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 Equismartz - Horse Bowl
Feb 18 - Embryology Training
Feb 24 - Embryology Training
Feb 27 - Presentation Day and Share the Fun!
Feb TBD - Embryology Training

Inside this issue:
Move it Monday! 2
Embryology 2
Clover Connections 3
Community Service 4
4-H Day at the Capitol 4
Presentation Day and Share the Fun 5
Virginia 4-H 5
Contacts & Resources 6

Click to Visit

Prince William 4-H
Our Clubs, Our Community

January 20, 2021

4-H Association Meeting Update

by Samantha Whysong, 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.

- 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 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!

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 MOVING 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

POW 4-H Embryology Project

EGGciting 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.

Check out the sCOOP at Prince William County 4-H Embryology 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!

Postcrossings

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

Sugar Cookie Postcards

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

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!

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-Hers 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

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 sand 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.

JANUARY BUILD - A - BOX HEROES NEEDED

Prince William Food Rescue

Click here for the Build-A-Box Signup.

*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

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.

* 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.

* Click here to find information on your State Legislators

* Be sure to tag your social media posts with #WHYWELOVEVA4H
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.

Categories Include:
- Presentation
- Extemporaneous
- Table Setting
- Drama
- Instrumental
- Public Speech
- Dramatic Reading
- Fashion Revue
- Vocal
- Vocal/Instrumental Combo

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, 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.
Your Dedicated PWC 4-H Staff

MaryBeth Lerch  
4-H Extension Agent  
mlerch@pwcg.gov  
703-792-4536

Kristin Saul  
4-H Youth Educator  
ksaul@pwcg.gov  
703-792-4762

Emily Cloe  
4-H Youth Educator  
ecloe@pwcg.gov  
703-792-4761

Candi Helmlinger  
4-H Program Specialist - Newsletter  
chelmlinger@pwcg.gov  
703-792-4761

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