



# Prince William 4-H

*Our Clubs, Our Community*



April 14, 2021

## Upcoming Events

- Apr 15 - [Crocheting for a Cause](#)
- Apr 19 - [Move it Monday](#)
- Apr 22 - [Crocheting for a Cause](#)
- Apr 24 - [PWC 4-H Day Camp & Junior Camp](#)  
Registration Opens
- Apr 25 - [Horse Project Declarations Due to PWC 4-H](#)
- Apr 25 - [TSC Posters Due](#)
- Apr 26 - [Move it Monday](#)
- Apr 28 - [May 10 - TSC Paper Clover Campaign](#)
- May 1 - [Community Service Fairgrounds Garden Clean-Up](#)
- May 1 - [VT Pathways Application Due](#)
- May 3 - [Move it Monday](#)
- May 8 - [Teen Leadership Seminar](#)

## Inside this issue:

- [Equismartz](#) 2
- [Clover Connections](#) 3
- [PWC 4-H 5K Info](#) 4
- [TSC Paper Clover](#) 5
- [VA 4-H Updates](#) 6
- [Contacts & Recourses](#) 8

Click to Visit



## PW 4-H Day Camp & Junior Camp

**REGISTRATION IS OPEN!**



### 4-H JUNIOR CAMP: JULY 18-22, 2021

Northern Virginia 4-H Educational Center, Front Royal

4-H Junior Camp is a five-day, four-night camp for youth ages 9-14 held at the Northern Virginia 4-H Educational Center in Front Royal, Virginia. Youth explore new interests, enjoy swimming and recreation and participate in evening activities and campfires. Registration forms will be accepted in person only along with payment for 4-H Junior Camp on a first-come, first-serve basis.

### 4-H SUMMER DAY CAMP: AUGUST 16-20, 2021

PWC Fairgrounds, Manassas

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

*Both camps are open to youth residing in Prince William County, Manassas City and Manassas Park. All registrations will be completed online through the registration websites. No mailed or early registrations will be accepted. Camping slots are filled on a first come, first served basis.*

**[Click here for more information about 4-H Camps and to register!](#)**

## Community Service at the PWC Fairgrounds

PWC 4-H has two exciting opportunities to lend a helping hand!



HANDS

### PWC Fairground Clean-Up Day: Saturday, May 1st at 9 am

With gratitude to the fairground staff and owners, for allowing us to hold club meetings throughout the year, special events, etc., two times a year our clubs get together to "beautify" the gardens and plant areas around the fairgrounds. Meet us at the children's barn with gloves, masks, water and any gardening tools, sunscreen, etc. We will have some gardening tools, water and trash bags as well. Help us say thank you with this social service project!



HANDS

### Adopt a Garden: *More info coming soon*

How does your garden grow? Explore your skills at gardening by adopting a garden at the PWC Fairgrounds. Adoptions are available to clubs or families. Be creative while helping to keep the fairgrounds beautiful for all to enjoy. More info next week!





## Virginia 4-H Equismartz Updates

### Important Dates to Remember:

- **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](#).

## Congratulations! Horse Competition Results Posted

The April 11th Virtual EquiSmartz Hippology, Horse Judging and Horse Bowl Awards have been released and we're so proud of our PWC 4-H'ers! This VA 4-H event had a strong showing of 43 participants.



### Hippology

Congratulations to the **Nokesville Equestrian Team** for placing **3rd** overall! Individual awards went to:

- Carolyn Hicks placed 8th overall
- Samantha Whysong placed 10th overall
- Maddie VanDroof placed 25th overall
- Lauren Byrd placed 28th overall

### Horse Judging

Congratulations to the **Prince William 4-H Team** for placing **8th** overall! Individual awards went to:

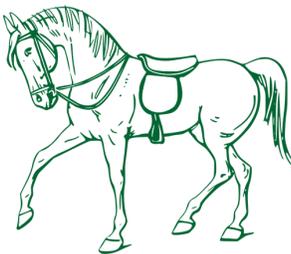
- Carolyn Hicks placing 12th overall

For complete competition results, please click:

- ★ [4-H Horse Judging Results](#)
- ★ [EquiSmartz Hippology Results - Juniors](#)
- ★ [EquiSmartz Hippology Results - Seniors](#)
- ★ [Horse Bowl Awards](#)

**YOUR HELP IS NEEDED!**

## 4-H State Show Silent Auction



Please consider donating to the VA 4-H State Horse Show Silent Auction! This year has been challenging for many organizations, including the State Horse Show, and we need your support. The auction is the primary fundraiser for the 2021 Virginia State 4-H Horse and Pony Championship Show. And, as you know, the 4-H championship show is run 99% by volunteers and is 100% self-funded through entry fees, sponsors and through the effort of our Silent Auction. **DONATE TODAY!**

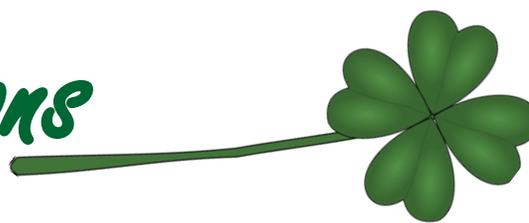
- ★ [Click here for the Request for Donations Letter](#)
- ★ [Click here for the Donor Form](#)

Please email [Rose Baker McDonald](#) regarding auction questions or donations.

Visit the  
Silent  
Auction  
Facebook  
Page!

**SAVE THE DATE! The Silent Auction will be held in September 2021**

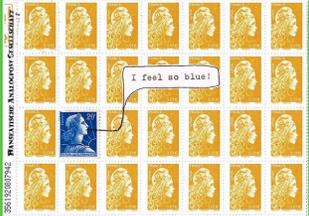
# Clover Connections



Be sure to comment about your experiences on the Clover Connections Padlet Page!



**NEWS: Postcard to Germany**  
"Kai-Jan" in Germany said his interests were sports and history. Virginia is rich in Civil War history, so we sent him this postcard of Rose O'Neal Greehow, a Confederate spy.



**LOOK: Handmade Postcards**  
Need some artistic inspiration? Take a peek at some of these postcards, made by Postcrossers across the world!



**ART: Stamp Crafting**  
Stamps are beautiful! Did you know that the PWC 4-H office has tons of stamps available for collecting or crafting? We can send you some random ones through the mail! Learn more in Clover Connections.

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!




Adding to a project record throughout the year

Doing it all right before the deadline

**Are you keeping up with your PORTFOLIO? Here's your reminder to add something new!**



## Kayla's Crocheting for a Cause

SERVICE LEARNING PROJECT

It's not too late to join in the fun! Kayla Dixon of PWC 4-H Nokesville Equestrian Club is hosting 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.](#)

**Remaining Session Dates:**

- \* Thursday, April 15th - 7 pm, Zoom
- \* Thursday, April 22nd - 7 pm, Zoom

## PWC 4-H 5K and 1-Mile Fun Run Register today!



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

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

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!**



Click Here



### 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!



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!](#)

### Move it Monday!

**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!](#)

**Log your Charity Miles so you don't "get lapped!"**

(inside joke...come to Move it Monday!)



## Travis' Healthy Tip

### Rest Days Can Actually Help You Run Stronger

Not running is just as important as running! Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you want to keep training. When you run, you aren't just building stamina and strength, you're also breaking your body down, causing a tiny amount of tissue damage. Allowing yourself time to recover afterward is what makes it possible for you to come back better next week, next month, next race. When you rest you can allow your muscles to repair and be stronger, and help prevent injury!



~ Travis Dieffenderfer, SNAP-Ed

## 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-May10, 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!](#)

**POSTERS DUE APRIL 25th**



## Northern and Central District 4-H Leadership Webinar - May 8th

### A special leadership day for Northern District 4-H teens!

The Northern and Central District State 4-H Cabinet Ambassadors are excited to announce a virtual leadership opportunity for your teens! Join us on Zoom on Saturday, May 8<sup>th</sup> from 6:00-7:30PM to learn about Parliamentary Procedure, 4-H Beyond the Club Level, Telling Your 4-H Story, and more! This program is open to 4-Hers ages 13-18 as of 09/30/21. Hope to see you there!

### REGISTER BY MAY 3rd!

[Click here to register for the ND & CD 4-H Teen Leadership Webinar](#)

**VA 4-H NORTHERN + CENTRAL DISTRICT LEADERSHIP DAY!**

SATURDAY, MAY 8TH 2021  
6PM - 7:30PM ON ZOOM

- Parliamentary Procedure
- 4-H Beyond The Club Level
- Telling Your 4-H Story

Open to 4-Hers ages 13 - 18 (by September 30th 2021)

Register by May 3rd :  
<https://tinyurl.com/4-HLeads2021>

Sponsored by the VA 4-H State Cabinet Northern and Central District Ambassadors

**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University  
[www.vce.edu](http://www.vce.edu)

HEAD  
 HANDS  
 HEART  
 HEALTH

## Virginia 4-H Teen Summit - **REGISTRATION IS OPEN!**

### SAVE THE DATE!

#### Virginia 4-H Teen Summit



May 14th - 16th 2021

W.E. Skelton 4-H Educational  
Conference Center

Focused on Social  
Justice Issues like  
LGBTQ+ rights,  
mental health, racial  
justice, the  
environment,  
diversity, equity, and  
inclusion. (And  
more!)

In-Person and virtual options  
**For Teens, By Teens**



Virginia  
Cooperative  
Extension

**Date:** 14th-16th

**Location:** W.E. Skelton 4-H Center, 775 Hermitage Rd, Wirtz, VA

Registration is open for our 4-H Teen Summit held in person at W.E. Skelton 4-H Center May 14-16th. Registration is open through April 30th at midnight. This event will be open to high school age youth (9-12th grade) this year, and we will offer a virtual version for those who do not feel comfortable in attending the face to face version. All state and 4-H guidelines for in person and overnight programming will be followed during the event. We are very excited to be able to announce that we will be holding a 4-H Teen Summit in person! We will be hosting a 4-H Teen Summit focused on social justice issues like LGBTQ+ rights, mental health, racial justice, the environment, education, food insecurity, and much more IN PERSON and Virtual.

\*\*All participants will need to either produce a negative COVID-19 test no earlier than 7 days prior or complete a 14 day quarantine log. Please see the links below.

For registration, youth will register using [4-H Online](#). If they have already created a profile, they will see an event registration either at the bottom of their page or through the events tab. If they do not have a profile, they will need to set up a profile prior to registering. See the tip sheets below. The registration fee of \$25 is due no later than May 5th. Checks can be made payable to Virginia 4-H Foundation.

Registration fee can be mailed to:

State 4-H Office  
c/o Kathy Sealander  
107 Hutcheson Hall  
250 Drillfield Dr.  
Blacksburg, VA 24018

### Important Resources:

[COVID 19 Protocols](#)

[Teen Summit Quarantine Form](#)

[Enrolling in 4-H Online](#)

[Enrolling for an Event in 4-H Online](#)

## 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)*

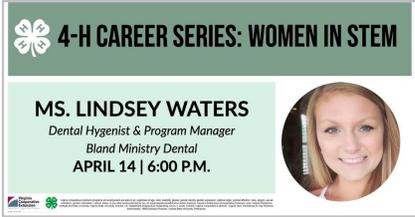


The 4-H Congress Leadership Team is working to put together a great, high quality educational leadership program for our participants that will provide the same level of learning and fun that is typically experienced with Congress in Blacksburg. We anticipate utilizing updated technologies at the 4-H 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.

## 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.](#)



**4-H CAREER SERIES: WOMEN IN STEM**

**MS. LINDSEY WATERS**  
Dental Hygienist & Program Manager  
Bland Ministry Dental  
APRIL 14 | 6:00 P.M.

### Speaker Schedule:

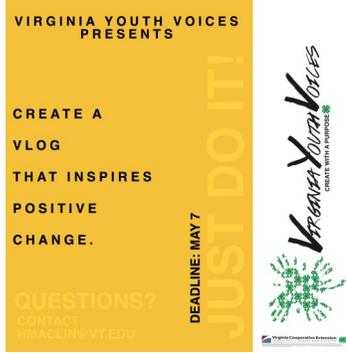
- ◆ **April 14th:** Ms. Lindsey Waters, *Dental Hygienist and Program Manager for Bland Ministry Dental Center*
- ◆ **April 19th:** Dr. Natasha Watts, *Director of Cardinal Education & Associate Director of Online Learning at VT College of Engineering*
- ◆ **April 21st:** Dr. Jessica Walters-Wright, *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](#).

## VA 4-H Youth Voices Changemaker Challenge

**We challenge YOU!** Create a short video that inspires positive change! Be creative and think outside the box. Use your smartphone to create the video. Someone can shoot the video for you or it can be a selfie vlog style video. You can even sing a song or play a musical instrument if that gets your point across. You can create a photo slide show with narration and animation etc. It's up to you, just be sure that your video inspires positive change.

Imagine that your video will be viewed on all social media platforms and on all the national and international television networks. Think of what you would tell the world to inspire positive change and make a video that says just that. Your video can inspire positive changes in relationships with friends and family or with leaders of nations and anything in-between. You might want to talk about race relations or diversity. If your passion is animal-rights or saving-the-planet, speak on one of those topics. It's up to you.



VIRGINIA YOUTH VOICES PRESENTS

CREATE A  
VLOG  
THAT INSPIRES  
POSITIVE  
CHANGE.

DEADLINE: MAY 7

QUESTIONS?  
CONTACT:  
1-800-4-A-4-H

JUST DO IT!

VIRGINIA YOUTH VOICES  
CREATE WITH A PURPOSE

Selected videos will be shown at the **Virginia 4-H Youth Voices Red Carpet Oscar Awards Expo** scheduled for **May 15<sup>th</sup> from 12:15 to 1:15 p.m.** 4-H Oscar Awards will be given to the winners and videos shown on the "big screen".

**Note** - Your video should be about 1-5 minutes in length. Upload your video to the share folder that is provided at registration.

**Register now** by emailing your interest to Virginia 4-H Youth Voices Director, Hermon Maclin, Extension Agent 4-H at [hmaclin@vt.edu](mailto:hmaclin@vt.edu) or send a text to him at 804-712-0620 as soon as possible.

**Deadline to submit videos is May 7<sup>th</sup>**

## VT Virtual Health Professions Enrichment Program

**Virginia Tech Carilion School of Medicine**, in partnership with Virginia Tech's College Access Collaborative, is pleased to present the **Virtual Edition** of the **Health Professions Enrichment Program** (HPEP), an educational outreach program for high-potential 9<sup>th</sup> and 10<sup>th</sup>-grade students who are passionate about science and health-related careers. The program gives high schoolers a realistic look at what life is like as a pre-med student, medical student, and a medical professional.

If you have questions, contact **Ms. Ginai Seabron** in the **Virginia Tech Carilion School of Medicine Office of Diversity & Inclusion** at [gss2018@vt.edu](mailto:gss2018@vt.edu).



[CLICK HERE TO REGISTER](#) by Thursday, April 15th at 9:00 AM.

**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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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**

[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  
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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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Fundraising Committee - Samantha Whysong

Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

