



Prince William 4-H

Our Clubs, Our Community



March 17, 2021

Upcoming Events

- Mar 20 - 4-H Volunteers Spring Conference
- Mar 15 - Move it Monday!
- Mar 22 - Move it Monday!
- Mar 23 - PWC Camp Counselor Interest Zoom Meeting
- Mar 25 - AgDiscovery Applications Due
- Mar 26-28 - Equismartz State 4-H Horse Knowledge Contests
- Mar 29 - Move it Monday!
- Mar 29 - Youth in Action Applications Due
- Mar TBD - Statewide Shooting Instructor Training
- Apr 10 - 4-H Northern District Contest Day

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Click to Visit



PW 4-H Day Camp 2021 - TEEN INPUT NEEDED!



Now is your chance to help design a camp based on YOU - your talents, your interests, and your experiences to share.

We're in the early planning process and we need your input! Here's your call to action:

ACTION ITEM 1

Complete the Day Camp Counselor Survey

Day Camp Counselor Survey: We are not asking for a commitment just yet, but we need your input, creativity, talents, and ideas during this annual tradition of summer fun and opportunity for growth. Please complete this survey prior to the Zoom meeting on March 23rd.

Survey link: [Day Camp 2021 Counselor Survey](#)

ACTION ITEM 2

Attend the Day Camp Teen Counselor Planning Meeting

Date: Tuesday, March 23rd

Time: 7 pm

Zoom Link: <https://viriniatech.zoom.us/j/84479091164>

This is an interest meeting for potential counselors. Our discussion will include camp themes, activities and what YOU want to do! Once we've established some of these basics, we will reach out to adult volunteers. In addition to answering general questions about camp, during this time we will also be available to answer questions you may have about Virginia 4-H guidelines for in-person programming.

From all of us at PWC 4-H, we have missed you and can't wait to see you!

DAY CAMP AND JUNIOR CAMP REGISTRATION COMING LATE APRIL!

Support the 4-H Be a Buddy Not a Bully Initiative Today!

Support Samantha Whysong's program "Jumping Over Bullies" and help teach youth how to recognize, prevent, and stop bullying. Sam teams up with Rubin, her three-year-old dwarf miniature pony, to promote bullying awareness to youth and presents key strategies to prevent and stop bullying based on her own personal experiences.

Sam has teamed up with Shining Sol Candle Company to help promote her initiative and to raise funds for a PWC 4-H Scholarship to outstanding youth. [Please click here to learn more about her efforts.](#)



Remember to always be a buddy not a bully!



Photo by
Jocelyn Hanly

Embryology Update

It's candling time! The best days for observing development are between days 7 and 11, so don't worry if you can't get to it right away. It is so exciting! Those chicks grow fast, and with each day that passes, the features should be more and more visible. Eyes, heart, and movement are the highlights of this peek into the egg! Check out the video of candling posted by Janelle Marie on our [PWC 4-H Embryology Project Facebook Page!](#)

If you would like PWC 4-H to rehome your chicks, please select a date below or contact the office:

- **March 26th:** <https://www.signupgenius.com/go/4090C4DAAAF29A4FF2-march>
- **April 2nd:** <https://www.signupgenius.com/go/4090C4DAAAF29A4FF2-april>

Horse Project Declarations



Due April 25th to PWC via 4-H Online

Horse Declarations are one of the requirements for any equine that will be shown at the State 4-H Show. Youth may declare several animals (some as backups). Please note that Horse Project Records must be kept on each animal you wish to show or use as a backup for the State Show. In an effort to streamline the process, please note that all Horse Project Declarations will be done electronically through 4-H Online and the system is now open for declarations.

[Click here for a Tip Sheet on How to Add A Horse/Pony to Your Member Profile.](#)

Clover Connections



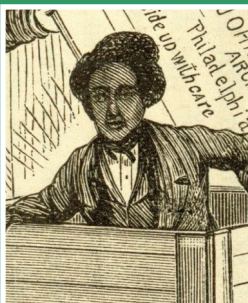
Is there anything that Mrs. Cloe can't do? She's busy being both "Poultry Farmer Cloe" and "Postmaster Cloe" and bringing you the most fascinating and FUN opportunities to dive into research-based educational enrichment experiences! Check out some of the fun we're having this week in **Clover Connections:**



This last week, we received a very unique postcard from Hank in Marietta, GA. What a fantastic building! Isn't it great how postcards allow us to "visit" places all over the world? Read the postcard on Clover Connections!

The USPS Remote Encoding Facility:

Do you have bad handwriting? If you don't, you surely know someone who does! Learn how handwritten mail makes it to the correct destination in this week's post on Clover Connections.



If you've ever been down Canal St. in Richmond, VA, you may know about the incredible story of Henry "Box" Brown, who traveled to freedom in a box through the mail. Read his story on 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!



Volunteers Needed for the PWC 4-H 5K/1-Mile Fun Run!

I pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service, and my **HEALTH** to better living, for my club, my community, my country, and my world.

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!)*

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

PWC 4-H 5K Race registration coming soon!

Race Day: Sunday, May 23rd



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!](#) While everyone is welcome, registered participants will receive timely information and updates on how to win SWAG with your miles!



The PWC 4-H 5K and 1-Mile Fun Run is Sunday, May 23rd at the PWC Fairgrounds!



TRAVIS' RACE TRAINING TIP - STRONGER LEGS = MORE SPEED

How do you develop leg muscles to make you run faster? I recommend focusing on the key muscle groups involved in running, such as quadriceps, hamstrings, and glutes. Strengthening these key muscle groups will allow you to begin seeing immediate results as you run faster than you ever have before! But I'll let you in on a little secret - sprinters work extremely hard to develop the muscles that help them run faster.

~ Travis Dieffenderfer, SNAP-Ed

Exercises to help strengthen your legs include:

squats, lunges, step ups, box jumps, and jump rope.



FREE



NBC Health and Fitness Virtual Expo

March 19th & 20th

[Click here for more information and to register!](#)



CHARITY MILES

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

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

PWC 4-H'ers Shine at Share



SHARE THE FUN PARTICIPANTS

Cloverbuds:

Marie Konstanty, *S.A.L.T. 4-H Club* - Dance

Juniors:

Owen Lee, *Kettle Run 4-H Club* - Instrumental

Bailey Dove, *Kettle Run 4-H Club* - Drama

Intermediate:

Alexis Strand, *Trigger Time* - Instrumental

Senior:

Ulric Summerlin, *Bulls Eye* - Drama & Vocal

CONGRATULATIONS!



the Fun & Presentation Day

4-H PRESENTATIONS

Cloverbuds:

Grayson Dove, *Kettle Run 4-H Club* - Public Speech

Juniors:

Ayden Strand, *Trigger Time* - Radio Spot & Table Setting

Bailey Dove, *Kettle Run 4-H Club* - Public Speech

Sierra- Nicole Wimer, *Nokesville Equestrian Club* - Presentation

Intermediates:

Hudson Lee, *Kettle Run 4-H Club* - Radio Spot

Alexis Strand, *Trigger Time* - Table Setting

Tim Hirshey, *Kettle Run 4-H Club and Bulls Eye* - Presentation

Seniors:

Julia Lee, *Kettle Run 4-H Club* - Presentation

Libby Pumphrey, *Nokesville Equestrian Club* - Extemporaneous

Katie Saul, *Nokesville 4-H Club* - Extemporaneous

Samantha Whysong, *Nokesville Equestrian Club* -
Extemporaneous

Emma Locklear, *Nokesville Equestrian Club* - Presentation

Carolyn Hicks, *Nokesville Equestrian Club* - Presentation

Trae Kohn, *Trigger Time and Old Dominion Equestrian Club* -
Presentation

Maya Mitchell, *Old Dominion Equestrian Club* - Presentation

Gregory Ruwe, *Nokesville Equestrian Club* - Presentation

Aiden McDonald, *Prince William 4-H* - Presentation

Jordan Ruth, *Nokesville Equestrian Club* - Extemporaneous

Ben Hirshey, *Kettle Run 4-H Club* - Presentation

Lauren Byrd, *Nokesville Equestrian Club* - Presentation





AgDiscovery 2021

Application
Deadline is
March 25, 2021

AgDiscovery is a unique opportunity for students to explore agricultural sciences, and gain knowledge about careers in animal and plant disciplines, wildlife management, veterinary medicine, biotechnology, entomology, food safety, food production, agribusiness, forestry, and MUCH more! Students experience hands-on learning workshops, behind-the-scenes tours, laboratory and field exercises, in addition

to a variety of cultural and teambuilding activities. AgDiscovery 2021 is conducted nationwide at select universities and through in-person and virtual options.

[Click here for more information and to register for AgDiscovery 2021.](#)

Apply by March 25th!

VASWCD 2021 Scholarships



Due: April 1st to Prince William Soil & Water Conservation District

Who Should Apply:

Individual applicants must be Virginia residents and full-time college freshmen or high school senior students who have applied to a college freshman level curriculum.

VASWCD 2021 Scholarship Details:

The VASWCD Educational Foundation scholarship program promotes the education of Virginia citizens in technical fields with a natural resource conservation and environmental protection emphasis. The program provides financial support to students majoring in or showing a strong desire to major in a course curriculum related to natural resource conservation and/or environmental studies. Annually the Foundation provides four \$1,000 statewide scholarships in addition to the many local SWCD scholarship opportunities.

[Click here for the VASWCD Scholarship Information and Application](#)



Spring Break Camping Opportunities

NORTHERN VIRGINIA 4-H EDUCATIONAL CENTER OFFERING SPRING BREAK CAMPING AND RETREAT OPPORTUNITIES

Are you an looking for a safe (*and somewhat rustic*) spring retreat and/or camping trip to take with your family, significant other, or close immediate group of friends? Would you like to see Spring in bloom and explore the Appalachian Trail and the Shenandoah Mountains? Or perhaps you would like to hold a camping outing for a Girl Scout, Boy Scout, Cub Scout Troop or other small group in which you are involved? If so, the Northern Virginia 4-H Educational Center might be just the place for you! For additional information or to make a reservation, please call Chris Newlon, 4-H Center Reservations and Events Coordinator, 540-635-7171, or reach her by email at chris@nova4h.com.



4-H Northern District Contest Day



2021 In-Person 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-Hers an 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 Registration is CLOSED.



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.

VAA4-HVL Spring Conference

4-H: Big Enough for Everyone!

Date: Saturday, March 20th

Time: 9 am - 3 pm

- [Click Here to Register](#)
- [Click Here for Workshop Descriptions and Event Schedule](#)

SATURDAY!

4-H  BIG ENOUGH FOR EVERYONE



VIRGINIA ASSOCIATION OF ADULT 4-H VOLUNTEER LEADERS CONFERENCE **2021**

Virginia 4-H and the Virginia Association of Adult 4-H Volunteer Leaders are excited to invite you to our virtual conference. All registrants will have access to all sessions on Saturday, March 20, 2021. Each session will be accessible online (through Zoom), as well as via telephone. The conference is being offered free of charge, and is open to everyone!

The conference will feature 14 great workshops divided into three concurrent sessions from which to choose. In addition, the conference will feature an opening keynote from Meriel Martinez, Professional Development Coordinator from the Virginia Center for Inclusive Communities, and a closing capnote with Ethel Reeves, Director of Equity & Community Relations for Lynchburg, VA City Schools.

All conference registrants will be provided links to view the recordings of each session. That way, anyone can see a session they missed or that may have had a time conflict with another session they wanted to attend.

Register today for your all-access pass to the VAA4-HVL Spring conference and see how 4-H truly is Big Enough for Everyone!

**PRINCE WILLIAM
COUNTY 4-H**

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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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

