



Special Edition Prince William 4-H

Our Clubs, Our Community



May 26, 2021

Upcoming Events

- May 27** - [Registration deadline: VA 4-H Congress](#)
- May 28** - [Registration deadline: State 4-H Competitions](#)
- May 28** - [Deadline to Volunteer as State 4-H Competitions Judge](#)
- Jun 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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SUCCESS! 1st Annual PWC 4-H 5K and 1-Mile Fun Run



On Saturday, May 23rd, the PWC 4-H Association hosted their first annual 5K and 1-mile fun run event.

The hybrid race attracted close to 100 participants, both in-person and virtually. In addition to the race, the association hosted a delicious bake sale with homemade treats and fun raffle baskets.

Congratulations to all runners for competing and striving to reach your goals! Many runners had personal bests. Here's a shout out to the competitors with super fast feet:

Heat 1

- 1st** Samuel Kramer
- 2nd** James Strand
- 3rd** John Konstany

Heat 2

- 1st** Emily Martin
- 2nd** Tara Blue
- 3rd** Bill Starr

Heat 3

- 1st** Samson Delatorre
- 2nd** Maria Konstany
- 3rd** Ellie Knudson

The race would not have been a success without the many volunteers on hand! The PWC 4-H *Move it Monday!* team prepared everyone for the race by leading stretches and encouraging participants to hydrate. The Buckhall Volunteer Fire Department blew their horn for the start of each wave. And volunteers were in tents checking in participants, selling treats, timing, and more! It was truly a community event!



Turn the page to see all of the fun we had!

Congratulations to Northern District Contest Winners!



Virtual District Contest:

Bailey Dove: Blue Ribbon- Public Speaking, Purple and Blue Ribbon- Share the Fun, Drama

Ryan Nguyen: Blue Ribbon- Presentation, Citizenship and Leadership

Samantha Whyson: Purple and Blue Ribbon- Presentation, Animal Science

In-Person District Contest:

Ulric Summerlin: Red Ribbon- Share the Fun, Vocal

[Click here to watch the award presentations!](#)



I've got that 4-H spirit up in my head, up in my head, up in my head. I've got that 4-H spirit up in my head, up in my head to stay.



I've got that 4-H spirit deep in my heart, deep in my heart, deep in my heart. I've got that 4-H spirit deep in my heart, deep in my heart to stay.



I've got that 4-H spirit down in my toes, down in my toes, down in my toes. I've got that 4-H spirit down in my toes, down in my toes to stay.



I've got that 4-H spirit all over me, all over me, all over me. I've got that 4-H spirit all over me, all over me to stay.



I'VE GOT THAT 4-H SPIRIT!



FINISHING 4-H STRONG SHOW THEM HOW IT'S DONE!



Happy Birthday

MATTEO RUNS!

One kid with speed helping many kids with need.

Matteo joined in the fun of the PWC 4-H 5K, running for Jaylee, a 12 year old battling cancer in the hospital who's birthday was race day! Matteo turned 11 the following day. He was channeling Jylee's superpowers on race day and crushed his time finishing in 21:42 and placing 4th overall.

[Click here to learn more about how Jylee is kicking cancer!](#)

[Click here to follow Matteo on Facebook](#) and help him reach his goals or visit www.otckids.org.



View all of the photos from the event on
RunSignUp.com



THANK YOU VOLUNTEERS!

HEAD

HEART

HANDS

HEALTH

This event was not possible without you!

From bakers, to timers, to set-up crew and take-down crew ...we cannot express how thankful we are to be a part of 4-H and on a team of do-ers. Thank you for donating your time and talents!



I'm looking over a 4-H clover that I overlooked before.
 One is for head.
 The second for heart.
 Third is hands. They're doing their part.
 There's no need explaining the one remaining.
 It's health that we're striving for.
 I'm looking over a 4-H clover that I overlooked before.

THANK YOU SPONSORS!



Thank you PWC 4-H'er Alison Dixon for lending your talents to design the race flyer that was distributed to local businesses and for attending meetings to recruit new participants! See more of what Alison can do at www.imageprep.com or email alison@imageprep.com.



Thank you to Prince William County Fairgrounds Expo and Event Center for continued support of the PWC 4-H programs and generous use of the fairgrounds!



Thank you to Ole Virginia Hams and Woodbridge Wireless amateur radio clubs for ensuring the security and safety of our runners!

- [Click here to learn more about Ole Virginia Hams](#)
- [Click here to learn more about Woodbridge Wireless](#)



Thank you to Shirt Art Inc. in Woodbridge and Trophy Shop in Manassas for very last minute "help" and discounts.

- [Click here to learn more about Shirt Art Inc.](#)
- [Click here to learn more about Trophy Shop](#)

TROPHY SHOP

STRAVA

Thank you to STRAVA for supporting the PWC 4-H 5K. STRAVA is the #1 running app for runners and cyclists
www.strava.com



Thank you to Connect@ Amazon for supporting our race and be sure to 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



Through Amazon Smile, \$285 has already been donated to the PWC 4-H Association!

DOUBLE COMMUNITY SERVICE!

We put our head, heart, hands and health to work

All proceeds from the PWC 4-H 5K and 1-Mile Fun Run, bake sale, and raffle tickets support local youth through the PWC 4-H Association. Many participants earned DOUBLE the community service by joining Team #Pwc4h and tracking their miles through Charity Miles. Our team turns their steps into dollars to support local food banks through Feeding America. **Don't stop tracking those steps!** Our local food banks have tremendous needs throughout the year and need your continued support.



Team #Pwc4h has 32 members and has logged 7,481 miles to-date. Join our team today!



The more we get **TOGETHER**, together, together The more we get **TOGETHER**, the **HAPPIER** we'll be.
For your friends are my friends And my friends are your friends The more we get **TOGETHER**, the **HAPPIER** we'll be.



Virginia 4-H Congress Across the Commonwealth

Date: June 25-27, 2021

Location: Northern Virginia 4-H Educational Center

REGISTER at 4honline BY MAY 27th

** limited to 75 participants **

The mission of **Congress Across the Commonwealth** is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them – helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

Due to the ongoing COVID-19 pandemic, this year's Congress will be in a unique format that will allow participants to attend in-person while still adhering to guidelines for health and safety. We know this is going to be a wonderful event that all 4-H'ers can enjoy! [Click here for detailed information and how to register.](#)



2021 State 4-H Competitions - *Submissions due FRIDAY*

Competitions will be held virtually for 2021. In order to register for 4-H Competitions at congress, youth will complete the registration and submission information through submittable, <https://va4h.submittable.com/submit/193246/4-h-congress-competitions>. This will be a different format than previous years. Competitions will use two types of format depending on category. First is pre-recorded; these competitions will be videos captured by the competitor and uploaded into the system on or before May 28th. The second will be "live sessions." Most of these sessions will be recorded live, but will be judged based on the recording. Extemporaneous Speaking will be live recorded on June 3rd. 4-H Food Challenge video submissions will be due on June 3rd. More information will be sent to those registering for these events. Also you can find more specifics for competitions here: <https://ext.vt.edu/4h-youth/competitions.html>.

JUDGES NEEDED FOR STATE COMPETITIONS! Areas included are: presentations, share the fun, extemporaneous, fashion revue, and food challenge. **Volunteers should respond by May 28th.** [Please click here to volunteer as a judge.](#)



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.

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.

“Exploring with 4-H”

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!](#)

IT'S NOT TOO LATE TO JOIN THE FUN!

- **CAMP COUNSELORS** are still needed. We've had a few meetings with lots of new and exciting ideas. We're still gathering ideas and additional training sessions are coming soon.
- **ADULT VOLUNTEERS** are needed to ensure we have a great camp experience! If you are willing to help, we would love to have you join us for whatever time you can give, 8:30 am-1:00 pm M-F on August 16th-20th. Chaperones, group facilitators, snack distributors...let us know that you want to help and we will find you a spot! [Adult volunteers can register here.](#)

Please contact [Emily \(ecloe@pwcgov.org\)](mailto:ecloe@pwcgov.org) or [Kristin \(ksaul@pwcgov.org\)](mailto:ksaul@pwcgov.org) with questions or to volunteer!

Youth of Virginia Speak Out About Traffic Safety

YOVASO, a young driver and passenger safety program of the Virginia State Police, is hosting a virtual Summer Leadership Series that empowers youth ages 11-20 with the knowledge and leadership skills to become traffic safety advocates in their schools and communities. The sessions are interactive, educational, engaging and fun! Participants will have the opportunity to win gift cards and prizes and will receive a free YOVASO t-shirt (*limited availability - register early*).

GOALS FOR THE SUMMER SERIES:

- Educate young drivers and passengers about their risk factors in a motor vehicle and how to reduce those risks through a variety of interactive training sessions, motivational speakers, and educational programs.
- Prepare students and their adult advisors to lead peer-to-peer safe driving and traffic safety programs in their schools and communities.
- Help build positive relationships between law enforcement and youth while working together to prevent young driver-related crashes, injuries, and fatalities.

The series will kick off on June 22nd at 7 pm and will conclude with YOVASO's Award Ceremony on July 27th. The series will be held every Tuesday night at 7 pm and each session will only last one hour.

June 22nd: Own It with Brandon White, Motivational Speaker

June 29th: Interactive Leadership Session presented by Dover Youth to Youth

July 6th: Virtual Driving Videos and Lessons with StreetSafe

July 13th: 10 Seconds with Bobby Pettrocelli, State Farm Agent and Motivational Speaker

July 20th: Virtual Trivia Game Show provided by Academic Entertainment

July 27th: YOVASO Awards Ceremony: A Night to Recognize Leaders for Youth Traffic Safety

REGISTER BY JUNE 1ST

[Please click here to learn more about the YOVASO Summer Leadership Series and to register.](#)

**Want to Learn Leadership Skills
AND Have the Chance to
Win AWESOME Prizes?**

Register TODAY for the FREE virtual Summer Leadership Series to be held every Tuesday at 7pm for six weeks! The Series kicks off June 22 and ends July 27.

Some Prizes Include:



For more details on each session or to register for the Series, visit: YOVASO.ORG/SUMMER-RETREAT

YOVASO

BOGS Design Your Own 4-H Boot Competition - *Entries due by June 1st*

BOGS Design a Boot 4-H Themed Contest is now open! BOGS is asking for kids and adults to help design the next limited-edition BOGS 4-H boot. For inspiration, participants are encouraged to draw something that represents a 4-H activity or their own 4-H experience for the chance to have their design reproduced on the limited-edition boots. This contest is open to both kids and adults, and designs will be accepted through June 1. [Click here to learn more about the contest and how to enter.](#)



VA Ag Week Photo Contest - *Entries due by May 31st*

We want to see Virginia agriculture through your eyes! In celebration of VA Ag Week, June 13 - 19, the Virginia Department of Agriculture and Consumer Services is hosting the Virginia Agriculture Week Photo Contest. Entering is simple. Just capture images that best depict agriculture in Virginia and submit your entries to webmaster.vdacs@vdacs.virginia.gov by May 31. Contest entry is free and you may submit as many entries as you like. In addition to great prizes, the winning photo will be prominently featured in the 2022 edition of the Virginia Agriculture magazine. Submitted photo entries may be used in future VDACS' publications or within social media campaigns to highlight the diversity of Virginia agriculture. [Click here for more information.](#)



**PRINCE WILLIAM
COUNTY**

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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

[PWC 4-H Homepage](#)

[PWC 4-H Programs](#)

[PWC 4-H Camps](#)

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

[Funding Request Form](#)

Portfolio Records (coming soon)

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

