



Prince William 4-H

Our Clubs, Our Community

March 3, 2021

Upcoming Events

- Mar 3** - National 4-H Youth in Action Webinar
- Mar 9** - 4-H Leader's Meeting
- Mar 20** - 4-H Volunteers Spring Conference
- March 26-28** - Equismartz State 4-H Horse Knowledge Contests
- Mar TBD** - Statewide Shooting Instructor Training
- Apr 10** - 4-H Northern District Contest Day

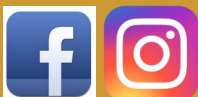
Coming Soon:

- Camp Registration
- 4-H Paper Clover Campaign

Inside this issue:

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Click to Visit



Sprint into the 1st Annual PWC 4-H 5-K Race Day



The new **Prince William County 4-H 5K and 1-Mile Fun Run** is scheduled for **Sunday, May 23rd** at the Prince William County Fairgrounds.

It's time to start training!

Here's what you need to know:



Studies show we are more likely to stick with and achieve our health and fitness goals when we have support. **Move it Monday!** is back in full swing with over a dozen participants with a dedicated goal of getting YOU ready for our new PWC 4-H 5K or Fun Run! **Move it Monday!** is open to all PWC 4-H members, whether you are interested in the race or not. But we highly recommend that you give it a try!

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!

Our PWC 4-H Team will work together to create personal and team goals for healthy living. Over the 12 week project, we will discuss the importance of stretching, strength training for runners, nutrition, and how to avoid injuries while we train for and work up to a 5k run. Our discussions will include points for runners of every experience level. This is a great opportunity to kick off the summer and meet other youth your age and work together encouraging each other as you tackle the challenges of this project. Families, both youth and adults, are invited to join!

Monday's Goal: We're continuing to focus on our glutes and strengthening our legs with targeted exercises followed by walking and short spurts of slow running.



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

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

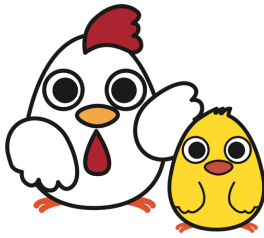


Travis' Race Training Tip - Stretches Improve Your Stride

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**, Family Nutrition Youth Program Assistant (SNAP-Ed)

Embryology Update



We're so egg-cited to get started! PWC 4-H Embryology project is underway with egg pick-up complete. Incubators are up and running and temperatures are being monitored. Registered participants have access to a Google Drive with important materials including curriculum, calendars, log sheets, "Fast Facts," the training slides and so much more.

Be sure to follow the excitement and learn all about embryology on our [PWC 4-H Embryology Project Facebook Page!](#)

Virtual EquiSmartz Hippology, Horse Judging, Horse Bowl



Registration Opens: March 1st
Registration Closes: March 15th
Virtual Contests: March 26th - 28th

[Click here for contest information and registration.](#) This site will be updated as more information becomes available. Please see rules posted on the 4-H Horse Program website for each specific contest. This competition is for Junior and Senior Contestants. Horse Judging is for 4-H and FFA – all other contests are 4-H only. Awards date TBA. These virtual contests are the final contests which determine 4-H regional and national teams and individuals.

[Please click here for a Tentative Schedule.](#)

Additional Resources and Events:

- [Self-paced Open Horse Show Judges Virtual Academy hosted by NC State Extension](#)
- [4-H Horse Program PDF Calendar](#)
- March 6-10, 2021 - [Northern District Virtual 4-H Horse Judging Contest](#)
- March 13-14, 2021 - [Northern District Virtual Horse Bowl Qualifier](#)
- March 20, 2021 - [SW District 4-H Hippology, Art, & Photo Contest](#)
- April 1-3, 2021 - [Virtual Hippology Contest hosted by NC State Extension \(open to ALL youth ages 8-18 who are not NC residents; Registration closes March 25th\)](#)

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!

4-H Northern District Contest Day



VIRGINIA

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.



VIRGINIA

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!



Virginia Cooperative Extension Speakers Bureau

MIDDLE 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.](#)



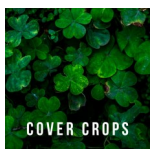
GOODS FROM THE WOODS: In this presentation, Lenah Nguyen, 4-H Extension Agent will teach participants will about tree anatomy, the importance of forestry products in their everyday lives, and the differences between renewable and non-renewable resources. This presentation can be delivered to any K- 12 classroom but targets SOL 4.8 - Virginia's Watersheds and Natural Resources. This presentation is 30 minutes long.



AFRICULTURE: Michael Carter Jr., Small Farm Resource Center Coordinator at Virginia State University introduces students to the multitude of contributions by people of African descent to agriculture. This presentation can be adapted for students from grades K -12 and can be 30 - 60 minutes long.



EXPLORING WATERSHEDS: Ruth Wallace, 4-H Extension Agent, can provide multiple presentations about all aspects of watershed education - topography, water quality, place-based stewardship, freshwater ecology, erosion, and conservation. SOLs addressed include VA Science 6.6, 6.8, 6.9, LS.5, LS.9. These presentations can be adapted for students in grades 3 - 8 and can be 15 - 45 minutes long.



COVER CROPS: Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to cover crops and their importance to soil health. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



OIKOS - ENVIRONMENTAL STEWARDSHIP & ECONOMIC POLICY: Dr. Michael Ellerbrock, Virginia Tech Professor in the Department of Agricultural and Applied Economics will help teachers address economic literacy with their students. Dr. Ellerbrock can adapt a lesson for grades 6 - 12 that is 30 minutes - 60 minutes long.



PUBLIC SPEAKING 101: Carter Humphries, 4-H Extension Agent, will teach students the basics of public speaking in order to effectively develop and deliver a message that informs, influences or entertains an intended audience. They will how to plan and deliver a speech with an effective beginning, middle and conclusion. This presentation addresses English SOL 6.2, 7.1, 7.2, 8.2, 9.1, 10.1, 11.1, 12.1 and CTE Competency - deliver a speech or presentation. This presentation is for students in grades 6 -



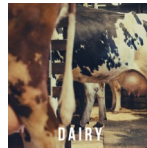
UNDERSTANDING BOVINE REPRODUCTION: Reproductive biology is a fascinating field that includes physiology, anatomy and biotechnologies. In this presentation, Dr. Vitor Mercadente from Virginia Tech's Department of Animal and Poultry Sciences will discuss basic anatomy and physiology in the bovine as well as how reproductive biotechnologies work. This presentation is for students in grades 6 - 12 and is 45 - 60 minutes long.



INTRODUCTION TO HORSE JUDGING: Kayla Dixon, Virginia 4 -H Horse Ambassador, will teach students the basics of horse judging skills. This presentation is for students in grades 6-12, addresses Equine Science Competencies 106-113, and is 60 minutes long.



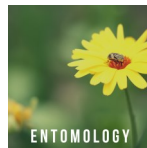
SOILS FOR THE GARDEN AND THE FARM: Tim Ohlweiler, Horticulture Extension Agent, will introduce students to soils and soil health. Topics covered will include testing, mapping, organic matter, and cover crops. This presentation can be adapted for students in grades 3 - 12 and can be 15 - 60 minutes long.



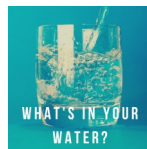
DAIRY: Jeremy Daubert and Cynthia Martel, Dairy Science Extension Agents, can talk to your students on just about any topic related to Dairy Science. They can present to any students in grades K-12 and speak for 15 - 30 minutes.



USING SOIL HEALTH CARDS: Thomas Bolles, Agriculture and Natural Resources Extension Agent, will introduce students to the New South Wales Soil Health Card as a hands-on way to monitor soil. Teachers can also use this to as a basis for long-term monitoring the soil at their school. This presentation can be adapted for students in grades 6 - 12 and can be 20 - 60 minutes long.



ENTOMOLOGY: Tim Ohlweiler, Horticulture Extension Agent, will introduce students to insects and explain their role in our world. This presentation can be adapted for students in grades 6 - 12 and can be 15 - 60 minutes long.



WHAT'S IN YOUR WATER: Water Quality Extension Associate, Erin Ling will provide an overview of drinking water quality concerns, groundwater basics and private water supplies. This presentation is for students in grades 6 - 12 and targets SOLs for Earth Science, biology and chemistry. This presentation is 30 minutes long.



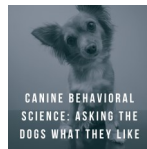
VALUES & GOALS - YOUR MONEY MINDSET: Money is emotional. Financial Counselor, Joanne Bilotta will discuss how values and goals set us up for future planning and spending. Knowing these in advance and planning for large purchases as well as having a reasonable spending plan sets youth up for success. This presentation is for students in grades 6 - 12 and is 30 - 45 minutes long.



HEY MA! WHAT ABOUT GOATS? Jim Hilleary, Agriculture and Natural Resources Extension Agent reviews several considerations for buying goats or holding off on that decision. This presentation is for students in grades 6-12 and is 60 minutes long.



HEY MA! WHAT ABOUT CHICKENS? Jim Hilleary, Agriculture and Natural Resources Extension Agent discusses considerations for starting a backyard chicken flock (or not). He explains reasons why a backyard flock may or may not be a good idea. This presentation is for students in grades 6-12 and is 45 minutes long.



CANINE BEHAVIORAL SCIENCE - ASKING THE DOGS WHAT THEY LIKE: Dr. Erica Feuerbacher, Professor at Virginia Tech, will discuss how to use simple research procedures to ask dogs about what they like and don't like and how information learned can be used to improve our interactions with our furry companions. This presentation is for students in grades 6-12 and is 30 minutes long.

National 4-H Youth in Action Webinar - **TONIGHT!**

Date: TONIGHT! March 3rd

Time: 7 PM via Zoom

[Click Here to Register](#)

Join us for a webinar to learn how you can submit a successful application to the 2022 4-H Youth in Action Awards, with live appearances from previous winners.



The 4-H Youth in Action Awards gives four dynamic leaders a once-in-a-lifetime opportunity to share their stories along with unforgettable experiences, celebration on the national stage, recognition in the media and a \$5,000 college scholarship. Open to youth age 15-19. Apply through March 29, 2021.

Thank you to our sponsors Allstate, Bayer and HughesNet.

National 4-H ChangeMakers Contest



NATIONAL 4-H
COUNCIL

LET'S CHANGE THE WORLD TOGETHER!

Join the Invisalign® ChangeMakers!

Are you making a positive impact in your community? Then you're an Invisalign ChangeMaker. And we'd love to help boost your efforts! That's why, in partnership with National 4-H Council, we're giving \$5,000 to 100 teens (ages 13-19) who we think are changing the world for the better. Share your story on how you're creating positive change in your community, school and world! **Applications accepted through March 31, 2021.**

[Please click here for more information.](#)

Celebrating the 200th Anniversary of the U.S. House Committee on Agriculture



To commemorate the 200th anniversary of the U.S. House Committee on Agriculture, the [Agricultural Law Information Partnership](#) at the [National Agricultural Library](#) has created a digital timeline showcasing key events,

members, and legislation in the Committee's history, from land grant colleges to the Pure Food & Drug Act for food safety standards, and the Farm Bills for the creation of food security and disaster assistance programs. We invite you to take a look at the timeline for a glimpse at the history of farming, food, and nutrition legislation in the past 200 years.

[Click Here to View the Presentation and Timeline Celebration](#)

Did you know...

4-H is the youth development program of our Nation's Cooperative Extension System and USDA. We're supported by more than 100 public universities across the nation that provide research-based programming and hands-on experiences to help young people pledge their heads, heart, hands and health to bettering our community.



**PRINCE WILLIAM
COUNTY**

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Manassas, VA 20109

Click to Visit Online:

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[Virginia State 4-H](#)
[National 4-H](#)



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I AM



4-H PROUD

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National 4-H

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Virginia 4-H

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[4-H Online Information](#)

[The 4-H Foundation](#)

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[4-H All Stars](#)

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[Member Record - editable](#)

[Project Record Ages 9-10](#)

[Project Record Ages 11-12](#)

[Project Record Ages 13-15](#)

[Project Record Ages 16-19](#)

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Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

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Fundraising Committee - Samantha Whysong

Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

