



Prince William 4-H

Our Clubs, Our Community



March 31, 2021

Upcoming Events

- Apr 1 - [VASWCD 2021 Scholarships Due](#)
- Apr 2 - [Community Service Barn Clean-Up](#)
- Apr 10 - [4-H Northern District Contest Day](#)
- Apr 24 - [PWC 4-H Day Camp & Junior Camp Registration Opens](#)
- Apr 25 - [Horse Project Declarations Due to PWC 4-H](#)
- Apr 28 - May 10 - [TSC Paper Clover Campaign](#)
- TBD - [4-H State Congress Interest Meeting](#)

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PWC 4-H 5K and 1-Mile Fun Run Registration Released

The event we've all been waiting for....

The PWC 4-H 5K and 1-Mile Fun Run!



This is our new annual, county-wide fundraiser event and we need **YOU!**

1. **Volunteer:** We can't do this without **YOU**. We need manpower before and during the race - from bakers, to sponsors, to race set-up and more, our PWC 4-H'ers are needed to take charge and create an exciting event. Be sure to check out the many different possibilities on our [Volunteer Page](#).
2. **Recruit Runners:** Tell your 4-H Story to your **family, friends and neighbors** and encourage them to participate in PWC 4-H 5K. Why should they support 4-H? Aside from supporting **YOU**, they will support over 600 local youth in their strive towards leadership, environmental stewardship, civic engagement, community service and more. Fundraising efforts support local 4-H youth through camp scholarships, funding for state and national leadership events and competitions, and scholarships for continuing educational endeavors. Whether you're a walker, runner, 1-miler or 5K'er...**EVERYONE is encouraged to register!**
3. **Log Your Miles:** Make our PWC 4-H 5K even more impactful! Join Team #Pwc4h on [Charity Miles](#) and invite your family, friends and neighbors to join. It's free! Not only will they be supporting the youth in PWC 4-H by participating in the race, but their steps will turn into dollars to support our local food banks through Feeding America - it's **DOUBLE** the community service!

Choose Your Race:

In-Person 5K
Date: Sunday, May 23rd
Time: 9 am
Location: PWC Fairgrounds, Manassas
 Register by 8am on May 22nd

In-Person 1-Mile Fun Run
Date: Sunday, May 23rd
Time: 10:15 am
Location: PWC Fairgrounds, Manassas
 Register by 8am on May 22nd

Virtual 5K
Dates: Sun., May 23rd - Sat., May 29th
 Register by 11:59pm on May 22nd

Virtual 1-Mile Fun Run
Dates: Sun., May 23rd - Sat., May 29th
 Register by 11:59pm on May 22nd

invite your family and friends!

Click to Visit



HEAD



HEART



HANDS



HEALTH

Register today!

[Click here to register and choose your race!](#)

Volunteer today!

[Click here to volunteer and be part of the action!](#)

PEEPI

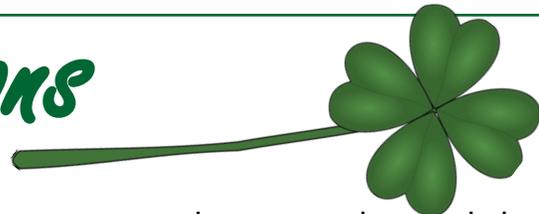


Embryology Update

The chicks are being dropped off at the PWC Fairgrounds and are so CUTE! Thanks to all who participated and discovered the excitement of embryology. Poultry Farmer Cloe is working with many to conduct a second hatch. Stay tuned for more information at the [PWC 4-H Embryology Project Facebook Page!](#)



Clover Connections



Greetings from Postmaster Cloe! We don't have any new postcards to report, but we do have one still on its way to Germany! Here are some other new things to check out on our Clover Connections Padlet Page:

Letterlocking: Before mass-produced envelopes, people kept their letters secret by using folds, slits, and wax seals. Learn how to secure your



Letter Stitching Learn how to use needles and thread to make a unique card for someone!



TRAVEL JOURNAL IDEA! Are you planning a trip this summer? Try this neat idea to remember your adventures and have a special souvenir!



Want to join in the fun? [Click here to register to receive the Padlet Link to PWC 4-H's Clover Connections](#) and discover the world of the United States Postal Service!





TRAVIS' RACE TRAINING TIP - DO YOU NEED A SPORTS DRINK?

People drink sports drinks because they have electrolytes. Electrolytes are minerals in your body that Make sure that your nerves, muscles, the heart, and the brain work the way they should. When you workout for a long time (90 minutes or more) or work out very intensely, you sweat out electrolytes. That's when we drink sports drinks. But not all sports drinks are the same. A lot of sports drinks have tons of sugar in them which makes them unhealthy. By reading the label we can see which sports drinks have little or no sugar, so we can help our body the right way! The best way for our bodies to get electrolytes, however, is fruit! .

~ Travis Dieffenderfer, SNAP-Ed

Almost 5,400 Miles Logged by TEAM PWC 4-H!



Log Your Miles for a Chance to Win 4-H SWAG!

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

Click Here



BE THE FIRST TO KNOW!

FOLLOW PWC 4-H 5K RACE UPDATES AS THEY HAPPEN



THIS EVENT IS NOT POSSIBLE WITHOUT YOU!

Please consider donating your time, talent and energy towards the First Annual PWC 4-H 5K and 1-Mile Fun-Run. The sign-up link below has volunteer opportunities for all levels of commitments and talents from bakers to registration table volunteers to sponsors and more! We know our PWC 4-H'ers have what it takes to get the job done! *(and have LOTS of fun in the process!)*



Race Day: Sunday, May 23rd

[Click here to volunteer for the PWC 4-H 5K/1-Mile Fun Run!](#)

[Click here to register for the PWC 4-H 5K/1-Mile Fun Run and choose your race!](#)

Move it Monday!

No Move it Monday on Monday, April 5th - train at your own pace using the 4-H 5K Race Training Plan provided.

Date & Time: Every Monday at 4:30 pm

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

What to Bring: water bottle, mask, and project record book

Register: [Please click here to sign up for Move it Monday!](#) While everyone is welcome, registered participants will receive timely information and updates on how to win SWAG with your miles!

WEEK

6

- 🚶 5-minute brisk walk
- 🏃 6-minute run
- 🚶 1-minute walk
- 🕒 Repeat 3X's more, 6-minute run/ 1-minute walk; 28 total minutes
- 🧘 5-minute stretch



WEEK 7

🚶
5
MINUTE
BRISK
WALK

🏃
8
MINUTE
RUN

🚶
1
MINUTE
WALK

🕒
REPEAT 2X'S
MORE, 8-MIN
RUN/ 1-MIN
WALK; 27
MINUTES TOTAL

🧘
5
MINUTE
STRETCH

PW 4-H Day Camp & Junior Camp Updates



* Photos taken prior to 2020

An amazing group of enthusiastic and creative Day Camp Counselors met last night to discuss camp themes and activities. And we have an exciting adventure planned for YOU! From camp favorite dirt pudding to theme days, PW 4-H Day Camp will provide creative enrichment opportunities in science, art, and health, as well as team games and activities, all within the excitement of the PWC Fair. Our event volunteers are busy creating a program and hope to announce the camp plan in the next couple of weeks. Keep checking the newsletter for updates.

Calling all Teen 4-H'ers - JOIN IN THE FUN! Become a PW 4-H Day Camp Counselor! [Email Kristin Saul for more information.](#)



SAVE THE DATE! Camp registration for both PW 4-H Day Camp and Junior Camp will open on **April 24th.** All registrations will be online. Details coming soon!

- **PW 4-H Day Camp** – PWC Fairgrounds, Manassas, August 16 – 20
- **PW 4-H Junior Camp** - Northern Virginia 4-H Educational Center, Front Royal, July 18-22

summer fun. here we come!



SERVICE LEARNING PROJECT

Crocheting for a Cause - NEW LEARNING OPPORTUNITIES!

Back by popular demand! Kayla Dixon of PWC 4-H Nokesville Equestrian Club will host a second session of Zoom meetings to get your creativity working towards a great cause! The new sessions are perfect for 4-H'ers that are experienced or new to crocheting. The purpose of her Service Learning Project is for 4-H'ers to learn the basics of crocheting, **create a scarf** and donate the items to a charity. 4-H'ers are welcome to join in at any time! Crochet hooks and yarn are available from PWC 4-H. [Please click here to register for Crocheting for a Cause and receive information on supplies and meeting links.](#)

Session Dates:

- * Thursday, April 8th - 6:30 pm, in-person supply pick-up @ McCoy Building
- * Thursday, April 15th - 7 pm, Zoom
- * Thursday, April 22nd - 7 pm, Zoom

FREE
while supplies last

you can do it!

take it home



SATURDAY, APRIL 3 • 11AM - 2PM

The possibilities are endless with LEGO® DOTS™.



Selection may vary.

Let your kids experience the magic of DOTS to create their own amazing designs.

Includes a 20% off coupon to use toward supplies for a new project.

Show us what you made! #handmadewithjoann

Up/Do: 4/3/21

0922-188618

PWC Community Service Barn Spring Clean-Up

Date: Friday, April 2nd

Time: 10 am - 4 pm (partial time slots available)

Location: Bristow, VA



[Click here for the Sign Up Genius.](#) *If all slots are full, please contact Lauren through Sign Up Genius for additional opportunities to be involved in this worthy project.*

Lauren Byrd of Nokesville 4-H Equestrian Club is organizing a community service day at a local barn to support a PWC resident who is battling terminal cancer. This is an opportunity for Prince William 4-H to support a local resident in need of some kind, caring and loving hands, as well as an opportunity to earn community service hours. This event is for horse lovers as well as those not experienced with horses. Please consider sharing with your member families.

PWC 4-H Paper Clover Campaign

The Paper Clover Fundraising Campaign is a semi-annual event held in partnership with Tractor Supply Co. and National 4-H. During Paper Clover, TSC invites friends and family to support 4-H by donating \$1 at checkout in stores to support sending youth in Virginia to 4-H camp, State 4-H Congress, and other leadership experiences.



Tractor Supply will once again be holding their Paper Clover Campaign along with National 4-H during April 28-May 10, 2021. Because we are still not able to hold in-person campaigns we are asking clubs to create a small poster (legal size paper up to half size poster board) display featuring their accomplishments this past year. A possible theme could be "RESILIENCY"; something you've all had experience with this year! Posters will be displayed at the Manassas TSC store on Balls Ford Road.

We know that patrons tend to donate more often when 4-Hers are there in person, so let's show them the best way we can under the circumstances. Let's show them just how resilient 4-Hers are! 4-H Clubs earn a large percentage of the proceeds from this event to use towards camps, State Congress, and other leadership opportunities. Sign up below to let us know we can count on your display(s), and please contact us at the 4-H Office if you have any questions about this year's campaign.

[Click here to sign up to participate in the PWC 4-H Paper Clover Campaign!](#)

Virginia 4-H Equismartz Updates



Important Dates to Remember:

- **April 7th:** Virtual EquiSmartz Communications Contests open for entries
- **April 11th:** Virtual EquiSmartz Hippology, Horse Judging, Horse Bowl Awards
- **April 25th:** Horse Project Declarations Due to PWC 4-H
- **April 25th:** Virtual EquiSmartz Communications Contests entries due

[For details on upcoming EquiSmartz events and programs, please click here.](#)

4-H Northern District Contest Day Reminders



- The deadline to register and upload videos for the Northern District Virtual Contests is April 10th. The one exception to this deadline is the Extemporaneous Speaking Contest which has a registration deadline of April 8th so that participants can perform their speeches live on April 9th or 10th.
- This website includes guidelines, examples of videos, and registration forms for all contests. 4-H'ers register and upload their videos through this site. Please click here to view the [The 2021 Northern District Virtual Contest Website](#).
- We are still in need of judges for the virtual contests. Please register to be a judge by April 1st. Virtual judges need to be available to judge videos between April 10 and 14. [Click here to Register to be a VIRTUAL Judge](#)

Virginia 4-H Congress Across the Commonwealth - Save the Date!



Date: June 25-27, 2021

Location: Northern Virginia 4-H Educational Center (for Northern District Participants)

The 4-H Congress Leadership Team is working to put together a great, high quality educational leadership program for our participants that will provide the same level of learning and fun that is typically experienced with Congress in Blacksburg. We anticipate utilizing updated technologies at the 4-H centers to provide synchronous virtual programming for statewide assemblies and workshops, as well as giving districts ample time to provide their own in-person programs on site. Competitions will occur virtually outside of Congress, as was the case last year, and winners will be announced at the conclusion of Congress along with the annual Share the Fun Show. Also like last year, the Virginia 4-H All Stars will have time to conduct a virtual welcome ceremony – although we will not be able to conduct in-person tapping ceremonies at each location due to our safety guidelines. Housing, meals, social activities, etc. will follow the same health and safety guidelines at each center as we are using for 4-H camps.

More information coming soon! Registration is expected to open April 27th.

VA Youth Beef Challenge & State 4-H and FFA Tractor Driving Contests

AGRICULTURE CAREER EXPLORATION SERIES



Chad was a member of East Alameda 4-H Club in Ingham County Michigan for 9 years in the 1980's. He graduated from Michigan State University in 1994 and began his career with the USDA that same year. Chad is a District Supervisor with USDA-Wildlife Services. As a wildlife biologist he helps people resolve conflicts with wildlife. In his spare time he and his son manage over a dozen honey bee hives, he enjoys traditional archery, and he's a deacon and Sunday school teacher at Snowville Baptist Church.



Jordan Wicks was born and raised in rural Central Illinois, and though very involved in both 4-H and FFA, she did not grow up on a farm. Jordan attended Southern Illinois University, where she obtained a B.S. in Animal Sciences in 2010. She went on to continue her education at Auburn University where she earned a M.S. in Meat Science in 2012. Jordan has a variety of experience in the meat processing industry. She currently serves as the Meat Center Manager at Virginia Tech. Jordan has been able to educate the next generation of industry leaders, both in the classroom, and by offering hands-on learning at the VT Meat Center.

MONDAY - MARCH 29TH FROM 7 - 8PM
[HTTPS://VIRGINIATECH.ZOOM.US/J/84150033549](https://virginiatech.zoom.us/j/84150033549)
 WATCH LIVE ON FACEBOOK AT "GILES COUNTY EXTENSION - VIRGINIA COOPERATIVE EXTENSION"

Highlighting alumni of 4-H and FFA. Speakers will discuss their chosen agricultural profession and be available to answer questions by participants. For more information email Jeannie Dudding at jdudding@vt.edu.



[Click here to watch Monday's presentation on agricultural careers and hear from a Wildlife Biologist and the Manager of the VT Meat Center!](#)

The VA Youth Beef Challenge and the State 4-H and FFA Tractor Driving Contests will be held in conjunction with the modified VA Beef Expo and the Virginia Junior Beef Roundup this year at the Rockingham County Fairgrounds. Both events are open to VA 4-H and FFA members.

[Click here for Junior Beef Roundup event details.](#)

[Click here for Youth Beef Challenge details.](#)

The VA Youth Beef Challenge (Beef version of the 4-H Food Challenge)

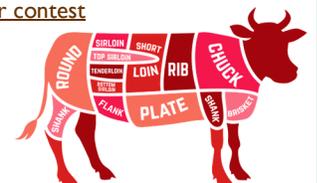
Saturday, April 17th (register to enter by April 7th), 10 am

[Click here to Register to Enter Contest](#)

The State 4-H and FFA Youth Tractor Driving Contest "Drive and Go" Event

Thursday, April 15th . 9 am.

[Click here to register to enter contest](#)



Virginia 4-H featured in Virginia Tech Daily

Virginia 4-H's Youth in Action award recipients were featured in Virginia Tech Daily, VT's daily news email that is distributed to all staff and students across the state of Virginia. These outstanding youth, including PWC's very own 4-H'er Samantha Whysong, were each highlighted in the article along with their efforts to improve our community.



[Click here to read the full article and learn more about Samantha's efforts to improve mental health in our community!](#)

Virginia 4-H Career Series: Women in STEM

The new virtual 4-H STEM Careers series will be held every Monday and Wednesday from March 29th to April 28th at 6 p.m. This new series will feature women in various types of STEM careers, majors and at different levels in their career and education. The sessions will last about 30 minutes and will be in an interview-style. Speakers will discuss their career path and education, and then be open for questions from attendees. Youth in 3rd - 12th grade are encouraged to participate. [Click here to register to receive the Zoom link.](#)



Speaker Schedule:

- ◆ **March 29th:** Dr. Maddy Schreiber, *Professor of Hydrosciences*
- ◆ **March 31st:** Dr. Leigh Anne Krometis, *Associate Professor of Biological Systems Engineering*
- ◆ **April 5th:** Dr. Glenda Scales, *Chief Technology Officer & Director of Engineering Online in the College of Engineering*
- ◆ **April 7th:** Ms. Mary Michael Lipford, *Senior in International Agriculture*
- ◆ **April 12th:** Ms. Lucy Adamson, *Senior in Agronomy*
- ◆ **April 14th:** Ms. Lindsey Waters, *Dental Hygienist and Program Manager for Bland Ministry Dental Center*
- ◆ **April 19th:** Dr. Natasha Watts, *Director of Cardinal Education & Associate Director of Online Learning at VT College of Engineering*
- ◆ **April 21st:** Dr. Jessica Walters-Wright, *Veterinarian for Virginia Department of Agriculture and Consumer Services*
- ◆ **April 26th:** Ms. Ridhi Deo, Ph.D. Fellow, *Predictive Healthcare Analytics and Biomedical Instrumentation*
- ◆ **April 28th:** Dr. Bailey Zwarycz, *Intestinal Stem Cell Senior Scientist, ALTIS Biosystems*

[Updates are also posted on the VA 4-H State Facebook Page.](#)



Pathways for Future Engineers Program at VT Invites Applications

Rising 10th -12th grade students in Virginia who had neither parent graduate from a four-year college are invited to apply to become a Pathways Scholar through the Pathways for Future Engineers program in the Virginia Tech College of Engineering. The Pathways Scholar program is an all-expenses covered program in the Center for the Enhancement of Engineering Diversity that supports first-generation students and their families on the pathway from high school to an engineering degree.

The Pathways Scholar program includes the following:

- **Summer Program:** Our 2021 Cohort of Pathways Scholars will receive full scholarships to attend our Pathways 2020 Summer program, an online engineering experience, scheduled for July 25th – August 7th . This virtual experience will explore different academic and research programs in the College of Engineering at Virginia Tech and will include online engineering activities and visits with engineering professionals throughout the state of Virginia and beyond. In addition, all students will participate in a team-based, problem-solving design experience in conjunction with the Virginia Department of Transportation with support from engineering students and professionals. [Take a look at what Pathways did in Summer of 2020!](#)
- **Campus Visits (as conditions allow):** Multiple opportunities to attend campus events and meet College of Engineering faculty and students leading up to college with all expenses covered for Pathways Scholars and a Pathways Partner (e.g., a parent, teacher, mentor, or other significant adult).
- **College Application Support:** Students in the Pathways Program will receive special invitations to events and opportunities hosted by Virginia Tech staff that will include early application reviews, conversations on financial aid, and strategies for college planning.
- **Mentoring Programs:** Students in the Pathways for Future Engineers program will have the opportunity to be mentored by previous Pathways participants who are current Virginia Tech students as they prepare for college and develop a deeper interest in engineering. Additionally, Pathways will offer opportunities to connect with Virginia Tech faculty and professionals throughout the year.
- **All Program Costs Covered for Pathways Scholars:** Students selected as Pathways Scholars participate in pathways experiences for free.

CLICK HERE TO APPLY. APPLICATIONS DUE BY MAY 1st.

**PRINCE WILLIAM
COUNTY**

8033 Ashton Ave, #105,
Manassas, VA 20109

Click to Visit Online:

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



Your Dedicated PWC 4-H Staff

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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

[PWC 4-H Homepage](#)

[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**

Youth Officers

Samantha Whysong, President

Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

Committee Chairs

Fundraising Committee - Samantha Whysong

Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

