



# Prince William 4-H

*Our Clubs, Our Community*

January 6, 2021

## Upcoming Events

- Jan 9 - Virtual Intro to EquiSmartz - Hippology
- Jan 12 - 4-H Association Meeting
- Jan 26 - 4-H Day at the State Capitol
- Jan 28 - An Evening with Virginia 4-H
- Feb 13 - Virtual Intro to Equismartz - Horse Bowl
- Feb 27 - Presentation Day and Share the Fun!
- Feb TBD - Embryology Training
- Feb TBD - PW County Food Challenge Contest
- Feb TBD - Summer Day Camp Planning Meeting

## Inside this issue:

- [Community Service](#) 2
- [Move it Monday!](#) 3
- [4-H Events & Activities](#) 4
- [Contacts & Recourses](#) 4

Click to Visit



## Clover Connections - A Fun New Way to Stay Connected!

PWC 4-H Staffer Emily Cloe has created a special winter service-learning project to keep you connected to friends, family, and the community. Clover Connections is open to all members, Cloverbuds through Seniors, and will bring together key 4-H elements such as service, empathy, resilience, STEM, Maker movement, recycling, gratitude, community, communication, writing your 4-H story... it's gonna have it all!

Upon registration, you will receive a link to our Padlet, a sort of digital bulletin board with lots of ideas, questions, quizzes, videos, and interesting facts about physical postal mail. Check these out, feel free to add your own, and definitely look for activities that you can do to spread a little joy to others (and yourself in the process)!



Our adventure will begin with Postcrossing, an international community of postcard lovers. Members will be able to request a random address to send a postcard to through a special PWC 4-H account. We recommend telling the recipient your 4-H Story! (see below for a guide and template) Keep it short and sweet. This will be great practice for when you send postcards to our state legislators for 4-H Day at the State Capitol. When the postcard you send is received, someone will send a postcard back to the 4-H office. Each postcard will be posted online for all of us to enjoy!

And that's only the beginning! Clover Connections will have opportunities for you to participate in mail communities (*ToyVoyagers/SendSomething*), Valentine Grams to hospitals and nursing homes, crafts such as making an envelope and stamp decoupage, studying the US Postal System, mail carrier appreciation, philately (stamp collection), learn about "naked" mail (things you can send without packaging), and more!



[Join the Clover Connection today by clicking here to register!](#)

- [Click here for the Telling My 4-H Story Guide](#)
- [Click here for the 4-H Story Template](#)

## Community Service

### JANUARY BUILD - A - BOX HEROES NEEDED



**BUILD-A-BOX  
INFO:**

**WHO:** YOU & your Friends or family!

**WHAT:** Build and pack boxes of non-perishable staple items

**WHEN:** 9:00a-12:00p or 12:00p -3:00p on a Monday-Friday

**WHERE:** Community Feeding Taskforce Warehouse at 8418 KAO Circle Manassas, VA 20110

**WHY:** Provide essential food items to seniors and families in need of support



### Prince William Food Rescue

Prince William Food rescue aims to address the disconnection in distribution-in supply and access-by rescuing food about to go to waste and directly distributing to organizations that serve communities in need. Their goal is to move healthy foods from sanitation to sustanment.

The holiday Build-A-Box initiative was such a success that they are continuing the program into January. Teams are encouraged, but smaller groups may also sign up.



[Click here for the Build-A-Box Signup.](#)

[Click here to learn more about Prince William Food Rescue.](#)

### How to Start a Community Service Learning Project

#### Step 2: Community Need and Voice

- \* **Identify Community Needs:** Conduct a community needs assessment (see the [Leader's Guide](#) for formats and ideas). Select an idea and conduct it as part of a 4-H project activity. Provide enough time for the 4-H group to gather data.
- \* **Review the Feedback:** Once the group has conducted a community needs assessment and gathered all of the data, hold a meeting to discuss the findings. Compare the community needs assessment findings with the community issues the 4-H group ranked as important in STEP 1. If the two are similar, then selecting a project should be fairly easy. If not, then your 4-H group must decide the kind of project they would like to tackle. It is important to note that the project is one that will also meet the needs of the community. Also note that the project must be one that they will enjoy doing.
- \* **Identify Ways the 4-H Group Can Help the Community:** Discuss with the 4-H'ers the different types of service activities they can do to address the important community need they identified. Also, list individuals or organizations that may benefit from those service activities. Talk with members of that organization to identify the types of service activities that will help them or their organization the most.
- \* **Select a Project!** Based on all of the data and discussion, assist the 4-H group in selecting a project.
- \* **Establish a Community Contact:** Identify the individual who leads or manages the organization where your 4-H group would like to conduct the Community Service Learning Project. Contact that individual and explain that your 4-H group would like to work with them to conduct a Community Service Learning Project. Explain that this is an educational project for your 4-H group. Thus, the project will be used to meet a specific need of the organization, while at the same time it will be used to teach important concepts to your 4-H group. If the individual expresses interest in the project, allows your 4-H group to use their organization as a site for the Community Service Learning Project, and agrees to serve as the contact person, record their information in the form provided in the Leader's Guide.

### Why is Community Service Important in 4-H?

Community Service...

- ☞ encourages member participation, commitment, and fosters friendships through a meaningful activity.
- ☞ can involve families and youth in a cooperative activity.
- ☞ fulfills the "hands to larger service" element of the 4-H pledge.
- ☞ builds unity among members, allowing them to function better as a team.
- ☞ helps youth understand the needs of their community.
- ☞ demonstrates to the community that youth are an important resource.



Encourage your PWC 4-H Club to start the New Year with a Community Service Learning Project! [Click here for the Youth Leader's Guide to Conducting 4-H Community Service Learning Projects.](#)

Move it Monday!

GET MOOVING!

**MOVE IT MONDAY!**

**DATE: EVERY Monday!**  
**Time: 4-5 PM**  
**Location: PWC Fairgrounds**



(or click here to join via ZOOM)



Virginia Cooperative Extension  
 Virginia Tech • Virginia State University

**WELLNESS WORKSHOPS**

BOND. FUEL. MOVE. REST. GIVE.

PWC Community Services has partnered with 5 Bridges to offer wellness workshops to adults in Prince William County. This holistic health workshop is designed to provide you with strategies and tools that can be incorporated into your daily routines and mindset to achieve improved balance and harmony in your everyday life and relationships with others.

[Click here for more information and to register.](#)



**PRINCE WILLIAM**  
 Community Services



Popcorn is an excellent source of fiber.

[Click here for some fun flavored popcorn recipes!](#)

**Travis' Tasty Tips**

**Add more fiber to your diet!**

Fiber is very important to our body. We need fiber to help our body use the food we eat properly, it keeps our stomachs strong, and keeps our hearts healthy too. We want to try to eat at least 15 grams of fiber. We can find out how much fiber our food has by looking at it's nutrition facts label.

~ Travis Dieffenderfer, Family Nutrition Youth Program Assistant (SNAP-Ed)

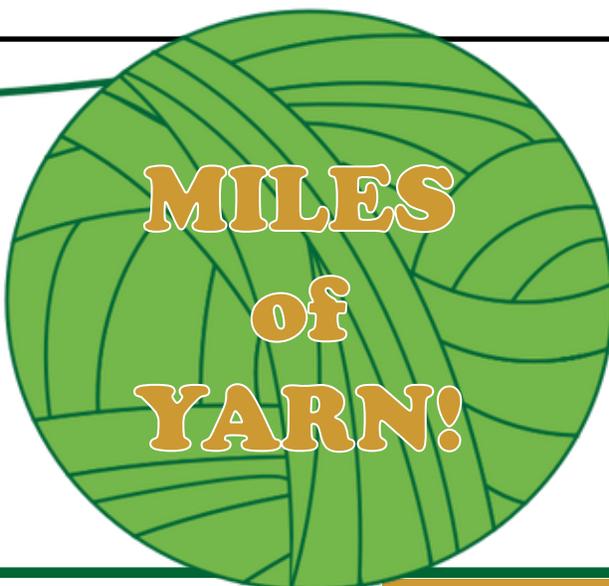
**YOUR Challenge:** find two foods with fiber in them by reading the nutrition labels and be prepared to share your findings next week at *Move it Monday!*

**Available to YOU!**

Want to create your own Service Learning Project?  
 Have ideas, but need supplies? It's time to be creative!

PWC 4-H has received a HUGE donation of yarn. We're offering it to our members to be creative and turn the yarn into a learning project. Maybe it's a Youth-Led Service Learning Project. Maybe it's a Teen Entrepreneurship learning project. The direction is up to you!

Please contact [Kristin Saul](#) with PWC 4-H with your ideas. We've ready to support you as you explore your artistic talents to serve a greater purpose!



## PWC 4-H Association Meeting



The Prince William County 4-H Association is a dedicated volunteer group of community members, both adult and youth, working together to enhance the 4-H programs offered to the Greater Prince William Area Community. Our focus is to help young people grow into capable, responsible, confident members of their communities by providing information, opportunities, activities and events which are educational, developmental and fun. All youth members and adult volunteers are invited to participate in our upcoming meeting!

### **PWC 4-H Association Meeting**

Tuesday, January 12th, 2021 at 7 PM

Join via Zoom: <https://virginiatech.zoom.us/j/84919449354>



## PWC Share the Fun

The PWC annual **Share the Fun** event will be held in conjunction with Presentation Day scheduled to take place on **Saturday, February 27th. It's time to start practicing!** And January is full of days off from school - put your plan in place, gather your materials, and write your script. More information coming soon!

- ★ [Click here for Information for Scoring Share the Fun Acts](#)
- ★ [Click here for a Guide to 4-H Presentations](#)
- ★ [Click here for the 4-H Presentations Tip Sheet](#)



*An Evening With  
Virginia 4-H*

## **An Evening with Virginia 4-H, Thursday, January 28th at 7 PM**

Don't forget to register to join us for a virtual Evening with Virginia 4-H to recognize the achievements of our 4-H youth and the contributions of our supporters. Along with our host Juan Conde, WRIC 8NEWS, we will recognize our Youth in Action Award Winners, present the Friend of 4-H Award to the Molina Foundation, and honor John E. Dooley with the Emerald Clover Award. There is no cost to attend, however, you will learn about opportunities to support the "Invest in the Future of the 4-H Educational Centers" campaign.

4-H Watch Party Kits will be sent to the first 300 people to register. [Please click here to register.](#)

## **Virginia 4-H: Virtual Intro to EquiSmartz**



4-H members, interested youth and volunteers from West Virginia and Virginia are invited to participate and experience components of the state educational contests collectively known as EquiSmartz in Virginia. Youth will learn the basic format of the contests, types of questions presented, and will participate in a mini-practice contest for each contest, however, there are no awards. The final two sessions are:

### **Virtual Intro to EquiSmartz - Hippology**

Jan. 9, 2021, 9-11 AM

### **Virtual Intro to EquiSmartz - Horse Bowl**

Feb. 13, 2021, 9-11 AM

[For more information and to register, please click here.](#)



## Virginia 4-H: 4-H Day at the State Capitol



### Tuesday, January 26

4-H Day at the State Capitol provides opportunities for 4-H'ers to learn more about state government procedures, meet local legislators and encourage civic engagement. This year there will be opportunities for virtual tours, a virtual Escape room, 4-H Town Hall Meetings with legislators, 4-H Postcards, and a 4-H Rally. We hope you will take advantage of all of these opportunities.

**#WHYWELOVEVA4H** is our theme for the year. We encourage you to recruit 4-H members to write messages on the 4-H postcards to their legislators about why they love Virginia 4-H and how 4-H has impacted their lives. More information and registration is coming soon!



### Escape Room

**Escape room live dates: Friday, January 15 at 5:00pm – Friday, January 22 at 5:00 pm**

This year for 2021 4-H Day at the Capitol, 4-H members will have the opportunity to create their own 4-H Task Force (consisting of no more than 8 members) and will be challenged to find their missing delegate in time to vote on laws in the 2021 General Assembly. The 4-H Task Force will move through many virtual rooms to uncover clues on the delegate's whereabouts. Some of these clues may be too difficult for Junior level 4-Her's by themselves, so Junior participants should work with older 4-Hers to complete the quest. This journey will require clue finders, code breakers and out-of-the box thinkers! Do you have what it takes? Register for 2021 4-H Day at the Capitol programs and activities to find out. Prizes will be awarded!



### Virtual Tours

Tours will look a little different this year. Below are a few websites with great links to virtual field trips/live feeds from all over the state you can participate in directly from your home or with your clubs. These websites will give your youth the opportunity to visit places all over the state they might not otherwise have had the opportunity to visit.

<https://blog.virginia.org/2020/03/virginia-virtual-tours/>

<https://heav.org/virtual-tours-field-trips/>



### 4-H Day Rally

Invite your 4-H members, 4-H volunteers, 4-H faculty and staff, and others to participate in 4-H Day at the Capitol programs and activities. The 4-H Rally will be held on Tuesday, January 26, 2021 at 4:00 p.m. This is a good opportunity to invite local governments, City Councils, Board of Supervisors, School Boards, etc. to join our 4-H Day at the Capitol.

## Virginia 4-H: Superb Club Saturdays

Becca Berglie, Northern District Ambassador on the VA 4-H State Cabinet, wants to showcase all YOU do! The VA 4-H State Cabinet's Public Relations Committee has been working on ways to highlight all of the different 4-H clubs and programs we have across the commonwealth on social media. They have created a social media series called "Superb Club Saturdays" to highlight clubs on the VA 4-H State Cabinet Instagram page @4hvacabinet.

[Click here for the Google Form for more information.](#) The first round of submissions will be due on January 14th.



## Virginia 4-H: Teen Leadership Seminar Series

The VA 4-H Teen Summit Leadership Team is excited to announce their new webinar series "Teen Summit Taking Action!" This four-part webinar series will cover topics relating to taking action within your community. Sessions will be held on the 3rd Thursday of January (1/21), February (2/18), March (3/18) and April (4/15) at 7pm via Zoom. Sessions will be recorded in case you cannot attend. All 4-H Teens (13+ by September 30th) are welcome to attend, regardless of if you have participated in the VA 4-H Teen Summit in the past.

Participants must register by January 20th. [Please click here to register for the Teen Summit Taking Action Leadership Series.](#)



**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](#)



**Your Dedicated PWC 4-H Staff**

**MaryBeth Lerch**  
4-H Extension Agent  
[mleerch@pwcgov.org](mailto:mleerch@pwcgov.org)  
703-792-4536

**Kristin Saul**  
4-H Youth Educator  
[ksaul@pwcgov.org](mailto:ksaul@pwcgov.org)  
703-792-4762

**Emily Cloe**  
4-H Youth Educator  
[ecloe@pwcgov.org](mailto:ecloe@pwcgov.org)  
703-792-4761

**Candi Helmlinger**  
4-H Program Specialist - Newsletter  
[chelmlinger@pwcgov.org](mailto:chelmlinger@pwcgov.org)

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

