



# Prince William 4-H

*Our Clubs, Our Community*



## Upcoming Events

- May 6** - Crocheting for a Cause - Final Session
- May 7** - Changemakers Videos Due
- May 8** - Teen Leadership Seminar
- May 10** - [Mindfulness for the Teen Brain](#)
- May 14** - [Farm Bureau Scholarship Application Due](#)
- May 14-16** - VA 4-H Teen Summit
- May 21** - [PWC Scholarship Applications Due](#)
- May 23** - **PWC 4-H 5K RACE DAY!**
- May TBD** - PWC 4-H Senior Event
- Jul 18-22** - 4-H Junior Camp
- Aug 16-20** - 4-H Day Camp
- Sep 9-12** - 60th VA State Championship Horse & Pony Show

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Click to Visit



Virginia Tech • Virginia State University

May 5, 2021

## 2021 State 4-H Competitions - *Submissions due May 28!*

### Registration is open for the 2021 State 4-H Competitions!

PWC 4-H encourages all of our youth members to participate in the 2021 State 4-H Competitions. These events will be held virtually, and outside of 4-H Congress, with the winners announced at 4-H Congress. The submission deadline is May 28th, with additional deadlines for Food Challenge and Extemporaneous Speaking. Contest categories and submission details are included in the information linked below.



[Click here for 2021 State 4-H Areas of Competition.](#)

[Click here for Congress Video Tips.](#)

## State 4-H Cabinet Elections - *Apply by FRIDAY!*

Applications for the 2021-2022 State 4-H Cabinet Elections are due by this Friday, May 7th. All PWC 4-H teens are encouraged to review the application and apply.

[Click here for the New Constitution and By-Laws](#)

[Click here for the Cabinet Elections Packet](#)

## Virginia 4-H Congress Across the Commonwealth

**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. **Registration information is expected soon!**

# On your mark...get set...GO!



HEAD



HEART



HANDS



HEALTH

## PWC 4-H 5K AND 1-MILE FUN RUN May 23rd

With less than a month to go to race day, here's what you can be doing to prepare:

## RECRUIT SPONSORS

The Prince William County 4-H Association is hosting our first annual PWC 4-H 5K as our new, county-wide fundraising event. All proceeds from this event are used to support programs for our members. As you know, these funds provide invaluable leadership training, member recognition, and field trips, as well as scholarships to camps, leadership workshops, and state and national events.

### What Can YOU Do to Recruit Sponsors



#### Become a Race Sponsor

Own a business? Become a **Heart, Hands, Heat or Health Sponsor** and have your business promoted on race t-shirts, bags, website, event booths and more! Sponsorship opportunities range from \$100-\$1,000 and have key advertising benefits for your business. [Click here for a list of sponsorship opportunities.](#)



#### Become an Individual Donor

Ask friends and relatives to donate to this important cause. Tell them your 4-H Story and demonstrate how much 4-H has impacted your growth. If they are unable to run the race in-person or virtually, encourage them to enter a custom donation amount under the sponsorship tab on the race website. You can also use the "Become a Fundraiser" tool to email friends and family to support 4-H and your goals!



#### Ask Businesses That You Frequent to Sponsor

##### It's as simple as PRINT - PASS - ASK

Any business can support the PWC 4-H 5K! **PRINT** out the [RACE FLYER](#) created by Alison Dixon of Nokesville Equestrian Club and her business 'Image Prep.' **PASS** it out to friends, family, and every business that you frequent. **ASK** businesses to post the flyer in their window. **ASK** them to go to the website and become a sponsor. And be sure to tell them your 4-H Story and why 4-H is important to our PWC community. Make a goal to visit 5 local businesses!

## VOLUNTEER



This event is not possible without volunteers like you! Please consider donating your time and talents to making our first annual PWC 4-H 5K a success. Opportunities range from donating to the bake sale, announcing at the event, working the registration table, helping with first aid, timing the race, and more. [Visit our PWC 4-H 5K Volunteer Sign Up Genius page and lend a helping hand!](#)



# RUN

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!**

invite your family and friends!

## Choose Your Race:

\$30

### 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

\$10

\$20

### 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

\$10



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



## 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!](#)



## Move it Monday Ran in Support of Run for the Fallen

**Lending their HEARTS to a good cause and practicing their running skills!** On Sunday, May 2nd, a group of 4-H youth and adult volunteers used their head, hearts, hands, and health to run alongside the runners in Virginia Run for the Fallen for the first mile of their journey as a community service initiative to pay tribute to every Virginia military service member who has died while serving, or as a result of serving, during the War on Terror. Many 4-H'ers chose to run for an additional 30 minutes in honor of Mark Stubenhoffer of Springfield, Virginia, assigned to the 1st Battalion, 41st Infantry Regiment, 1st Armored Division, Fort Riley, Kansas, who died while serving During Operation Iraqi Freedom on December 7, 2004, at the age of 30. Virginia Run for the Fallen is a statewide relay foot run that covers 250 miles through fourteen counties remembering over 700 fallen.

Click here for the PWC 4-H Press Release

**For more information:** <http://va.usarunforthefallen.org/>





## PW 4-H Day Camp & Junior Camp

### 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.

**ALMOST FULL!**

### 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



### Adopt a Garden: **Select your garden today!**

Spring is here! It's time to update the gardens at the PWC Fairgrounds

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.

[Click here to select your plot](#) - only 8 available.

[Click here for VCE 4-H's Resources for 4-H Plants, Soils, & Entomology Enrichment Materials](#) and turn your garden into a Project Record!

## Save the Date - PWC 4-H Senior Event

### It's time to celebrate our **Class of 2021!**

PWC Senior 4-H'ers should be on the lookout for an email with a Doodle poll to help us select the best date at the end of May to celebrate you! This special event will include announcing scholarship recipients, Camp Seniors recognition, and much more! More information coming to your inbox shortly.



## Scholarship Opportunities for PWC 4-H'ers



### Prince William-Fairfax County Farm Bureau Scholarship

The Prince William-Fairfax County Farm Bureau, established in 1966 is a free, independent, non-governmental voluntary organization of persons, firms and corporations interested in agriculture united for the purpose of analyzing their problems and formulating actions to achieve educational improvements, economic opportunity, and social advancement. The Bureau is offering two \$1500 scholarships to high school seniors or enrolled college students for further study in the fields of agriculture, veterinary sciences, food and/or fiber production sciences, forestry, natural resources or a directly related field. [Click here for more information.](#) **Applications must be received by 4pm on May 14th.** [Click here to apply.](#)



### Bernard Malo Scholarship

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four year college, community college or vocational school. Amount of scholarship may vary from year to year. Two letters of reference are required to be submitted with the application, and more are acceptable. The scholarship review committee may consist of Trigger Time 4-H adult volunteers, other 4-H adult volunteers and/or 4-H staff. Those applying from Trigger Time Shooting Sports 4-H Club will be given first consideration for this scholarship. The review panel for this scholarship will meet and decide before the end of the high school year. **Applications must be received by May 21st.** [Click here to apply.](#)



### Joanne Guhl Scholarship

Joanne Guhl was a member of the Boots and Saddles 4-H Club who died in a tragic automobile accident in 1984. Her parents honor her memory by awarding a college scholarship to a 4Her. Applicants must be enrolled the Prince William County 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science. **Applications must be received by May 21st.** [Click here to apply.](#)

## Shop 'til You Drop!

The **PWC 4-H Paper Clover Campaign at Tractor Supply Company** is underway! Encourage your friends and family to shop at TSC and support 4-H programming and scholarships with a \$1 donation at checkout.

**Add PWC 4-H as Your Charity to Amazon Smile!** Want to help make a difference while you shop in the Amazon app, at no extra cost to you? Simply follow the instructions below to select "Prince William County 4-H Association" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us. **How it works:**

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Prince William County 4-H Association" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app



**Support PWC 4-H today!**



## Shooting Education Camp - *Register today!*

We are happy to announce that Shooting Education Camp is available this summer!

**When:** August 8-12, 2021

**Where:** Holiday Lake 4-H Educational Center

**Who:** Youth ages 12-16 with an interest and/or experience in shooting sports.

[Click here to register for Shooting Education Camp](#)

**The deadline to register is July 12, 2021.** This popular camp will fill quickly.

*Shooting Education Camp will operate using all mandated COVID-19 guidelines and restrictions. Staff are continually using resources to adapt operations including: The American Camp Association, Virginia Department of Health, Association for Camp Nurses and the Center for Disease Control and Prevention.*

## Mindfulness for the Teen Brain - *May 10th*



VIRGINIA 4-H

### MINDFULNESS MONDAYS

Exploring Mindfulness for the Teen Brain

Bethany & Zona Eigel  
May 10, 2021  
2:00 p.m.



Join Bethany Eigel, 4-H Agent in Chesterfield County, and her daughter Zona as they release their Mindfulness Monday FaceBook premier video on May 10th at 2:00PM titled *Exploring Mindfulness for the Teen Brain*.

During this session, the mother-daughter pair will be addressing a variety of mindfulness techniques and what it takes to 'find the right fit', which will include some examples of resources, apps, and ideas. They will also touch on what specifically is going on with the chemistry of the teen brain and how mindfulness can specifically help in building resilience skills for future application.

[Chat LIVE at 2 pm on May 10th on the VA 4-H Facebook page.](#)

## 4-H Teacher Resources

**New educational material is available on the Virginia 4-H Resources for School Enrichment Website!** This site is a library of research-based, experiential learning resources accumulated by Virginia 4-H Extension Agents. These resources include lesson plans, activity sheets, and videos - organized by SOL and CTE task numbers. Resources may be used in teacher and 4-H volunteer programming.

These resources are free, but in order to justify the effort spent in compiling these resources, [please click here to complete the brief survey to receive a link to access the site.](#)

**Don't forget to check out the VCE Speakers Bureau** - another resource that aims to connect experts from Virginia Cooperative Extension with classrooms and other groups of youth throughout the Commonwealth. [Please click here to access the VCE Speakers Bureau.](#)

**Both websites are excellent FREE resources for end-of-school year enrichment activities!**

**EDUCATORS!**

Are you looking for new material, hands-on activities or virtual resources for your class?

Do you want to invite experts to your classroom to share educational topics with your students?

**Virginia 4-H has you covered!**

Fill out the questionnaire provided with this post to have exclusive access to VA 4-H activities organized by grade level or CTE class! All activities have been correlated with SOL and CTE standards.

## Statewide 4-H COVID Guidelines Reminder

As clubs begin to meet more regularly and in person, please review our statewide COVID guidelines for 4-H in person programming. [Please click here for the complete guidelines.](#) Some key points:



- Discourage attendance by anyone sick or showing signs of illness within the last 14 days
- Adhere to CDC Guidelines for Cleaning and Disinfecting
- Identify Frequently Touched Areas and Disinfect Regularly or between users
- Physical Distancing Implemented - 6 ft distance whenever possible
  - Includes tables, bleachers, seating areas
  - Avoid small rooms or tight quarters
  - Program may need to be modified in order to achieve social distancing requirements.
- No sharing of equipment or supplies
- All in-person 4-H program participants, youth and adult, are required to wear an appropriate face covering/mask. Face coverings/masks are required for both indoor and outdoor programs and during transportation (unless the transport vehicle occupants are from the same family).
- The only exceptions to the face covering/mask requirement are as follows:
  - When handling an animal in certain areas where adequate physical distancing can be maintained and properly ensured, such as while on a horse, in a show ring, in a line-up area waiting to enter the show ring, or in a designated grooming area or wash rack.
  - When standing on the firing line during shooting education programs; however, six feet of physical distance is required.
  - When a medical condition prevents the participant from wearing a face covering/mask. If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact your local extension office to discuss accommodations at least 5 days prior to the event.

Compliance with 4-H COVID guidelines promotes the health, safety, and well-being of all program participants. 4-H programs/events that are found to be in non-compliance may be immediately suspended, if compliance with 4-H guidelines is not demonstrated. Click here for the [Immediate Corrective Action Notification of Non-Compliance of VCE COVID Guidelines form.](#) Let's have a safe and social summer!

## Poultry Welfare Webinar



WEBINAR: GLOBAL STANDARDS AND RESEARCH ADVANCES IN

### Poultry Welfare

ALL ARE WELCOME - ATTENDANCE IS FREE  
PLEASE REGISTER [HERE](#)

MAY 25

BROUGHT TO YOU BY THE POULTRY EXTENSION COLLABORATIVE

POULTRY EXTENSION COLLABORATIVE  
Contact: PECpoultry@gmail.com  
<https://www.poultry-welfare-extension.com/>



MAY 25 2021  
Program

10:00 AM EST  
**Dr. Mike Toscano**  
Senior Scientist at the Center for Proper Housing: Poultry and Rabbits (ZTHZ), Veterinary Public Health Institute - Switzerland

Challenges in breeding laying hens for a cage free future to ensure productivity and high welfare

11:10 AM EST  
**Dr. Kate Barger-Weathers**  
Director of World Animal Welfare, Cobb-Vantress, Inc. North America

Industry advances in meat bird welfare: a growing focus on animal welfare within the supply chain

12:15 PM EST  
**Dr. Nicole Widmar**  
Agricultural Economics Associate  
Head/Professor, Purdue University

The potential for online media data to shed light on public perceptions of animal welfare

[Please register here](#)



**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**

**MaryBeth Lerch**  
4-H Extension Agent  
[m1erch@pwcgov.org](mailto:m1erch@pwcgov.org)  
703-792-4536

**Kristin Saul**  
4-H Youth Educator  
[ksaul@pwcgov.org](mailto:ksaul@pwcgov.org)  
703-792-4762

**Emily Cloe**  
4-H Youth Educator  
[ecloe@pwcgov.org](mailto:ecloe@pwcgov.org)  
703-792-4761

**Candi Helmlinger**  
4-H Program Specialist - Newsletter  
[chelmlinger@pwcgov.org](mailto:chelmlinger@pwcgov.org)

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  
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

