



# Prince William 4-H

Our Clubs, Our Community



March 10, 2021

## Upcoming Events

- Mar 14 - Pi Day!
- 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 26-28 - Equismartz State 4-H Horse Knowledge Contests
- Mar 29 - Move it Monday!
- Mar TBD - Statewide Shooting Instructor Training
- Apr 10 - 4-H Northern District Contest Day

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## Click to Visit



## FOMO? Join us for *Move it Monday!*

Do you have a *fear of missing out*? Then DON'T! Join us every Monday to move a little or jump into 5K training.

### 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 I-Mile Fun Run is Sunday, May 23rd at the PWC Fairgrounds!**

**Celebrate St. Patrick's Day Week!**  
**Wear Green to Move It Monday!**



**BIG SHOUT OUT** to **Lexi S.** and **Katie. S** for leading us in a fun ice-breaker activity and pre-run stretching. Katie and Lexi tagged Jonah B., Peter K. and David K. to lead us next week.

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

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



**PORTFOLIO UPDATE:** Are you running into spring with our 4-H 5k Training Project? This is a perfect way to create a 4-H portfolio, too! Just add your project record to our [Member Record](#), arrange it according to the portfolio guidelines, add any other projects you may be participating in, and... ta-da! Instant Portfolio! How easy is that? Set a goal to submit your portfolio this year! **Finish line is Sept 1st, 2021.**

**Every thing is AWESOME! Everything is COOL when you're part of a TEAM!** Join our PWC 4-H 5K Race Planning Team by [clicking here to email Kristin Saul](#). All talents needed and welcome!



**MONDAY'S PLAN:** We will double our running time to two minute intervals and continue to increase the time from here on out. Make sure to hydrate consistently all week and bring your water bottle. As the weather warms up a small water bottle may not be enough. A small gallon sized water jug may be a good option.

### TRAVIS' RACE TRAINING TIP - PRE HYDRATE TO AVOID CRAMPING

Maintaining hydration as a runner is important for our health and so we can perform well. Water regulates our body temperature, removes waste, helps brings energy to our cells, and cushions our joints. Good hydration can improve recovery, and help us avoid cramping. Drinking before, during, and after training is just as important as drinking during the rest of the day. Aim for 16 ounces (2 cups) of water about two hours before you run. Pair this with a snack or meal. About 15 minutes before a run, drink six to eight more ounces of water.

~ Travis Dieffenderfer, SNAP-Ed





## 4-H Be a Buddy Not a Bully Initiative

Support Samantha Whyson'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!**



## Crocheting for a Cause

A **BIG** thank you to all 4-H'ers that joined in to learn something new and support a great cause. PWC 4-H'er Kayla Dixon lead a series of crocheting training session and taught over a dozen 4-H'ers how to crochet a washcloth. Participants are busy practicing their skills and utilizing the miles of yarn available from PWC 4-H. Kayla is organizing a donation effort to put your new found talents to use. Stay tuned for future learning sessions!



JOANN and 4-H are once again teaming up to collect donations at the register and offer special discounts for JOANN/4-H Rewards Card members. The activation will help in the effort to ensure every kid has an equal opportunity to succeed by bringing 4-H to more kids nationwide via local unrestricted funding. Visit any JOANN store between March 1 and April 30 to participate or [click here to donate online.](#)

## PWC Fair Camp 2021 Updates

**PWC FAIR CAMP REGISTRATION COMING LATE APRIL!**

Calling all camp volunteers! We're in the early planning process and we need your input!

**Counselor Planning Meeting, Tuesday, March 23rd at 7 pm:** 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.

**ZOOM Meeting link:** <https://virginiatech.zoom.us/j/84479091164>

**Fair 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:** [Fair Camp 2021 Counselor Survey](#)

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



**Move it Monday! in Action**

# Virginia Cooperative Extension Speakers Bureau

## HIGH SCHOOL ENRICHMENT PRESENTATIONS

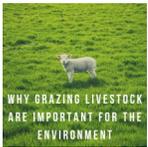
Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups, and are offered at no cost. [Click here for more information on presentations available and to request a virtual visit with a speaker.](#)



**INTERNATIONAL BEEF PRODUCTION:** Beef production is a multifaceted and dynamic global business. The goal is the same, but production systems vary tremendously depending on the region of the world. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will help students explore the similarities and differences among the major beef production countries in the world. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**BEEF CATTLE REPRODUCTION:** In the past decades several advancements were made on the reproductive technologies that are available for beef producers. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss these technologies and how to apply them to improve beef cattle productivity. This presentation is for students in grades 9 - 12 and is 60 minutes long.



**WHY GRAZING LIVESTOCK ARE IMPORTANT FOR THE ENVIRONMENT:** In this presentation, Carl Stafford, Animal Science Extension Agent, will share with youth the role of grazing livestock in removing carbon dioxide from earth's atmosphere. This presentation is for students in grades 9 - 12 and is 30 minutes long.



**AN OVERVIEW OF THE VIRGINIA PORK INDUSTRY:** Mark Estienne, Swine Research Physiologist, will teach students about the history of raising pigs in Virginia; modern production and management; and how the pork industry is an important component of the Commonwealth's Agricultural Industry. This presentation is for students in grades 9 - 12 and is 45 minutes.



**INTRODUCTION TO ENTERPRISE BUDGETS:** Jim Hilleary, Agriculture and Natural Resources Extension Agent, introduces students to the enterprise budget as a farm financial tool. The presentation supports the 8008 Series Curriculum: Introduction to Animal Systems and can be delivered to students in grades 9 - 12 in 45 minutes.



**DO I WRITE IT OR TYPE IT? HOW TO PREPARE A COVER LETTER AND RESUME:** Mandi Dolan, 4-H Extension Agent, will lead this open-ended Q&A style lesson to provide an opportunity for students to create their own basic resume and cover letter. General examples and guidance are provided throughout to assist in the professionally creative process. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.



**LOANS AND GRANTS:** Financial Counselor, Joanne Bilotta will help students understand the world of loans - auto, student, and home. Students will also learn why credit is important and how to maintain it. This presentation is for students in grades 9 - 12 and is 45 minutes long.



**CAN I WEAR PAJAMA PANTS? HOW TO PREPARE FOR VIRTUAL INTERVIEWS:** Is it appropriate etiquette to wear pajama pants during a virtual interview? Mandi Dolan, 4-H Extension Agent, will help your students explore the expectations of today's job culture through activities highlighting the general application process, different types of interviews, and the proper attire for various professional settings. This presentation is for students in grades 9 - 12 and is 45 - 60 minutes long.

### THESE PROGRAMS ARE ALSO AVAILABLE TO HIGH SCHOOL STUDENTS, AS WELL AS A WIDER AUDIENCE:

- Goods from the Woods (*Grades K-12*)
- Africulture (*Grades K-12*)
- Dairy (*Grades K-12*)
- Soils for the Garden and the Farm (*Grades 3-12*)
- Using Soil Health Cards (*Grades 6-12*)
- Cover Crops (*Grades 6-12*)
- Entomology (*Grades 6-12*)
- Oikos - Environmental Stewardship & Economic Policy (*Grades 6-12*)
- What's in Your Water (*Grades 6-12*)
- Values & Goals - Your Money Mindset (*Grades 6-12*)
- Public Speaking 101 (*Grades 6-12*)
- Hey Ma! What about Goats? (*Grades 6-12*)
- Understanding Bovine Reproduction (*Grades 6-12*)
- Hey Ha! What about Chickens? (*Grades 6-12*)
- Introduction to Horse Judging (*Grades 6-12*)
- Canine Behavioral Science - Asking the Dogs What They Like (*Grades 6-12*)



## 4-H Northern District Contest Day



### 2021 In-Person VA 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-H'ers and 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 Registrations are due March 19th.**



### 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](#)

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!**



### 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](mailto:chris@nova4h.com).

**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**

[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

