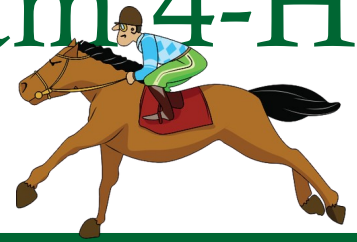




Prince William 4-H

Our Clubs, Our Community



April 28, 2021

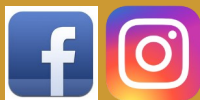
Upcoming Events

- Apr 28 - May 10** - TSC Paper Clover Campaign
- Apr 30** - Race Sponsorships Due
- May 1** - Community Service Fairgrounds Garden Clean-Up
- May 2** - Move it Monday with Run for the Fallen
- May 6** - Crocheting for a Cause
- May 7** - Changemakers Videos Due
- May 8** - Teen Leadership Seminar
- 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!

Inside this issue:

- [PWC 4-H 5K Info](#) 2
- [PWC 4-H Camp Info](#) 4
- [Community Service](#) 4
- [COVID Guidelines](#) 5
- [VA 4-H Updates](#) 6
- [Contacts & Recourses](#) 8

Click to Visit



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!

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

**Sponsorships are due
by April 30th**



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



Click Here



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!](#)



SMART Goals are:

- Specific
- Measurable
- Achievable
- Relevant
- Time bound

[Click here to learn more!](#)

Move it Monday Running in Support of *Run for the Fallen*

Lending their HEARTS to a good cause and practicing their running skills!

The PWC 4-H Move it Monday crew will be participating in Virginia Run for the Fallen on May 2nd as a community service initiative. Our 4-H team will run the first mile of the day alongside the runners. If you are interested in participating and showing your support for this important cause, please email [Kristin Saul](mailto:Kristin.Saul).

Date: Sunday, May 2nd
Time: Meeting at 7:15 am
Location: Buckhall VFD, 7190 Yates Ford Road, Manassas

Virginia Run for the Fallen is a statewide relay foot run in tribute to every Virginia military service member who has died while serving or as a result of serving during the War on Terror, since October 12, 2000. Covering 250 miles through fourteen counties for over 700 names. Every year on the first weekend in May.

For more information: <http://va.usarunforthefallen.org/>
Route information (Day 4): <http://va.usarunforthefallen.org/route-directions/> or <http://va.usarunforthefallen.org/day-4/>





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 will be on-line only.

REGISTER TODAY!

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!

SATURDAY



HANDS

Community Service at the PWC Fairgrounds

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!

Snacks will be provided. Please bring your own water bottle. **Please RSVP to Kristin Saul so that we are prepared with snacks.** See you Saturday!

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

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



Crocheting for a Cause

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.](#) **Final session is May 6th.**

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!

Operation Megaphone

Operation Megaphone has begun! The OMP Advisory Council has some fun planned for every Child & Youth Professional (CYP) on installations and military connected teens around the globe! It's time for the OMP 2021 Goose Chase! GooseChase is an online scavenger hunt app that can be downloaded and enjoyed on your smart phone or tablet. Our chase will **begin on Wednesday, April 28th and end on Saturday, May 1st.**

Who can participate:

- ★ Military teens whose Installation Teen Center is open or closed
- ★ Military teens whose installation may or may not host an OMP event
- ★ Military teens who may or may not be registered in a military Child & Youth Program
- ★ Military connected teens living in a community
- ★ All military connected teens of all branches are welcome to the OMP 2021 GooseChase!

To participate: Download the GooseChase app to your smart phone or tablet, create an account, search for the "Operation Megaphone 2021" chase or use the game code "DDBX8L," complete missions, and HAVE FUN!

The missions are exciting, challenging, quirky, and will test your knowledge about OMP, CYP programs, the military teen experience, and much more! Some missions will be available for the entire chase while some missions will fade away. So stay tuned and log-in to GooseChase daily. [Click here for more information about Operation Megaphone.](#)

For more information about the GooseChase, contact [Jenny Jordan, Navy 4-H Youth Program Specialist.](#)



Calling all CYP staff & teens worldwide!
The CHASE is ON!!!
Join the OMP 2021 GooseChase Today!
Game Code = DDBX8L
April 28th - May 1st



Virginia 4-H Teen Summit - REGISTER by APRIL 30th

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: May 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.

Registration information will be sent out on Friday!

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.

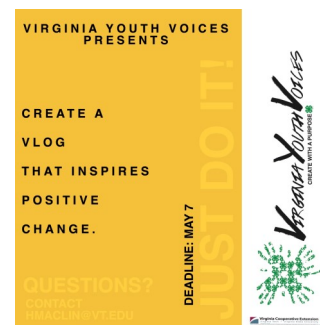
Imagine that your video will be viewed on all social media platforms and on all the national and international television networks. Think of what you would tell the world to inspire positive change and make a video that says just that. Your video can inspire positive changes in relationships with friends 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.

Selected videos will be shown at the **Virginia 4-H Youth Voices Red Carpet Oscar Awards Expo** scheduled for **May 15th 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 or send a text to him at 804-712-0620 as soon as possible.

Deadline to submit videos is May 7th



4-H State Show Silent Auction

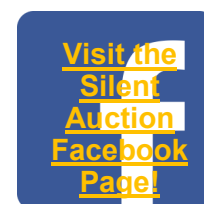
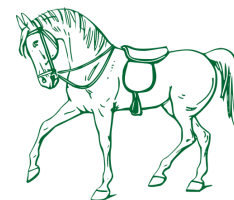
Please consider donating to the VA 4-H State Horse Show Silent Auction! This year has been challenging for many organizations, including the State Horse Show, and we need your support. The auction is the primary fundraiser for the 2021 Virginia State 4-H Horse and Pony Championship Show. And, as you 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.

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

DONATE TODAY!



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 8th 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](#)

**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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Candi Helmlinger
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chelmlinger@pwcgov.org



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**

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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

