



Prince William 4-H

Our Clubs, Our Community



January 20, 2021

Upcoming Events

- Jan 25 - [Move it Monday!](#)
- Jan 26 - [4-H Day at the State Capitol](#)
- Jan 28 - [An Evening with Virginia 4-H](#)
- Feb 1 - PWC MVP Nominations Due
- Feb 13 - [Virtual Intro to Equismart - Horse Bowl](#)
- Feb 18 - Embryology Training
- Feb 24 - Embryology Training
- Feb 27 - [Presentation Day and Share the Fun!](#)
- Feb TBD - [Embryology Training](#)

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4-H Association Meeting Update

by Samantha Whyson, PWC 4-H Youth President



The PWC 4-H Association held their regular bi-monthly meeting on January 12th via Zoom. The following action items resulted from the meeting:

- The **PWC MVP of the Quarter** nomination period for first quarter will be extended until February 1st. Please nominate a youth member or adult volunteer that has gone the extra mile! See the bottom of this page for details.

YOUTH VOLUNTEER NEEDED

The PWC 4-H Association is in need of a Youth Secretary. Please contact MaryBeth Lerch if you are interested in a volunteer youth leadership role.

- The Association will invite a club to each meeting to give a **PWC 4-H Member Spotlight**. This is an opportunity for our clubs to talk about their structure, goals, meeting styles, and activities. The goal of the PWC 4-H Member Spotlight is to showcase the uniqueness of each club as well as encouraging members to practice their presentation and teamwork skills. Trigger Time volunteered to Spotlight their club at the March meeting.

- The Vice President Alan Lerch and Youth Vice President Kayla Dixon will be working together to create a recognition and a **Finance and Fundraising Committee**. Anyone who is interested in joining those committees should contact [MaryBeth Lerch](#). Some ideas discussed were Shining Sol Candle, BINGO Night, Chick-fil-A hosting by Clubs, Movie Night, Glow in the Dark

Easter Egg Hunt, Paint Night, T-Shirt Design Contest, and much more. We encourage members to join in the fun and help make these exciting ideas a reality!

- The Association also asked to continue to highlight **Charity Miles**. *Move it Monday!* has used Charity Miles to track miles and turn them into cash donations through Feeding America to directly benefit local PWC food banks. Please see [page 2](#) of the newsletter and create your free Charity Miles account and join our team!



Save the Date! The next PWC 4-H Association Membership Meeting is March 9th.

PWC 4-H MVP of the Quarter - Nominations Due Feb. 1



DEADLINE EXTENDED

PWC 4-H MVP of the Quarter is awarded every quarter of the 4-H year and will be awarded to a 4-H youth member or adult volunteer that has shown outstanding work during the quarter. You can nominate this deserving individual by clicking [here](#) and completing a [brief nomination form](#). The 4-H MVP of the Quarter will be announced at the appropriate Association meeting and will be invited to the meeting to accept their award. Please have your nominations in for this quarter's MVP by February 1st.

NEW TIME for *Move it Monday!*

To keep our bodies healthy and warm, we're *moving* a little earlier to keep with the warmth of the cool winter days. **Join us EVERY Monday at 3:30 PM at the PWC Fairgrounds and get moving!** ([Click here to attend via Zoom](#))



Here's our weekly schedule:

- 3:30 Arrive; Check heart rates
- 3:40 10-minute Warm-Up
- 3:50 20-minutes of *MOOVING*; Check heart rates
- 4:10 10-minute Cool-Down; Check heart rates
- 4:20 10-minute Nutrition Talk and Fun Games
- 4:30 Dismissal



Join in for fun, safe, social time with friends and keep *moving!*

NEW MOVE IT MONDAY MEMBER!

A HUGE 4-H welcome to the **Strand Family!** Moving is hard, but moving during a pandemic holds even more challenges. Our new PWC 4-H members join us from St. Mary's County 4-H in Maryland. Their children are looking forward to meeting their fellow 4-H'ers and hope to get *MOOVING* with all of you this Monday. Please join us at *Move it Monday* for safe, social FUN!



Join in the fun!

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

**GO TEAM
PWC 4-H!**



**We've
logged 3,176
miles!**

PWC 4-H Embryology Project

EGGeiting times are upon us!

Hello again hatchers! Can you believe it's that time again? 4-H Embryology was a little rough last year with the onset of the COVID-19 restrictions in the middle of our hatch, but we did it, and we are ready for the new challenges of this new year! Registration for 2021 is now live. [Click here for more information and to register.](#) Please be sure to click and read our 2021 Introduction Letter before signing up. If you are new to Embryology or would like a refresher, select a training to attend when you register.

Embryology Training

Save the Date!
Feb 18th or 24th
at 7 PM via
Zoom.

Check out the sCOOP at [Prince William County 4-H Embryology Project](#)

PWC 4-H Clover Connections

carrier of love and sympathy • messenger of friendship •



FEELING A LITTLE LONELY?

So is someone else!

Go old school and brighten a stranger's day by sending them a postcard!

Register here to find out how and join our low-key, self-paced, snail-mail service learning project!

Be sure to register to participate in PWC 4-H's Clover Connections - a fun, special winter service-learning project to help keep you connected to friends, family and the community! [Click here to participate.](#)

Here are some exciting highlights from this week:

- ✉ Take a 360° tour of the Smithsonian National Postal Museum
- ✉ Thank a Mail Carrier
- ✉ Learn how to mail a letter
- ✉ Watch a Day in the Life of a Mail Carrier
- ✉ And so much more!



Sugar Cookie Postcards

We learned how to make this unique, edible craft just in time to ship for Valentine's Day!



Postcrossings

Our first postcard arrived in Germany! It took 8 days and traveled over 4,000 miles to get there.



It's time to write your Legislator!

What should you say in your postcard? We recommend telling your 4-H Story! Keep it short and sweet, and about why 4-H is important to you. Here are some helpful guides:

- [Click here for the Telling My 4-H Story Guide](#)
- [Click here for the 4-H Story Template](#)
- [Join Clover Connections for a step-by-step guide on how to write a postcard!](#)

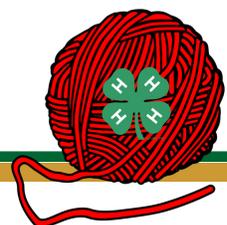
Virginia 4-H Postcards are available at the PWC 4-H Office. See [Page 3](#) for information on writing your State Legislators for 4-H Day at the Capitol!

enlarger of the common life ~ Dr. Charles W. Eliot

consoler of the lonely • bond of the scattered family



A BIG shout-out to PWC 4-H teen leader Kayla Dixon for stepping up to help us get a community service project going that uses our miles of yarn! More info coming soon!



Community Service



How to Start a Community Service Learning Project

Step 4: Orientation and Training

The group develops an understanding of service learning and prepares for the project through project orientation, training, team-building, and planning. Before youth arrive at the service site, they need to know what they will be doing (orientation) and they need to be trained to conduct the work or service (training).

- * **Orientation:** It is important to brief youth on the background of the project and prepare them for what they will be expected to do. Orientation will prepare youth to enter a potentially unfamiliar situation. This includes reviewing rules and regulations about the service and providing training for the skills that youth are expected to perform so that they can complete the service work.
- * **Put the First Step of Part 4 into Operation:** Fit Your Needs with the Needs of the Organization Establish a time with the organization's contact person to discuss the needs of the organization and the educational needs of your 4-H group. Share the learning objectives from the report sheet you created in STEP 3 with the contact person. This is necessary so that everyone understands what you envision your 4-H group learning through project work. Together, create project activities that will best suit the needs of both the 4-H group and the needs of the organization.
- * **Everyone involved (including your 4-H group) should be able to answer this question: What do We Want to Accomplish by Doing this Project?** There may be one answer to this question, or there may be several answers. It depends on what you would like to accomplish by doing this project.
- * **Bring Youth Together as a Team:** If members of your 4-H group don't know each other very well or haven't worked together before, establish a time to bring them together. Conduct icebreaker and/or energizer activities if necessary. This will help the group develop a bond.
- * **Arrange an Orientation While you have the 4-H'ers together, conduct an orientation session.** To do so, identify representatives or volunteers from the organization to familiarize the 4-H group with information including: background of the organization, ways the organization can benefit from the project, expectations of staff (4-H youth and volunteers) at the project site, time given to complete the project, benefits of providing good service, regulations about the service, dress code, interaction with clients (those who will benefit from the project), and safety regulations.

[Click here for the Youth Leader's Guide to Conducting 4-H Community Service Learning Projects](#)



"Spent the morning with the oldest six volunteering at Prince William County Food Rescue. Such an amazing place...They need volunteers. This is good for volunteers seven and up, it's inside so not cold, and there are all kinds of positions so they can find a place for anyone to help out! Can't lift heavy boxes? No problem. Beyond your bending years? Not an issue. Join us and help out an amazing organization helping to feed our neighbors in need."

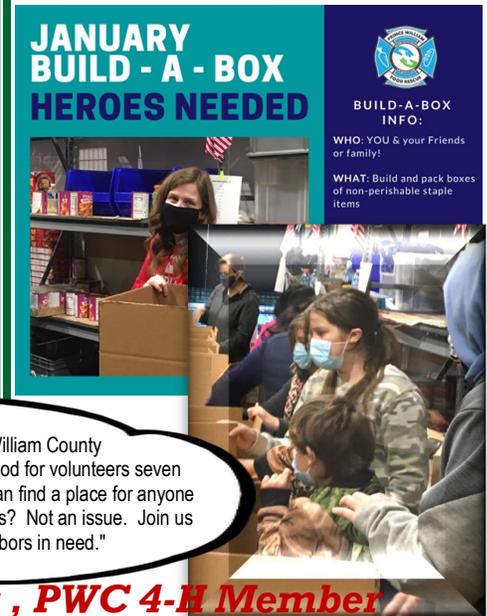
Angela Ayaz , PWC 4-H Member

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 sustainment.

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.](#)



4-H Day at the State Capitol - Links and Reminders

Tuesday, January 26th

- ★ Registration is now open! [Click here to register for 4-H Day at the State Capitol and gain access to additional events and activities.](#) Be sure to register BEFORE 10 am on Monday, January 25th to receive the **4-H Day at the Capitol Rally** link.
- ★ **Escape Room** registration has been emailed to all registered participants. Be sure to register now to secure your spot! Escape Room live dates: now through Friday, January 22 at 5:00 pm
- ★ **4-H Rally** will be held on Tuesday, January 26th at 4:00 pm. Register in advance to receive the link to participate virtually.



★ [Click here to find information on your State Legislators](#)

★ Be sure to tag your social media posts with #WHYWELOVEVA4H



Virginia 4-H Postcards are Available!

Want to join Postmaster Cloe and send your 4-H Story to your state legislators? Email [MaryBeth Lerch](#) to arrange picking up 4-H Postcards at the office.

PWC Share the Fun

Why participate in Presentation Day or Share the Fun?

We would ask, *why not?* These annual PWC 4-H events are an excellent opportunity to display skills and knowledge gained through 4-H projects or other life experiences. Judges are friendly and anxious to help you improve your skills by providing constructive feedback and scoring based on a rubric (not competing against other members). Cloverbuds are encouraged to give it a try at the county level. Junior and senior 4-H'ers can move on the district level and senior 4-H'ers can move on the state level.



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](#)

★ [Click here for all other competition guides](#)



*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: 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
703-792-4536

Kristin Saul
4-H Youth Educator
ksaul@pwcgov.org
703-792-4762

Emily Cloe
4-H Youth Educator
ecloe@pwcgov.org
703-792-4761

Candi Helmlinger
4-H Program Specialist - Newsletter
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

