



# Prince William 4-H

*Our Clubs, Our Community*



April 21, 2021

## Upcoming Events

- Apr 22** - [Crocheting for a Cause](#)
- Apr 24** - [PWC 4-H Day Camp & Junior Camp Registration Opens](#)
- Apr 25** - [Horse Project Declarations Due to PWC 4-H](#)
- Apr 25** - [TSC Posters Due](#)
- Apr 28 - May 10** - [TSC Paper Clover Campaign](#)
- May 1** - [Community Service Fairgrounds Garden Clean-Up](#)
- May 1** - [VT Pathways Application Due](#)
- May 7** - [Changemakers Videos Due](#)
- May 8** - [Teen Leadership Seminar](#)
- May 14-16** - [VA 4-H Teen Summit](#)
- May 23** - [PWC 4-H 5K RACE DAY!](#)

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## Support the PWC 4-H 5K through Sponsorships

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 youth 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**

### 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!

**Sponsorships are due by April 30th.**



[Click here to visit the PWC 4-H 5K Race Donation & Sponsorship webpage.](#)

Calling all PWC 4-H'ers to Volunteer and Race in the PWC 4-H 5K



What YOU can do to **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](#)



What YOU can do to **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!**

**Choose Your Race:**



[Click Here](#)



\$30

**In-Person 5K**

**Date:** Sunday, May 23rd  
**Time:** 9 am

**Location:** PWC Fairgrounds, Manassas  
*Register by 8am on May 22nd*

\$20

**Virtual 5K**

**Dates:** Sun., May 23rd - Sat., May 29th  
*Register by 11:59pm on May 22nd*

\$10

**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

**Virtual 1-Mile Fun Run**

**Dates:** Sun., May 23rd - Sat., May 29th  
*Register by 11:59pm on May 22nd*

invite your family and friends!

 HEAD	 HEART	 HANDS	 HEALTH
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**Register today!**  
[Click here to register and choose your race!](#)

**Volunteer today!**  
[Click here to volunteer and be part of the action!](#)

**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!](#)



**Travis' Healthy Tip: Complex and Low GI Carbs**

Complex carbohydrates are slow releasing, taking longer to be absorbed by the body and provide sustained energy during exercise. Whole fruits and vegetables, dairy, whole grains, sweet potatoes, and legumes are the best sources of low GI carbohydrates. These foods come with the added benefit of nutrients and vitamins including calcium, fiber and iron and help runners feel fuller for longer. Make sure to not eat right before running however! Eating right before a run can upset your stomach, and you won't perform well. Always give your body time to digest properly.

~ Travis Dieffenderfer, SNAP-Ed

## PW 4-H Day Camp & Junior Camp

**REGISTRATION OPENS SATURDAY!**

### 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 forms will be accepted in person only along with payment for 4-H Junior Camp on a first-come, first-serve basis.



### 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!](#)**



## Community Service at the PWC Fairgrounds

PWC 4-H has two exciting opportunities to lend a helping hand!

### 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!



### Adopt a Garden: *More info coming soon*

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. More info coming soon!

## 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.](#) **Last Session: Thursday, April 22nd - 7 pm via Zoom**



Put your crocheting skills to the test!  
[Click here to learn how to recycle plastic shopping bags into “yarn”.](#)

[Click here to watch the read-aloud “One Plastic Bag” by Miranda Paul .](#)



## Congratulations to 4-H Members Recognized at County Meeting



MaryBeth  
Lerch and  
Kayla  
Dixon

PWC 4-H Members **Alison Dixon, Kayla Dixon, and Tracey Whysong** were selected as Volunteer of the Month with Virginia Cooperative Extension, Prince William Unit for their hard work and dedication to the 4-H program. Our volunteers were recognized last week with a proclamation presented at the Prince William Board of County Supervisors meeting. Thank you for your willingness to share your time and energy with VCE to benefit the Greater Prince William community!

### Here's a glimpse into how our 4-H Volunteers shine:

**Alison Dixon** stepped in to fill a much-needed adult leadership role for one of the county program's equestrian clubs. Embracing volunteer training teachings, Alison took on management of administrative needs for the club in addition to serving as a mentor to club youth. Club youth are quick to point out that of all the learning or volunteering opportunities, organizing of meetings, horse show attendance logistics and support, and the many contests they are involved in, all have Alison's guidance and organizational support to thank. Alison's leadership and commitment to serving and guiding our county youth, as well as marketing expertise for county level opportunities and fundraisers has made her a standout volunteer over the years. She is always willing to step in and help when asked and, for that, as well as her 'calm under pressure' demeanor, we are extremely grateful for all she brings to the PWC 4-H program.

**Kayla Dixon** is a senior 4-H member and a Senior at Colgan High School. Kayla has been a 4-H member since 2014 and has been actively engaged in project work and leadership roles ever since. Kayla was inducted into the Virginia 4-H All Stars in 2020 which is the highest recognition a 4-H'er can receive. She continues to fulfill the All-Star's goal of contributing to positive youth development through "service" to the 4-H program as a Virginia State 4-H Horse Ambassador where she has had the opportunity to lead in a variety of outreach and public service capacities, connecting with the community, assisting with 4-H local and District level equine events, meeting with legislators to discuss ways to help grow the 4-H Horse Program and the Equine Community. Kayla created an "Introduction to Horses" lessons for elementary school aged youth, and the Intro to Horse Judging recorded video for FFA Teacher's Conference.

She was also featured in State Line Tack's Spotlight of the Month. Kayla has served her club in many roles but most recently as both the Vice President and President. She has taken on county level leadership last year by serving as the Youth Co-President of the Prince William 4-H Association, the county program's 501c3 entity. Currently, Kayla serves the 4-H Association as the Youth Vice President and is working with the adult Vice President to stand up committees to focus on fundraising, budgeting, and recognition. Most recently, Kayla answered a call for help to lead a service-oriented project utilizing a recently donated large supply of yarn. "Crochet for a Cause" was launched and after thoughtful and detailed planning, Kayla led virtual sessions to teach other youth and some adults how to crochet and to create useful products to be donated to the community.

**Tracey Whysong** has been a volunteer with Prince William 4-H for over ten years and has served the community as club leader of Nokesville Equestrian Club for the past five. Under Tracey's leadership, club members have excelled in horse knowledge competitions with youth qualifying for state level teams and in leadership with youth members being accepted into the Virginia 4-H Horse Ambassador program. While project work is the primary focus of the club, Tracey keeps the youth membership grounded in service to the community through the ongoing commitment to service-learning activities. Visits to nursing home residents, organizing meals for families in need or in times of great loss, barn clean up and animal care for neighbors in need, locker room (virtual) chats for teens during COVID and caroling on horseback are among the many events that have transpired under Tracey's leadership. In addition to her strong commitment to the club, Tracey is an avid supporter of the 4-H program overall. Through recruitment efforts and word of mouth testimonials about the impact of 4-H programming and experiences on the youth in the club, Tracey embraces the very essence of a strong and dedicated volunteer.

VCE recognizes a volunteer each month, announced during National Volunteer Week at the Board of County Supervisors Meeting. Each of the 4 VCE programs have three volunteers recognized for the year.



Making the Better Best in Prince William County!

## PWC 4-H Paper Clover Campaign

The Paper Clover Fundraising Campaign is a semi-annual event held in partnership with Tractor Supply Co. and National 4-H. During Paper Clover, TSC invites friends and family to support 4-H by donating \$1 at checkout in stores to support sending youth in Virginia to 4-H camp, State 4-H Congress, and other leadership experiences.

Tractor Supply will once again be holding their Paper Clover Campaign along with National 4-H during April 28-May10, 2021. Because we are still not able to hold in-person campaigns we are asking clubs to create a small poster (legal size paper up to half size poster board) display featuring their accomplishments this past year. A possible theme could be "RESILIENCY"; something you've all had experience with this year! Posters will be displayed at the Manassas TSC store on Balls Ford Road.

We know that patrons tend to donate more often when 4-Hers are there in person, so let's show them the best way we can under the circumstances. Let's show them just how resilient 4-Hers are! 4-H Clubs earn a large percentage of the proceeds from this event to use towards camps, State Congress, and other leadership opportunities. Sign up below to let us know we can count on your display(s), and please contact us at the 4-H Office if you have any questions about this year's campaign.

[Click here to sign up to participate in the PWC 4-H Paper Clover Campaign!](#)  
**POSTERS DUE APRIL 25th**



## 4-H State Show Silent Auction

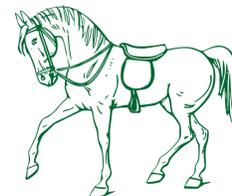
Please consider donating to the VA 4-H State Horse Show Silent Auction! This year has been challenging for many organizations, including the State Horse Show, and we need your support. The auction is the primary fundraiser for the 2021 Virginia State 4-H Horse and Pony Championship Show. And, as you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



[Visit the  
Silent  
Auction  
Facebook  
Page!](#)

## 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 8<sup>th</sup> 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](#)

**VA 4-H NORTHERN + CENTRAL DISTRICT LEADERSHIP DAY!**

SATURDAY, MAY 8TH 2021  
6PM - 7:30PM ON ZOOM

- Parliamentary Procedure
- 4-H Beyond The Club Level
- Telling Your 4-H Story

Open to 4-Hers ages 13 - 18 (by September 30th 2021)

Register by May 3rd :  
<https://tinyurl.com/4-HLeads2021>

Sponsored by the VA 4-H State Cabinet Northern and Central District Ambassadors

Virginia Cooperative Extension  
Virginia Tech • Virginia State University

HEAD

HANDS

HEART

HEALTH

## Virginia 4-H Teen Summit - **REGISTRATION IS OPEN!**

### 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.

**More information coming soon!** Registration is expected to open April 27th.

## Virginia 4-H Career Series: Women in STEM

The new virtual 4-H STEM Careers series will be held every Monday and Wednesday from March 29th to April 28th at 6 p.m. This new series will feature women in various types of STEM careers, majors and at different levels in their career and education. The sessions will last about 30 minutes and will be in an interview-style. Speakers will discuss their career path and education, and then be open for questions from attendees. Youth in 3rd - 12th grade are encouraged to participate. [Click here to register to receive the Zoom link.](#)



### Speaker Schedule:

- ◆ **April 21st:** Dr. Jessica Walters-Wright, Veterinarian for Virginia Department of Agriculture and Consumer Services
- ◆ **April 26th:** Ms. Ridhi Deo, Ph.D. Fellow, Predictive Healthcare Analytics and Biomedical Instrumentation
- ◆ **April 28th:** Dr. Bailey Zwarycz, Intestinal Stem Cell Senior Scientist, ALTIS Biosystems

[Updates are also posted on the VA 4-H State Facebook Page.](#)

## 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 15<sup>th</sup> 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](mailto:hmaclin@vt.edu) or send a text to him at 804-712-0620 as soon as possible.

**Deadline to submit videos is May 7<sup>th</sup>**



## Show Support for Military-Connected Children



The month of April is celebrated as Month of the Military Child! All month long we celebrate the strength of military youth. Learn more about how the 4-H Military Partnership offers opportunities for all military-connected youth to thrive by [clicking here.](#)



**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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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

