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!

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!

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

Click to Visit

Click to Visit
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!

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

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**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!**

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**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

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

- Download the Charity Miles App
- Choose Feeding America
- Join Team #PWC4H

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**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!**

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**BE THE FIRST TO KNOW!**

**Follow PWC 4-H 5K Race Updates as they happen**

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**Download the Charity Miles App**

**Choose Feeding America**

**Join Team #PWC4H**

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PW 4-H Day Camp & Junior Camp Updates

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

* Photos taken prior to 2020

Crocheting for a Cause - NEW LEARNING OPPORTUNITIES!

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!
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-H’ers 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.

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 - 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

Your Dedicated PWC 4-H Staff
MaryBeth Lerch
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Candi Helmlinger
4-H Program Specialist - Newsletter
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