



# Prince William 4-H

*Our Clubs, Our Community*



Congrats Grads!

June 2, 2021

## Upcoming Events

- Jun 15** - Registration  
Deadline for PWC 4-H Day Camp
- Jun 30** - Camp Counselor  
Training Part I (option 1)
- Jun TBD** - PWC 4-H  
Senior Event
- Jul 1** - Camp Counselor  
Training Part II (option 1)
- Jul 12** - Camp Counselor  
Training Part I (option 2)
- Jul 14** - Camp Counselor  
Training Part II (option 2)
- Jul 18-22** - 4-H Junior  
Camp
- Aug 16-20** - 4-H Day  
Camp
- Sep 9-12** - 60th VA State  
Championship Horse  
& Pony Show

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## “Exploring with 4-H” Day Camp at the Fairgrounds Planning



Planning for PWC 4-H Day Camp at the PWC Fairgrounds is underway! Day Camp will be held in conjunction with the fair on August 16th -20th. As you know, Day Camp takes months of planning and dozens of volunteers to create a one-of-a-kind enrichment program for local youth ages 5-12.

# WE NEED YOU!



HEAD

### Camp Counselors

Camp Counselors are PWC 4-H youth volunteers who create and implement that safe and exciting camp environment. All counselors participate in training sessions so they are prepared leaders, and earn invaluable service hours. Our counselors have already begun planning the activities through a few virtual sessions. We’re ready to start meeting in person for leadership training and to prepare the crafts and activities. We need more volunteers! It’s not too late to join in the fun. Day Camp Counselor Trainings will all be held at the 4-H Office, in the McCoy conference room (upstairs), from 6:30- 8:30pm. Participants must attend a Part I and Part II of their choosing. [Click here to register for Camp Counselor Training.](#) If you need to attend virtually, please contact Mrs. Cloe at [ecloe@pwcgov.org](mailto:ecloe@pwcgov.org). The dates are as follows:

**Part I:** June 30 or July 12

**Part II:** July 1 or July 14



HEART

### Camp Adult Volunteers

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience. Adults are primarily chaperones, group facilitators, or help to distribute snacks. Volunteers are needed from 8:30 am - 1:00 pm. Volunteers can work multiple days, single days, or a handful of hours. Any time that you can offer is welcome! [Adult volunteers can register here.](#)



HANDS

### Children’s Barn Volunteers

The Prince William County Fair is BACK! The Fair is August 13th-21st and we need volunteers to help create and volunteer during the fair at the 4-H Exhibits at the Children’s Barn.

**Registration for 4-H Children’s Barn Volunteers COMING SOON!**

[Click here for details about the 2021 PWC Fair.](#)



HEALTH

For more information becoming a Camp Counselor or Camp Adult Volunteer, please contact Emily Cloe at [ecloe@pwcgov.org](mailto:ecloe@pwcgov.org). To volunteer for the Children’s Barn, please contact Kristin Saul at [ksaul@pwcgov.org](mailto:ksaul@pwcgov.org).



# GARDENING AT THE PWC FAIRGROUNDS

**Great news!** All of the gardens have been adopted at the PWC Fairgrounds by our PWC 4-H Clubs. It's time to get planting so that our gardens are beautiful and established in time for the 2021 PWC Fair. Here are some tips and ideas:

- \* Get bang for your buck by planting perennials. Perennials come back each year so you don't have to purchase plants each year - only trimming and mulching needed!
- \* Add that pop of color with summer blooming plants to brighten things up when the Fairgrounds are most used.
- \* Consider Virginia Natives - they are affordable, support butterflies and ecosystems, and are perfectly adapted to Virginia climate, meaning they should need less water.



## Learn as you grow!

- \* Invite one of the many presenters in the [VCE Speakers Bureau](#) to your next club meeting to learn more about a key aspect of gardening
- \* Check out [4-H Plants, Soils and Entomology curriculum](#) available online for our Clubs

## Join the 4-H Bucket Brigade!

Old Dominion Club has created a sign-up to help keep our gardens watered through the heat of the summer. Please click here to sign-up and help our gardens grow!



## PLANT VIRGINIA NATIVES

by Kelly Auldridge, Virginia Master Naturalist, Merrimac Farm Chapter

Planting and maintaining a garden is an excellent way to burn off stress and calories, and has been proven to have a positive impact on mental health. Gardening is great for us, but it can also be a great way for us to give back to our ecosystem. For much of history, people worked hard to separate themselves from nature. In the beginning it was to protect themselves. Over time, it became a common mindset that people lived in one area, and nature was somewhere else. As populations have grown and people have spread to nearly every corner of the earth, that "somewhere else" is growing smaller and smaller. Many advocates are currently working to change that old mindset and help us to see ourselves as a part of our ecosystem and learn to work together with nature instead of against it. One of the simplest ways that we can do this is by planting native plants in our gardens. Native plants are plants that have evolved over thousands of years in a particular place, and have evolved along with the insects, birds and mammals that also live in that area. These plants and other living things have spent many generations learning to work together and are especially adapted to feed, shelter and take care of one another. When you bring in plants from another place, they may be pretty, but the rest of the ecosystem doesn't know what to do with them. This can lead to a lot of problems, like the decline in birds and butterflies scientists have been documenting for decades.

Native plants can be much easier to maintain in a garden as well. Since they have evolved here, they are used to the climate, the soil and other environmental factors which means they don't require nearly as much special care as non-native plants. They also tend to be perennials (plants that come back year after year), so you don't have to start over every spring. In fact, they tend to come back bigger and better every year!

To learn more about planting natives in Northern Virginia, visit [www.plantnovanatives.org](http://www.plantnovanatives.org)  
To find suggestions for native plants anywhere in the US, visit [www.nwf.org/nativeplantfinder/](http://www.nwf.org/nativeplantfinder/)



## 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 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. **REGISTER BY JUNE 15th!**

*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!](#)**

## Practice Your Camp Songs!



PWC 4-H Day Camp is right around the corner. Get your voices warmed up and start practicing your favorite camp songs!

[Click here for a songbook with all of our favorites.](#)

## PWC 4-H T-Shirt Contest

Enter the 2021 Prince William County 4-H Day Camp T-Shirt Contest today!

**Theme: "Exploring with 4-H"**

How to Enter:

1. [Print the Template](#)
2. Get Creative and Color!
3. Take a Photo of Your Creation and [Click here to Upload and Submit](#)





## 2021 Summer STEM Virtual SPIN Camp

### Registration Deadline: June 20th. Space is limited.

This summer, WVU Extension's 4-H Youth Development Program will lead virtual STEM camps. The camps cover a variety of STEM topics for youth entering 3rd-6th or 7th-12th grade in fall 2021. The camps will meet once a week for four weeks in July, with a new hands-on activity presented each week. **Each camp costs \$20** and includes a kit of materials that will be mailed before camp. All camps will use the Zoom platform to host meetings.



### The Magic of Chemistry Camp

In this four-week virtual camp, youth will learn about the nature of science while conducting a series of experiments and chemical reactions. The camp will include hands-on activities on topics such as polymers, glow-in-the-dark reactions, intermolecular forces, slime, and more. Registered participants will be mailed a kit with the needed materials.

**When:** Every Tuesday from 1:00-2:00 PM starting July 6th (July 6, 13, 20, 27) via Zoom

**Ages:** Youth entering 3rd - 6th grade this fall for the 2021-2022 school year

[Click here to register for The Magic of Chemistry Camp](#)



### Camp Invention

In this four-week virtual camp, youth will learn about the engineering design process to plan and build their own inventions. Each week will focus on a different branch of engineering, including mechanical, aerospace, biomedical, chemical and electrical. The camp will also include hands-on activities and projects for each topic area. Registered participants will be mailed a kit with the needed materials.

**When:** Every Tuesday from 2:30-3:30 PM starting July 6th (July 6, 13, 20, 27) via Zoom

**Ages:** Youth entering 3rd - 6th grade this fall for the 2021-2022 school year

[Click here to register for Camp Intervention](#)



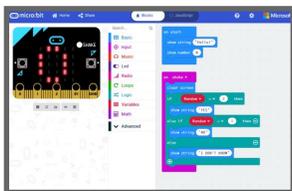
### Space Camp

In this four-week virtual camp, youth will explore astronomy, the science of space! Topics will include our solar system, stars and constellations, and space travel. Each day will feature hands-on activities with projects such as "build your own model telescope" and "pocket solar system." Registered participants will be mailed a kit that includes the hands-on activity materials.

**When:** Every Thursday from 1:00-2:00 PM starting July 8th (July 8, 15, 22, 29) via Zoom

**Ages:** Youth entering 3rd - 6th grade this fall for the 2021-2022 school year

[Click here to register for Space Camp](#)



### Micro:Bit Coding and Physical Computing Camp

In this four-week virtual camp, youth will learn how to program their own Micro:bit and automate simple physical computing processes. The camp is designed for both new and experienced coders, where they will program hardware and create their own programs. During this camp, youth will complete activities such as creating a flappy bird-like game and their own sensor. Registered participants will be mailed a kit that includes a microprocessor, servo motor, and other materials to complete the hands-on coding activities.

**When:** Every Thursday from 2:30-3:30 PM starting July 8th (July 8, 15, 22, 29) via Zoom

**Ages:** Youth entering 7th – 12th grade this fall for the 2021-2022 school year

[Click here to register for Micro:Bit Coding and Physical Computing Camp](#)



Funding to support these activities is provided by STEM CARE, a collaboration between Mylan and West Virginia University to develop and implement programming to instill a growth mindset in West Virginia's youths. No matter the issue at hand, students will grow in their confidence and intellect, ultimately making them more curious, active, resilient, and engaged (CARE). [Click here to learn more about this initiative.](#)

## National 4-H: Citizenship Washington Focus 2021

### Registration Deadline: June 11th

Citizenship Washington Focus (CWF), is National 4 H Council's premier leadership and citizenship program for high school age students. While it typically takes place in Washington, D.C., this year it will be held in a virtual format. The virtual CWF program will take place once a week, for 5 weeks, beginning Sunday, June 20th, and is offered on either Sundays or Mondays. **Program Fee: \$250**



Elevating youth voice and strategies for being effective change agents are the focus of the entire five-week virtual CWF experience. Each week will explore new topics in these areas:

- **Week 1 – Empathy, Active Listening & Civil Discourse:** Defining Empathy and Discussing Why Cultures of Empathy are Successful; An Active Listening Experience & Civil Discourse Workshop
- **Week 2 – Exploring National Topics:** Media Literacy; Town Halls; Introduction to Action Plans
- **Week 3 – A Local Focus:** A Constituency Simulation; Who's in Charge – From Which Officials Would You Need Approval to Make Change?
- **Week 4 – Change Making Strategies:** How We Create Change: Bottom-up Strategies; First Draft of Action Plans & Peer Reviews
- **Week 5 – Action Plan Symposium:** Celebrating and Sharing Action Plans

[Click here to view the full agenda and program.](#)

CWF is the perfect place to make new friends, connect with other young leaders from across the country and have fun, all while gaining the skills you'll need to use your voice to solve problems and create change, right here, right now.

[Click here for a schedule of events for the five-week program and to register.](#)

## VCE: Wednesday Vegetable Gardening Courses

Whether you are a beginner or an experienced vegetable gardener, these classes are for you! Virginia Cooperative Extension Horticulture classes are free and are open to the public. The Vegetable Gardening Course on Wednesdays is taught by Master Gardener Cook's Garden Team and is set up to allow you to learn at your own pace. While the course began in February and ends June 16th, the videos and handouts are available online with discussion boards. Pre-registration is required to access the videos and to attend the remaining zoom sessions. Here's what's coming up:



- ◆ **June 2: Sweet Potatoes,** Virginia Cooperative Extension Agriculture Agent Thomas Bolles for tips and tricks of growing and harvesting sweet potatoes. [Click here to register.](#)
- ◆ **June 9: Invasives,** Virginia Cooperative Extension Education and Outreach Specialist Natali Walker for tips on identifying invasive plants in your landscape. [Click here to register.](#)
- ◆ **June 16, Ask a Master Gardener,** Have questions about your lawn, pruning, trees, vegetable garden? Virginia Cooperative Extension and Master Gardeners are ready to answer your questions, please submit your questions in advance to Thomas Bolles at [tpbolles@vt.edu](mailto:tpbolles@vt.edu) by June 9, 2021. [Click here to register.](#)
- ◆ **June 23, Greenhouses for Beginners,** Virginia Cooperative Extension Agriculture Agent Thomas Bolles will talk about greenhouse growing, when is the best time of year to use a greenhouse, the type of soil, lighting and the best vegetables to grow. [Click here to register.](#)
- ◆ **June 30, Problems Areas in Your Landscape,** Natural Resource Specialist Nancy Berlin will address those problem areas in your landscape and give you some ideas on what can be done to fix them. [Click here to register.](#)

[Click here to learn more about the VCE Horticulture Program and additional courses available.](#)

**PRINCE WILLIAM  
COUNTY 4-H**

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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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 (coming soon)**

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

