



Prince William 4-H

Our Clubs, Our Community



January 13, 2021

Upcoming Events

- 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 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:

- [Move It Monday!](#) 2
- [Portfolios](#) 2
- [Clover Connections](#) 3
- [Embryology](#) 3
- [Community Service](#) 4
- [Presentation Day & Share the Fun](#) 5
- [Virginia 4-H](#) 5
- [Contacts & Recourses](#) 6

Click to Visit



Register Today! 4-H Day at the State Capitol

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.](#)



4-H Day at the Capitol provides an opportunity for youth to learn about governmental procedures and emphasizes the importance of citizen involvement in the governmental process. Participants will have an opportunity to meet with legislators, share their 4-H experiences and learn about the role of legislators in government.

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.



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-Hers 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 to sign up for the Escape Room.



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/>



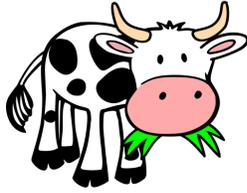
4-H Day Rally

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.

Be sure to tag your social media posts!

#WHYWELOVEVA4H





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](#))

GO US!

Team PWC 4-H has logged 2,952 miles!

To Join in the Fun:

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



Here's our weekly schedule:

- 3:30 Arrive; Check heart rates
- 3:40 10-minute Warm-Up
- 3:50 20-minutes of *MOVING*; 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!*



Travis' Tasty Tips: Filling Snacks

If you're hungry in between meals, choose whole grains, fruits, and vegetables for your snacks! They're are high volume foods. That means that they fill up your stomach more than other foods and keep you feeling full longer!

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



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

RECOGNITION!

Did you receive any?

TAKE A FEW MINUTES TO WRITE IT DOWN IN YOUR MEMBER RECORD!

Make your 4-H Portfolio easy!

Do it now!



Portfolio Reminder

Now that you spent some time organizing your portfolio over the holiday break, it's time fill in the details. Let's start with

RECOGNITION!

There are two sections on your [4-H Member Record](#) pertaining to recognitions that you have received:

- ★ **Recognition Inside 4-H:** this is where you list all recognition received in the 4-H program, including fair awards. Please list only individual awards.
- ★ **Recognition Outside 4-H:** this is where you list recognition and awards that you have received outside of 4-H, including through school, sports, community and religious organizations.

Take a moment each month to write down your awards and recognitions. It's easy to forget all of the great things that you've accomplished over the course of a year. Spending the time now will save you hours later. Don't delay! Make your 4-H Portfolio easy!



MVP

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

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

Clover Connections Update

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.](#)

POSTCROSSING

Our journey into exploring the US Postal Service begins with Postcrossing. So what is Postcrossing?

PWC 4-H is using an online social mail network that allows our members to send and receive postcards from all over the world! The idea is simple: for each postcard you send, you will receive one back from a random postcrosser from somewhere in the world. There are lots of people who like to receive real mail. Receiving postcards from different places in the world (many of which you probably have never heard of!) can turn your mailbox into a box of surprises — and who wouldn't like that?

PWC 4-H'ers registered for the Clover Connections project can click on the link in Padlet to participate. We've made this project safe by having the return mail come directly to the PWC 4-H office in Manassas. Postmaster Cloe will pin the postcards to Padlet for all to read, and enjoy!



QUIZ TIME!

Which person served as the first Postmaster General of the United States?

- Benjamin Franklin
- Ulysses S. Grant
- Charles Lindberg
- Montgomery Ward

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](#)

Up Next: Sending postcards to your State Legislators!

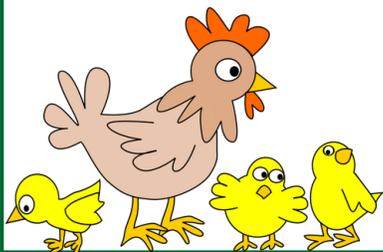
PWC 4-H Embryology Project

Coming soon! We're busy creating schedules, timelines, egg orders, distribution plans and so much more!

The "Beginning of Life" 4-H project is designed to help youth obtain a better understanding of life and embryonic development. 4-H educational materials guide students through each step of the hatching process from preparing the eggs for incubation to building a brooder for the newly hatched chicks. These educational materials address Standards of Learning (SOL's) for math, science, English, life science, and computer technology. 4-H will provide fertilized eggs, guide you through training, support you during the hatch, and then collect the chicks to be sent to a local farm.

This year's hatch will begin in early March. Participants must register online and a Zoom training session will be announced along with egg distribution information.

As you're eagerly awaiting the sCOOP, please click here to check out the [EGGceptional Prince William County 4-H Embryology Project Facebook Page.](#)



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 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.](#)

How to Start a Community Service Learning Project

Step 3: Learning Objectives

Youth should understand what the 4-H'ers are expected to learn through their service. Describe what youth will learn on a personal, social, and intellectual level. Establish clear learning goals as they relate to the 4-H curriculum. Youth need to clearly understand what they will learn and what they are going to be able to do once they complete the project. They also need to be actively involved when developing the learning objectives for the project. This builds buy-in, interest, and provides new leadership opportunities for youth. Think about the types of service learning that can assist you as a 4-H leader in providing learning opportunities that address 4-H learning objectives.

How Do I Create Learning Objectives? Learning objectives describe the behavior that must be demonstrated to verify that learning has taken place. It is an observable change in the skills, knowledge, and/or behavior of youth as a result of participating in project work. Learning objectives answer the question: "What do I want youth to learn as a result of participating in this project?"

- * **Consider the Age Level:** Consider the age level of the group. Focus on what you want 4-H'ers to learn from participating in the project.
- * **Identify the 4-H Programs You will Address with Your Project:** Identify which of the 4-H program areas your project falls within. It may be more than one area! Get the help of your 4-H group by reviewing the 4-H program area they feel their project work will involve. Assist your 4-H group by using the reflection activity in the Youth Leader's Guide below.
- * **Identify the 4-H Life skills you want to Address with Your Project:** What 4-H Life Skills are you focusing on while conducting project work? Ask the 4-H group to identify areas in the 4-H life skills model they feel their project will work involve and why.
- * **Identify Learning Objectives:** Identify what you want youth to learn from participating in the project. If the group is able to do so, ask them to identify a few skills or things they and others in the group want to focus on. For instance, if you decide that a major learning objective is to help youth "develop leadership skills," ask the youth to decide the things about "leadership" they want to learn the most.

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



LAST CALL FOR YOUR IDEAS! 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 Leader 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!

LAST CALL!

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**

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Manassas, VA 20109

Click to Visit Online:

[PCW 4-H](#)

[Virginia State 4-H](#)

[National 4-H](#)



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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

