



Prince William 4-H

Our Clubs, Our Community



February 17, 2021

Upcoming Events

- 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 24 - VT Giving Day
- Feb 27 - Presentation Day and Share the Fun!
- Mar 1 - Move it Monday!
- Mar 6-7 - TALT Weekend
- Mar 9 - 4-H Leader's Meeting

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Community Service is Key to 4-H

Crocheting for a Cause Starts Tomorrow!



SERVICE LEARNING PROJECT

Kayla Dixon of PWC 4-H Nokesville Equestrian Club hosts her first Zoom session tomorrow night for **Crocheting for a Cause**. The purpose of her Service Learning Project is for 4-H'ers to learn the basics of crocheting, create a washcloth (*or more!*) and donate the items to a charity. Kayla currently has a dozen local 4-H'ers registered for this fun, social, community service activity. 4-H'ers are welcome to join in at any time! [Please click here to register for Crocheting for a Cause and receive the meeting links.](#)



Join Charity Miles and Earn 4-H SWAG!

With *Move it Monday!* 5K training beginning March 1st, it's super important to download the Charity Miles app and start turning your steps into dollars to support local food banks. It's free, easy and it's a service to our community. Beginning in March, participants will have a fun opportunity to earn 4-H SWAG based on your miles logged on the Charity Miles app. To join in the fun, download the [Charity Miles app](#), choose Feeding America as your charity, and join Team #Pwc4h for a chance to win 4-H SWAG!



Volunteer to Help Plan the 4-H 5-K

Community Service includes volunteering to create an event that will directly benefit your community of 4-H'ers. [Please click here to email Kristin Saul to help with the 5K event planning.](#)



Cards of Hope and Love

A service of the heart and hand! See **PWC 4-H Clover Connections** on [Page 2 of the Newsletter](#) to learn how sending postcards and letters can bring hope and joy to communities around the world.



Virginia Tech Giving Day 2021

Help VCE and 4-H grow a legacy of leaders by donating to this important cause on February 24th! Virginia 4-H prepares youth with life skills to become leaders in their communities and empower them to solve local complex challenges. Today, we need your help to give even more kids the support and encouragement they need to thrive. Let's watch them make the world a better place for us all. [Click here to learn more.](#)

Did you know...



Prince William County 4-H is part of a larger organization known as the Virginia Cooperative Extension. The VCE programs are all research-based and available to all residents, no matter income, race, gender...they are available to YOU!

Take advantage of the collective knowledge of Virginia Tech, Virginia State University and local experts in these key areas of expertise:

Environmental Education

"I've attended 2 gardening sessions this month and have learned so much! I hope to have a healthy garden this year with tons of veggies!"
Candi Helmlinger, 4-H Staff

[PWC VCE Environmental Education](#) provides research-based education on gardening, lawn care, pest control, storm water management, and so much more. Scroll through the volumes of research and tools on the website or attend a free virtual course to learn how to prune trees, plant a vegetable garden among many more horticulture programs.

Financial/Housing Services

Whether you're a first-time home buyer, want to improve your credit, need help with tax forms, or own a small business, [PWC VCE Financial & Housing Services](#) has all of the resources you need with experts to guide and answer questions. If we don't know, we know someone who does!

4-H Youth Education

Although you know us well, you might not know that [PWC 4-H](#) has a TON of curriculum available to YOU! From enrichment materials, to presentations, to clubs, to programs, to camps...we have the resources to help young people grow into capable, responsible, confident members of Prince William County and beyond. Everything we do is research-based and curriculum-based. You can't help but learn and grow with us!

Our 4-H experts MaryBeth Lerch, Kristin Saul and Emily Cloe are loaded with resources just for YOU!



Nutrition Education



Ever wonder how we've been blessed with Mr. T at *Move it Monday!*? It just so happens that he's part of our [VCE Nutrition Education](#) - part of our research network of experts that works to improve health and nutrition in our area. While Mr. T usually is found in our local schools, this year he's promoted good health every Monday to our 4-H'ers that are *moving* to stay fit.

Parenting Education

Many of our PWC 4-H families have found the parenting seminars extremely helpful! Sharing ideas and learning proven techniques to help manage all that comes with parenting can be found through the programs at [PWC VCE Parenting Education](#). Children don't come with manuals, but we have research that can help guide your way.



Check out the [PWC VCE Website](#) and have our research at your fingertips!



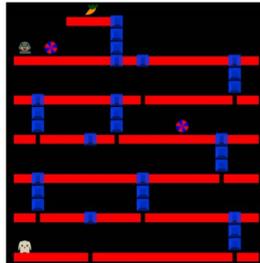


You can be a GameChangineer Free Online Learning Club

Middle- and High-School students, would you like to learn about the logic behind popular video games, artificial intelligence, and problem solving? If so, this free 6-week online learning club is for you! Based on the Artificial-Intelligence enabled design and education platform (<https://gc.ece.vt.edu>) from Virginia Tech, we will create video games and the AI behind popular video games such as **Downhill Ski**, **Target Kick**, **Pacman**, **Donkey Kong!** The system helps each student bring his/her design to fruition! No prior programming knowledge is necessary!

Key concepts students will learn to:

- Write clear instructions
- Reason logically and critically
- Compose AI behavior for game characters
- Algorithmic & Systems thinking
- Problem-solve various scenarios
- Diagnose errors efficiently
- Learn CS concepts of decomposition, object-orientation, algorithms, ...
- Cultivate growth mindset
- Create, play and share games



Instructor: Prof. Michael Hsiao, Virginia Tech

Meeting times: Tuesdays, February 23 – March 30, 4:00 – 5:00 p.m. (Eastern Time)

To register: <https://forms.gle/egVNfg7fSSHDwiNW7>

If you are a person with a disability and desire assistance or accommodation, please notify the Mecklenburg Extension Office at (434)-738-6191/TDD* during business hours of 8:00 am and 5:00 pm. *TDD number is (800) 828-1120.

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AGRICULTURE CAREER EXPLORATION SERIES FOR YOUTH



Dr. Josh McCann joined the Department of Animal Sciences at the University of Illinois at Urbana-Champaign in 2016. Dr. McCann grew up in the southeast on a small family farm. He obtained a B.S. in animal and food science at Texas Tech University, followed by a M.S. in animal science at Texas A&M University, and a Ph.D. at the University of Illinois. He was member of the Giles FFA Chapter and Giles Ag 4-H Club.



Dr. Mary Tomlinson owns Cresthaven Veterinary Services, LLC in Galax, VA. Her ambulatory practice covers 7 counties in southwest Virginia and 4 counties in NC. Dr. Tomlinson graduated from Virginia Tech in 2008 with a double major in dairy science and animal & poultry science and a minor in chemistry. She graduated from VA-MD Regional College of Veterinary Medicine in 2012.

MONDAYS - STARTING FEBRUARY 22ND FROM 7 - 8PM
[HTTPS://VIRGINIA TECH.ZOOM.US/J/84150033549](https://virginiatech.zoom.us/j/84150033549)
WATCH LIVE ON FACEBOOK AT "GILES COUNTY EXTENSION - VIRGINIA COOPERATIVE EXTENSION"

Highlighting alumni of 4-H and FFA. Speakers will discuss their chosen agricultural profession and be available to answer questions by participants. For more information email Jeannie Dudding at jdudding@vt.edu.



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STEM Resources in VA 4-H

STEM Expertise and Experience: Virginia 4-H has a dedicated team of VCE agents and faculty that are currently engaged with the STEM Subteam of the 4-H Positive Youth Development Program Team. They are our experts here to help YOU in your STEM explorations.

STEM Resources: The Virginia 4-H STEM website also has a list of links to STEM resources that may enhance your STEM learning experience. From agriculture to engineering to outer space and more, this compilation of links serves as a quick and easy access to research-based STEM materials.

4-H STEM Challenge - Mars Base Camp: If you were not able to participate in the fall, this research-based curriculum is available to you to explore at your own pace. Interested in giving it a try? A small amount of kits are available at the **PWC 4-H Office in Manassas**.

[Click here to access the VCE 4-H STEM website](#)



Get Involved! Are you a STEM expert? Contact Virginia 4-H with your curriculum ideas and offer your expertise to help volunteer adult leaders incorporate STEM and experiential learning into as many of our activities as possible, enabling our youth to develop important life skills such as critical thinking and problem solving.

Virginia 4-H Honey Bee Writing Contest



**FOUNDATION FOR
THE PRESERVATION
OF HONEY BEES, INC.**

2021 4-H Essay Contest Announcement and Rules

Sponsored by
The Foundation for the Preservation of Honey Bees, Inc.
& Virginia 4-H



Virginia State Awards: Cash Prizes to 3 Top State Winners at these levels: 1st- \$100, 2nd- \$50, 3rd- \$25



National Competition Awards: The VA State Winner will be forwarded on to National competition and could win cash prizes as follows: 1st - \$750, 2nd - \$500, 3rd - \$250

Each state winner, including the national winners, receives an appropriate book about honey bees, beekeeping, or honey.

2021 Essay Topic

“Immunity: Threats to Bee Colonies and Methods to defend Against the Threats”

Honey bee colonies have developed many ways to stay healthy. Their immune responses range from behaviors such as grooming to using materials such as propolis, a plant-derived substance bees coat on the interior of a hive for antimicrobial purposes. Even the gut of the honey bee contains beneficial bacteria to help the bee stay healthy!

In your essay, name at least two threats (e.g., a parasite such as Varroa, a pathogen such as a virus, a predator such as a bear, etc.) to honey bee colonies and then discuss the methods colonies use to defend against those threats. If possible, include at least one picture you have taken from February 2020 - February 2021 that illustrates how colonies manage to stay healthy against a variety of threats.



Email entries are due March 20th.

[Click Here for Contest Rules and How to Enter](#)

National 4-H Updates



**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.](#)

**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

[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

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Kayla Dixon, Vice President

Alexis Cox, Treasurer

Secretary- Vacant

Adult Officers

Matt Valentino, President

Alan Lerch, Vice President

Sydney Nguyen, Treasurer

Tom Harrigan, Secretary

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Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

