



Prince William 4-H

Our Clubs, Our Community



March 24, 2021

Upcoming Events

- 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 1** - VASWCD 2021 Scholarships Due
- Apr 10** - 4-H Northern District Contest Day
- Apr 25** - Horse Project Declarations Due to PWC 4-H

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Click to Visit



VA 4-H Northern District Food Challenge Winners!

Congrats

PWC 4-H had an impressive showing at the Northern District 4-H Virtual Food Challenge! Teams and individuals turned chicken, spinach, and onions into a dish of their choice in just one hour!

Way to represent PWC!

CONGRATULATIONS TO OUR NORTHERN DISTRICT 4-H FOOD CHALLENGE WINNERS!

Family Team Winners	Junior Individual Winners	Senior Individual Winners
1st Place: Philly Philly	1st Place: Arianna Blake	1st Place: Aiden McDonald
2nd Place: Fridge Raiders	2nd Place: Mary Grace Menuey	2nd Place: Grace Richter
3rd Place: Shutt Family Chefs	3rd Place: Ayden and Alexis Strand	3rd Place: John Heetderks

Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu



* Photos were taken in their own homes and submitted via email



Two Chicks- The Saul Family, Nokesville 4-H Club



Team Philly Philly- The Hershey Family, Kettle Run 4-H Club



Sizzling Sharks- The Lee Family, Kettle Run 4-H Club



Kitchen Creepers- The Auldridge Family, Nokesville 4-H Club



Ayden S., Trigger Time 4-H Club (see pg. 3 for Lexi!)



Grace R., Trigger Time 4-H Club



Aiden M., Prince William 4-H



Photo by Shannon Eddie

Embryology Update

Who's seeing pipping or hearing little peeps? It could be happening, but don't worry if it isn't. Hatches could happen at anytime, depending on a LOT of factors including when you set your eggs in the beginning, temperature and humidity fluctuations, and just good old nature throwing us a curveball. If you are seeing some action, though, let us know on our [PWC 4-H Embryology Project Facebook Page!](#) And check out the exciting videos posted by members!

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

- [Signup Genius for March 26th](#) (late afternoon slots are full)
- [Signup Genius for April 2nd](#) (limited availability - filling quickly)



Go Geocaching on Mars with Perseverance

NASA's Mars Perseverance Rover is trackable! Thanks to the SHERLOC instrument team at NASA, the 2020 mission to Mars contains a tracking code specially printed on a unique, one-inch glass disk that is part of the rover's calibration target.

[Click here to learn how to track Perseverance](#)
[Click here to see NASA's photos from Mars](#)



Clover Connections

We received 3 new postcards! Be sure to check out the Padlet Page and the Postcrossings Wall to see what's new. And while you're there, go ahead and click "Send a postcard" to get a random address that you can send a postcard to on behalf of PWC 4-H. For each one you send, we will receive one back!

This fun card was sent to us by a conductor on the Taiwan Railway !



Still not registered? [Click here to register and receive access to Clover Connections!](#)



A postcard from Russia! Nikolai and Elena say, "Здравствуйте!" Look up what it means and how to pronounce it. It's tricky!



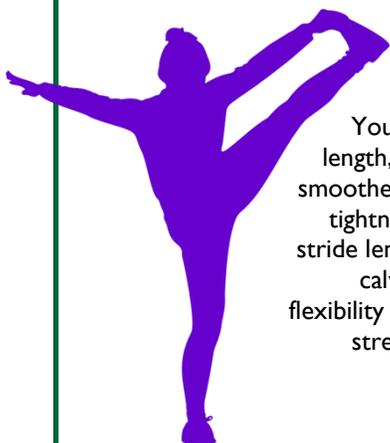
Learn how to make your own flavored envelope glue!

This postcard was sent to us by a teacher, who describes students in Germany as "cheeky, rebellious, and pretty confident".



Could you imagine being a child before planes and cars and your only way to visit your grandmother is to send yourself by mail?





TRAVIS' RACE TRAINING TIP - STRETCHES IMPROVE YOUR STRIDE

Your flexibility can greatly impact your running form and stride length, and ultimately a higher degree of flexibility will make you a smoother athlete. Your stride length helps increase your speed, and tightness in the muscles supporting stride length can reduce your stride length and slow you down. Stretching targets, the hips, glutes, calves, hamstrings, and quadriceps and will promote maximum flexibility across the joints and ensure optimal stride length. Dynamic stretches should be performed before your workout and static stretches are best performed following a workout.

~ Travis Dieffenderfer, SNAP-Ed



BE THE FIRST TO KNOW!

FOLLOW PWC 4-H 5K RACE UPDATES AS THEY HAPPEN

Click Here



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 5K/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!



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

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



**LEXI WANTS YOU!
MEET YOUR NEW
MOVE IT MONDAY
AMBASSADOR
THAT'S HERE TO
RECRUIT YOU
FOR THE
PWC 4-H 5K
AND FUN RUN!**



PW 4-H Day Camp & Junior Camp Updates



* Photos taken prior to 2020

An amazing group of enthusiastic and creative Day Camp Counselors met last night to discuss camp themes and activities. And we have an exciting adventure planned for YOU! From camp favorite dirt pudding to theme days, PW 4-H Day Camp will provide creative enrichment opportunities in science, art, and health, as well as team games and activities, all within the excitement of the PWC Fair. Our event volunteers are busy creating a program and hope to announce the camp plan in the next couple of weeks. Keep checking the newsletter for updates.

Calling all Teen 4-H'ers - JOIN IN THE FUN! Become a PW 4-H Day Camp Counselor! [Email Kristin Saul for more information.](#)



SAVE THE DATE! Camp registration for both PW 4-H Day Camp and Junior Camp will open on **April 24th.** All registrations will be online. Details coming soon!

- **PW 4-H Day Camp** – PWC Fairgrounds, Manassas, August 16 – 20
- **PW 4-H Junior Camp** - Northern Virginia 4-H Educational Center, Front Royal, July 18-22

summer fun. here we come!

Crocheting for a Cause - NEW LEARNING OPPORTUNITIES!

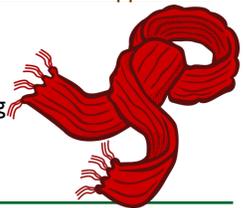


SERVICE LEARNING PROJECT

Back by popular demand! Kayla Dixon of PWC 4-H Nokesville Equestrian Club will host 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.](#)

Session Dates:

- * Thursday, April 8th - 6:30 pm, in-person supply pick-up @ McCoy Building
- * Thursday, April 15th - 7 pm, Zoom
- * Thursday, April 22nd - 7 pm, Zoom



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!

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](#).

VIRGINIA

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.

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.

VIRGINIA

Registration and Videos for Virtual Contests are due on April 10th.

Judges Needed!

In-Person Contest - registration is CLOSED

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.



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 \$1000 statewide scholarships in addition to the many local SWCD scholarship opportunities.

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



**PRINCE WILLIAM
COUNTY**

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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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**

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

