



Prince William 4-H

Our Clubs, Our Community



February 3, 2021

Upcoming Events

Feb 8 - [Move it Monday!](#)

Feb 13 - Virtual Intro to Equismartz - Horse Bowl

Feb 18 - Embryology Training

Feb 18 - [Crocheting for a Cause Zoom 1](#)

Feb 24 - Embryology Training

Feb 25 - [Crocheting for a Cause Zoom 2](#)

Feb 27 - Presentation Day and Share the Fun!

Mar 6-7 - TALT Weekend

Mar 9 - 4-H Leader's Meeting

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Share the Fun & Presentation Day - Register today!

We're getting excited!

PWC 4-H's annual **Share the Fun & Presentation Day** events are coming together and will be fun for all! Participants will be able to perform *LIVE* at Buckhall VFD in front of a panel of judges. The performances will be recorded and posted to the PWC 4-H Youtube channel for family and friends to watch and cheer them on.

These 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*). **All members are encouraged to participate!**

- ★ [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](#)

Please click here to register for Presentation Day & Share the Fun.

Please register by Friday, February 12th. All participants will be sent a link after this time with available time slots. In order to keep the event safe for all, only one act will be allowed in at a time. The start time will depend on the number of participants registered.

Presentation Day & Share the Fun

Date: Saturday, February 27th

Time: Sign-up will be sent to those registered

Location: Buckhall Volunteer Fire Dept.



Click to Visit





Move it Monday!

Join us **EVERY Monday from 3:30 - 4:30 PM** at the PWC Fairgrounds and **get moving!** ([Click here to attend via Zoom](#))

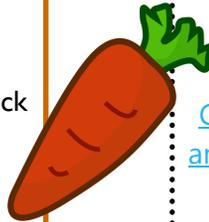


CHALLENGE OF THE WEEK:

Avoid empty calories! Substitute one sports drink with water and a piece a fruit and see how you feel. Do you feel more energized? Are you still hungry or are you satisfied? Are you still thirsty? Come to Move it Monday next week and let us know your favorite after exercise

 **VIRGINIA TECH.**

Keeping your immune system healthy is so important! While we're talking about fruit, check out this article from our partners at Virginia Tech on "[Why Healthy Eating Can Help You Fight COVID-19.](#)"



[Click here for the February SHAPE mind and body exercise calendars and MOOVE every day!](#)

Travis' Health and Nutrition Tip

Sports drinks are composed mostly of water, but their second biggest ingredient is sugar. While sports drinks are OK to drink sometimes after a lot of exercise like a soccer game, you'll get more nutrition (and less empty calories) by having water plus a fresh fruit.

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



PWC 4-H 5K Training Coming March 1st to Move it Monday!

The PWC 4-H Association is working with PWC 4-H staff to create a new 5K event this spring. On March 1st, we'll shift our focus on Mondays to working on our cardio strength and endurance. This family fun challenge is sure to get us through the winter blues and *moving* towards spring. *More information coming soon!*

[Calling all Volunteers! Please click here to email Kristin Saul to help with the 5K event planning.](#)

With Move it Monday 5K Training quickly approaching, it's super important to download the Charity Miles app and turn those steps into dollars to support local food banks! It's free. It's easy. It's a service to our community!

Join today!

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



PWC 4-H Clover Connections

POSTCROSSING

We've got mail! This postcard is the closest one to date. From Charleston, WV, it traveled 229 miles in 5 days. It even features a US stamp! Have you sent your postcards out? Write up your 4-H story and start sending! Log into PWC 4-H Clover Connections and view the postcards that we received.



NAKED MAIL

(What is Postmaster Cloe up to? Check out her post on Padlet!)

We're pretty sure a naked potato has *sprouted* some interest in PWC 4-H Clover Connections. It's free and easy to join!

Register here to receive the link to Postmaster Cloe's Padlet Page and have fun learning all about the US Postal System!



Virginia 4-H
MAKING the Future

Letter Writing - Handout

Use your head, hearts, hands and health to write a thoughtful and inspiring letter to a service member. Check out this simple guide on Clover Connections Padlet and be creative! This community service project has links to three different organizations that accept letters for service members.

Fairies have come back to our realm to help everyone find their Happy Thoughts. When you leave a letter at Fairy Tree, the fairies, elves, gremlins, trolls, hobgoblins, The Muse and even a Fairy Godmother take turns replying with a paper letter the very next day. **Join in the magic and learn more on Clover Connections!**

Fairy Pen Pals



Community Service

How to Start a Community Service Learning Project Step 6: Reflection

Reflection is the key to a community service learning project. It is a planned process for carefully examining what was done, the meaning of that effort, and the skills, knowledge, and lessons learned from participating in the experience. This careful review of what was learned from conducting the service is what makes community service learning different from community service or volunteering.

- * **Put Step 6 into Operation:** You have actually been conducting reflection since the very beginning of this experience. Reflection activities have been infused throughout the project. As you may have noticed, these activities are designed to make you think about what you are learning during each phase of the project and how that will affect your decisions if and when you conduct another community service learning project. See the Leader's Guide linked below for more details. You can also use a very specific reflection activity that you create for an identified phase of the project.

STEP 7: EVALUATION

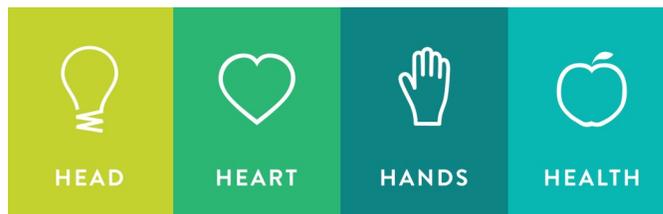
Evaluation is a specific activity where the group collects feedback from direct and indirect beneficiaries, stakeholders, and project volunteers to determine the success of the community service work. Also a form of reflection, evaluation allows the group to analyze the service it performed, make changes, document the results, and improve the project for the next time.

Evaluation is all about identifying change. Hopefully, all of this hard work has caused some sort of positive change within the community! Evaluation is something that needs to be built into the project from the beginning. Don't wait until the program is over. Be sure to evaluate what took place (the process of doing the project), as well as what happened as a result of the project. During the evaluation stage, it is important to collect feedback from those individuals who were involved with the project and directly or indirectly benefited from the project. When 4-H'ers evaluate a project, ask them not to ask questions just for the sake of asking. Make sure that they genuinely care about the information they're collecting and that the information is useful in improving the program.

Put Step 7 into Operation

- * Identify What to Evaluate
- * Identify Who to Evaluate
- * Identify an Evaluation Method
- * Survey participants
- * Interviews and Group Discussion
- * Review Records
- * Observations
- * Analyzing Existing Data

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



CALLING ALL BOYS AND GIRLS!

EXPERIENCED AND NEW CROCHETERS WELCOME!

Jump into Kayla's Service Learning Project and see the process in action!

Kayla Dixon of PWC 4-H Nokesville Equestrian Club has launched her Service Learning Project: Crocheting for a Cause! **Crocheting for a Cause** is open to all PWC 4-H members. The objectives of the Service Learning Project is for 4-H'ers to learn the basics of crocheting, create a washcloth with an appliqué, and donate the items to a charity.

Kayla will be creating crocheting kits for distribution, which include crochet hooks and yarn. Members will be able to pick up the kits at the PWC 4-H office. She is hosting 3 instructional Zoom sessions:

- **Thursday, February 18th:** Learn the Basic Crochet Stitches
- **Thursday, February 25th:** Complete a Wash Cloth Project
- **Thursday, March 4th:** Learn How to Create and Apply and Appliqué
- **March 8th - 14th:** Collect finished wash cloths to bring to a charity (*tentative*)

The Zoom sessions serve as an introductory course that will prepare members for more complex projects. PWC 4-H has the materials. It's time to loop and chain!

[Please click here to register for Crocheting for a Cause.](#)



PWC 4-H Association Reminders



Tuesday, February 9th: PWC 4-H Association Board Meeting

The Association will hold its Board Meeting on Tuesday, February 9th. While only Board Members attend the meeting, please forward any comments or ideas that you have for the Association to [MaryBeth Lerch](#) prior to the meeting date.

Mark Your Calendars: The next PWC 4-H Association Membership Meeting is March 9th.

4-H Teen Opportunities



Authors of Change Virtual Retreat

Virginia 4-H members are invited to participate in a 3-day virtual retreat facilitated by the Washington State 4-H Teen Equity & Inclusion Task Force. Youth age 12+ are invited to join us in an exploration of how we can work together to create social change. The virtual retreat is March 5-7th. Registration is free with an option to purchase a retreat kit. [Please click here for more information and to register.](#)



Virginia Teen Initiatives Action Group

In response to COVID-19, a group of teen leaders from across the Commonwealth came together to create a working group around initiatives and issues facing teens during the pandemic.

As a result programs were developed, social media content was created, and activities were created to meet the needs. We would like to continue this effort by growing this group with teen leaders from across the Commonwealth that are interested in working with a team of teens to create teen

opportunities (like game night, pen pals, and social media content) and much more.

[Please click here to complete the interest form.](#)



National 4-H Updates



2021 Agri-Science Summit

Online, March 5-7, 2021 - **Registration Closes Monday, February 15th**

At the National 4-H Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.

[Please click here for more information](#) and to download the Workshop Tracks & Descriptions to select your sessions. Please indicate your track preference when registering for the summit.



4-H at Home

4-H at Home provides hands-on, educational activities for kids and teens to do while they're home from school during COVID-19. Get our latest 4-H at Home Activity Guide, activities from 4-H Land-Grant Universities, and more.

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



**PRINCE WILLIAM
COUNTY 4-H**

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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

[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

