ages 13-15](#)

[Project Record Ages 16-19](#)



Get Creative with Training!



What do you see in this picture? Could it be a laptop duct-taped to a treadmill? PVC 4-H'ers are getting crafty with how to get those steps in and rack up miles for Charity Miles! **Join today!**

- ♥ Download the [Charity Miles App](#)
- ♥ Choose Feeding America
- ♥ Join Team **#Pwc4h**



WE WANT YOU!

Anything is possible when we work together as a **TEAM!** Join our 5K Race Planning Team by [clicking here to email Kristin Saul!](#) All talents welcome!



Crocheting for a Cause Success

Kayla Dixon of PVC 4-H Nokesville Equestrian Club hosted her first Zoom session last week with over a dozen participants. It's not easy to teach a hands-on activity via Zoom, but Kayla rose to the challenge and did an **OUTSTANDING** job!

Join in tomorrow night for **Crocheting for a Cause, Zoom 2.** [Please click here to register for Crocheting for a Cause and receive the meeting links.](#) Beginners and experienced crocheters welcome. Kayla will get you up to speed. Join in to this fun, social, community service activity at any time! Materials are available from PVC 4-H.

PWC 4-H Clover Connections

Postmaster Cloe has added quite a bit to her Padlet page! [Click here to register to access PWC 4-H Clover Connections](#) and see what all the talk is about!

1918



IT'S A BIRD! IT'S A PLANE! NO...IT'S AN UPSIDE DOWN PLANE?

CHECK OUT THE SCOOP ON THE INVERTED BLUE JENNY ON CLOVER CONNECTIONS!

Listen to the read-aloud with Postmaster Cloe as the National Postal Museum presents an online Story Time with special guest author Cori Doerrfeld as she reads her book "The Rabbit Listened." You, too can be someone's "rabbit" by showing that you care by sending someone a picture or a note through the mail.

YOU ARE NOT ALONE



THE RABBIT LISTENED BY CORI DOERRFELD

LETTER TO AN ELDER DAY!
FRIDAY, FEBRUARY 26TH

- 1) GRAB A BLANK CARD. THEN, WRITE A KIND MESSAGE!
- 2) MAIL TO:
LOVE FOR OUR ELDER
P.O. BOX 24248
CLEVELAND, OH 44124
- 3) NONPROFIT LOVE FOR OUR ELDER WILL SEND YOUR LETTER TO AN ELDER TO BOOST THEIR SPIRITS!

LEARN MORE:
LOVEFOROURELDERS.ORG

See Clover Connections for ideas on what to write!




Get Crafty with Postmaster Cloe!

Use whatever you have! Magazine pages, scrapbook paper...get creative! Learn how to make your very own envelopes on Clover Connections.



Postmaster Cloe knows that it's tough being a kid! It's even tougher when you're a kid in a hospital. Check out the step-by-step how-to to share some encouragement on Clover Connections!



AWWW!

Learn a little history about Owney the Postal Dog.





Embryology Update

Final Embryology Zoom Training: Tonight! February 24th, 7 pm

Egg Pick-Up: March 2nd, 9am-4:30pm

PWC 4-H Embryology project is underway! We had an unexpectedly wonderful overwhelming request for incubators this year. A huge thank you to all that have let others borrow equipment and have joined together for this project. Registered participants have access to training meeting recordings and a Google drive with detailed information, curriculum materials and guides.

Be sure to follow the excitement and learn all about embryology on our [PWC 4-H Embryology Project Facebook Page!](#)

Virtual EquiSmarz Hippology, Horse Judging, Horse Bowl

Registration Opens: March 1st

Registration Closes: March 15th

Virtual Contests: March 26th - 28th



[Click here for contest information and registration.](#) This site will be updated as more information becomes available. Please see rules posted on the 4-H Horse Program website for each specific contest. This competition is for Junior and Senior Contestants. Horse Judging is for 4-H and FFA – all other contests are 4-H only. Awards date TBA. These virtual contests are the final contests which determine 4-H regional and national teams and individuals.

[Please click here for a Tentative Schedule.](#)



VT Giving Day 2021 - TODAY!

Help VCE and 4-H grow a legacy of leaders by donating to this important cause on February 24th! Virginia 4-H prepares youth with life skills to become leaders in their communities and empower them to solve local complex challenges. Today, we need your help to give even more kids the support and encouragement they need to thrive. Let's watch them make the world a better place for us all. [Click here to learn more.](#)

The 24-hour challenge begins February 24th at noon and ends February 25th at noon. When you give, we receive additional funding that supports fees for enrollment into local parent education classes, volunteer training and camps in the VCE Prince William Unit.

[Please click here to make a donation to VT Giving Day](#) and select "Fund Designation: Prince William Coop Extension Serv" to directly impact your PWC VCE Programs, including 4-H!

Master Gardeners of Prince William County Garden Grant

Win up to \$500 for your community garden!

The purpose of the Master Gardeners of Prince William County Garden Grant Competition is to foster learning and excitement by integrating educational experiences in horticulture and the natural world through development of a highly successful school or community garden. The award prioritizes environmental education, community projects and career/life skills development.

[Click here to access information and the grant application.](#)

Please note that the deadline is March 19. Matching funds are required and the applying agency must be a 501(c)(3). At this time Prince William County Schools is not eligible as they have access to other funds. Manassas City Schools/Parks and Manassas Park School and Parks and Rec are eligible. Spring is coming!

[Please click here to learn more about MGPW.](#)



Mindful Meetups for Adults



PLEASE JOIN US FOR WEEKLY

Mindful Meetups

Mondays from 8:30-9am EST
Starting January 11th, 2021

Virtual Meetups will be
via Zoom (registration below)

- Devote a few moments at the start of your work week to practicing mindfulness and self-care with other members of Extension.
- Meetups will focus on movement, connection, and mindfulness exercises to nourish and invigorate the mind and body as we enter a new week.



To register, click the link below:

[Register for Mindful Meetups!](#)



HOKIE WELLNESS

Virginia Cooperative Extension
Virginia Tech • Virginia State University



Questions? Contact:
Samantha Harden, PhD
(harden.samantha@vt.edu)

We are loving this semester's Mindful Meetups series, and just wanted to remind you that all VCE faculty, staff, and volunteers are welcome to participate - this includes **Adult PWC 4-H Leaders and Volunteers!**

Join in anytime! [Please click here to register.](#)

Last week we heard from Joel Koci about the history, practice, and benefits of forest bathing. This week, Hokie Wellness brought us some tips for stress reduction.

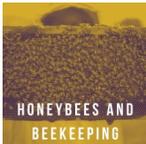
Please remember, if you can't join us live, the [Mindful Meetups recordings are available by clicking here.](#)



Virginia Cooperative Extension Speakers Bureau

ELEMENTARY ENRICHMENT PRESENTATIONS

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



HONEYBEES AND BEEKEEPING: Phil Blevins, Agriculture and Natural Resources Extension Agent will teach students the importance of honeybees and an overview of beekeeping. This presentation is for students in grades K-5 and is 30 minutes long.



LEARN TO SPEAK DOG: Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over how dogs communicate, what their warning signals are, and how to stay safe around dogs. This presentation is for students in grades K-5 and is 30 - 45 minutes long.



GOODS FROM THE WOODS: In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



AFRICULTURE: Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



VIRGINIA WILDLIFE: Using furs, skulls, and live animals, Bonnie Tillotson, 4-H Extension Agent will help youth learn about Virginia Wildlife. Youth will learn about native species, predators vs. prey, how skulls differ between herbivores, omnivores, and carnivores, and what wildlife need to survive. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



SIMPLE MACHINES WE USE EVERY DAY: Ruth Wallace, 4-H Extension Agent, will guide students through a discussion of simple machines that we use all the time without realizing how much help they give us. The presentation involves going through the simple act of making chocolate pudding and discussing each simple machine used. This presentation targets VA Science SOL 3.2 and is 15 minutes long.



EXPLORING WATERSHEDS: Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



TEACHING YOUR DOG AND YOUR FRIENDS WITH KINDNESS: Dr. Erica Feuerbacher, Professor at Virginia Tech, will go over in simple terms how to use rewards (positive reinforcement) to train dogs to do tricks and behave better. She will also tie this into how we can interact with other humans better using these same approaches--telling people what we like about what they do, saying thank you etc. There will be plenty of dog videos! This presentation is for students in grades K-5 and is 30 minutes long.



BLINK! THINK! MAKE YOUR CHOICE; USE YOUR VOICE: When we place children in the care of other adults, we trust they will be safe; but we know we cannot be totally sure. When a supposedly trusted authority figure tells a child to do something wrong, it is a confusing and potentially dangerous experience. Dr. Eric Kaufman, Professor at Virginia Tech, will introduce students to an age-appropriate strategy for intelligent disobedience. The intention is to teach the children how to make sensible decisions about instructions that they are given by adults. This presentation is for students in grades K-5 and is 15 - 30 minutes long.



DAIRY: Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



THE WORLD AS AN APPLE: Mandi Dolan, 4-H Extension Agent, will help students examine soil horizons and investigate best management practices for soil conservation through this interactive lesson targeting SOLs 3.10 and 4.9. This presentation is for students in grades 3 - 5 and is 30 - 45 minutes long.



SOIL SCIENCE: Ruth Wallace, 4-H Extension Agent, teaches students about soil components, organisms in soil, and the importance of soil as a natural resource. This presentation targets VA Science SOL 3.6 and 3.8 and is 15 - 30 minutes long.



SUGAR BUSTERS: Erin Morgan, 4-H Extension Agent, will help students compare the serving sizes and added sugar content of foods served at meals and various family celebrations. This presentation targets Health Education SOL 4.2 and is 30 minutes long.



SOILS FOR THE GARDEN AND THE FARM: Tim Ohlwlir, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.

Virginia 4-H Honey Bee Writing Contest



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

2021 4-H Essay Contest Announcement and Rules

Sponsored by
The Foundation for the Preservation of Honey Bees, Inc.
& Virginia 4-H



Virginia State Awards: Cash Prizes to 3 Top State Winners at these levels: 1st- \$100, 2nd- \$50, 3rd- \$25



National Competition Awards: The VA State Winner will be forwarded on to National competition and could win cash prizes as follows: 1st - \$750, 2nd - \$500, 3rd - \$250

Each state winner, including the national winners, receives an appropriate book about honey bees, beekeeping, or honey.

2021 Essay Topic

“Immunity: Threats to Bee Colonies and Methods to defend Against the Threats”

Honey bee colonies have developed many ways to stay healthy. Their immune responses range from behaviors such as grooming to using materials such as propolis, a plant-derived substance bees coat on the interior of a hive for antimicrobial purposes. Even the gut of the honey bee contains beneficial bacteria to help the bee stay healthy!

In your essay, name at least two threats (e.g., a parasite such as Varroa, a pathogen such as a virus, a predator such as a bear, etc.) to honey bee colonies and then discuss the methods colonies use to defend against those threats. If possible, include at least one picture you have taken from February 2020 - February 2021 that illustrates how colonies manage to stay healthy against a variety of threats.



Email entries are due March 20th.

[Click Here for Contest Rules and How to Enter](#)

National 4-H Updates



**NATIONAL 4-H
COUNCIL**

LET'S CHANGE THE WORLD TOGETHER!

Join the Invisalign® ChangeMakers!

Are you making a positive impact in your community? Then you're an Invisalign ChangeMaker. And we'd love to help boost your efforts! That's why, in partnership with National 4-H Council, we're giving \$5,000 to 100 teens (ages 13-19) who we think are changing the world for the better. Share your story on how you're creating positive change in your community, school and world! **Applications accepted through March 31, 2021.**

[Please click here for more information.](#)

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



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I AM



4-H PROUD

PWC 4-H Resources

National 4-H

[National 4-H Homepage](#)

Virginia 4-H

[VCE 4-H](#)

[Complete Phase III Social Distancing Guidelines](#)

[Resources for 4-H Enrollment](#)

[4-H Risk Management Forms](#)

[4-H Online Information](#)

[The 4-H Foundation](#)

[Promotional Materials](#)

[4-H Awards and Recognition Forms](#)

[4-H All Stars](#)

[Resources for 4-H Animal Sciences](#)

[Resources for 4-H Citizenship](#)

[Resources for 4-H Club Management](#)

[Resources for 4-H Communication & Expressive Arts](#)

[Resources for 4-H Competition & Scoring Aids](#)

[Resources for 4-H Curriculum & Delivery](#)

[Resources for 4-H Family Sciences](#)

[Resources for Food, Nutrition and Health](#)

[Resources for 4-H Leadership & Personal Development](#)

[Resources for 4-H Natural Resources & Environmental Education](#)

[Resources for 4-H Plants, Soils & Entomology](#)

[Resources for STEM](#)

Prince William 4-H Association

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[PWC 4-H Programs](#)

[PWC 4-H Camps](#)

[PWC 4-H Events & Calendar](#)

[Funding Request Form](#)

Portfolio Records

[Member Record](#)

[Member Record - editable](#)

[Project Record Ages 9-10](#)

[Project Record Ages 11-12](#)

[Project Record Ages 13-15](#)

[Project Record Ages 16-19](#)

**2020-2021 PWC 4-H
Association Officers**

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Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

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Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

