



# Prince William 4-H

## Our Clubs, Our Community



February 10, 2021

### Upcoming Events

- 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 1 - [Move it Monday!](#)
- Mar 6-7 - TALT Weekend
- Mar 9 - 4-H Leader's Meeting

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## Move it Monday to Take on a New PACE

*Move it Monday!* is transitioning to a new stage of goal oriented programming with the advent of the first annual **PWC 4-H 5K** [roars of cheers and applause]! On Monday, March 1st, thanks to new parent volunteers, Jim and Dee Ann Strand of Kettle Run 4-H and Trigger Time Clubs, we will begin a 12-week fitness and conditioning program that will culminate on Sunday, May 23rd, with a 5K and 1-mile Fun Run at the Prince William County Fairgrounds.

The 5K and Fun Run is a combination project, fundraiser and service opportunity. The project is the goal or goals you set, work on, document and reflect upon. The fundraiser is for your PWC 4-H Association scholarship opportunities. And, the service opportunity is activating and joining #PWC4H on the Charitymiles.org app and selecting your miles to fund local food banks through Feeding America. The amount of miles you do for Feeding America could also be a project goal!

Whether this is your first time running or walking a 5K, or you want to beat a previous running time...whatever your goals and motivations are...we will help you get there with a research-based training plan, motivation from your peers, and the tools for learning. The whole family is welcome to join!

All 4-H'ers are welcome at *Move it Monday!* Join in with what's right for you - you do not have to participate in the 5K, Fun Run or fundraising activities to join in the fun at *Move it Monday!* If you have any questions about what the planned fitness program looks like, available project worksheets, or just need support for any reason, please don't hesitate to reach out to us here in the office.

*Move it Monday!* will resume meeting at the fairgrounds, at the NEW time of 4:30 pm or via zoom on March 1st.



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



## Sign Up Today!

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 for a chance to win 4-H SWAG!

**EVERY  
MILE  
MATTERS**  
CHARITYMILES.ORG

## Move it Monday!

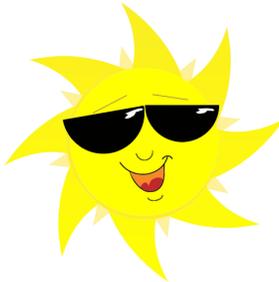


## Time for a Little Rest!

It's getting awfully cold with all of this snow. *Move it Monday!* will not be meeting for the rest of February, but will resume on March 1st with our special 12-week series to get you ready for race day! [See the front page](#) for more information.



## Travis' Health and Nutrition Tip



### Get Strong with Vitamin D!

What does vitamin D do for our bodies? Vitamin D is needed to keep your body functioning well. Vitamin D helps with strong bones and may help prevent some cancers. It also helps keep your muscles and your immune system strong. From about late March/early April to the end of September, most people should be able to get all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors.

But between October and early March we do not get enough vitamin D from sunlight. Foods like oily fish (such as salmon, sardines, herring and mackerel), red meat, egg yolks, fortified foods (such as breakfast cereals or dairy) all have vitamin D in them.

By eating these foods, and making sure we go outside on sunny days we can ensure we get enough Vitamin D!



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

## Share the Fun and Presentation Day - **REGISTRATION DUE FRIDAY!**

# WHAT ARE YOU WAITING FOR?

Let's have some fun! PWC 4-H's annual **Share the Fun & Presentation Day** events will be held on Saturday, February 27th. 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. **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.](#)

Registrations are due 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.



## PWC 4-H Clover Connections



**Oh, that Postmaster Cloe sure has made us laugh!** Naked mail? What was she thinking? *HA! HA! HA!* This week she's getting our creativity flowing with learning about stamps, designing our own, and so much more!

Late to the party? Join in the fun! [Click here to register to access PWC 4-H Clover Connections](#) and get Postmaster Cloe's **STAMP** of approval!



### **Design It!** Student Stamps for America

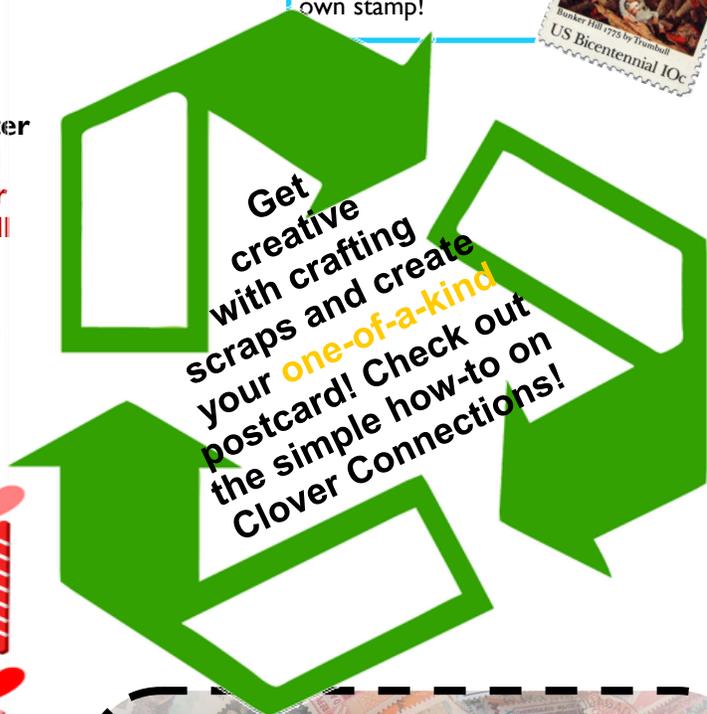
American history and culture continue to live vicariously through stamp imagery. Learn more about US Stamp development by learning the elements of art, principles of design, and social studies concepts. Finish the activity by designing your very own stamp!



# 1984



**Flashback with to an episode where Mister Rogers and Postmaster General Bill Bolger and see how stamps are made!**



Sending a secret Valentine?

Check out Postmaster Cloe's secret recipe for invisible ink and keep your message

# TOP SECRET



## PHILATELY

(Phila ...WHAT? Oh no! What is Postmaster Cloe up to this time?)

## Community Service



### How to Start a Community Service Learning Project Step 8: Celebration, Recognition, and Reporting

The group celebrates project completion through recognition of volunteers, partners, and beneficiaries and the group reports project outcomes to stakeholders.

- \* **Celebration:** Assist your 4-H group in planning ways to celebrate the service and recognize the volunteers and any others who helped along the way. Include community members, elected officials, parents, donors, and those who benefited from the completion of the project.
  - Host celebration activities that are fun and exciting.
  - During celebration, highlight what was learned, showcase reflection activities, and highlight creativity and diversity in the community.
  - Compare "BEFORE" and "AFTER" photographs
- \* **Recognition:** Invite everyone to the celebration who participated and benefited from the project, so they can have a sense of closure and an opportunity to thank everyone for their service. This will help you draw attention to the needs of the community, highlight the things your 4-H group learned, and showcase reflection exercises conducted by your 4-H group. Recognize all who helped complete the project. Click on the Youth Leader Guide below for more ideas.
- \* **Reporting:** Reporting is important too. Ask 4-H'ers to submit a report to the state 4-H office, write an article for the local paper, or create a display at the county or state fair. It is important that young people be recognized and celebrated by the community for their contributions. Completing a community service learning project completes a cycle and will hopefully lead to the development of a new project.
- \* **Reflection:** Ask youth to complete the "Post-service Reflection" section in the Youth Leader Guide. What are your initial steps toward another service learning project? What new project would you like to take on as a result of completing this project?



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



## SERVICE LEARNING PROJECT

**REGISTER BY FRIDAY, FEBRUARY 12TH**

**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. 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.](#)**

## Virginia 4-H Resources and Opportunities



### STEM in Virginia 4-H

4-H programs are available in Virginia through local 4-H clubs, 4-H camps, in-school and after-school settings. 4-H science programs provide 4-H youth the opportunity to learn about Science, Technology, Engineering and Math (STEM) through fun, hands-on activities and projects. Integration of these concepts are key for the most complete understanding of a topic. STEM can be found in a wide variety of 4-H programming and in everyday life. In Virginia 4-H, we strive to 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. [Click here for more information on STEM in Virginia 4-H](#) and then select "STEM Resources."



Virginia Association of Extension  
4-H Youth Development Professionals

### Virginia Association of Extension 4-H Youth Development Professionals

Human | Kind...be both! Support the Virginia Association of Extension 4-H Youth Development Professionals with this apparel sale. Something for everyone! From t-shirts, sweatshirts, jackets, and hats...you can choose what you most prefer (or buy one of each)! Fundraiser will be open until February 21st. Items purchased will be shipped directly to you the week of March 8th. Pre-order yours here: <https://vae4-hydpfundraiser21.itemorder.com/sale>



Virginia Tech • Virginia State University

### Virginia Cooperative Extension Speaker's Bureau

Virginia Cooperative Extension (VCE) is an educational outreach program of Virginia's land-grant universities: Virginia Tech and Virginia State University. The goal of the VCE Speakers Bureau is to connect youth with VCE experts on a wide range of topics. These experts will convey research-based information to your students and enhance your students' learning. These presentations are open to school classrooms, 4-H Clubs, and homeschool groups and are offered at no cost. After viewing the list of presentation offerings online, you can request a virtual visit with one of our speakers, by filling out the online registration form. Presentations range from beekeeping, to "speaking dog," to simple machines, soil science, dairy, and so much more!

[Click here for more information on presentations available and to request a speaker.](#)

**NEW PROGRAM!**



### VCE Guide to Virginia 4-H Resources for School Enrichment Enrollment

Virginia 4-H Resources for School Enrichment is a collective site of research-based, experiential learning resources accumulated by Virginia 4-H Extension Agents. These resources include lesson plans, activity sheets, and videos - organized by SOL and CTE task numbers. These resources are free and are well-designed tools for teachers, club leaders, homeschool families, and more.

- [Please click here for a catalog of enrichment materials available.](#)
- [Please click here to request enrichment materials.](#)

**FREE EDUCATIONAL RESOURCES**

## 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.

**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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**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  
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Recognition Committee - Alan Lerch

Membership Committee - 4-H Staff

