



Prince William 4-H

Our Clubs, Our Community



January 27, 2021

Upcoming Events

Jan 28 - [An Evening with Virginia 4-H](#)

Feb 1 - [PWC MVP Nominations Due](#)

Feb 1 - [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!](#)

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Crocheting for a Cause

Kayla Dixon of PWC 4-H Nokesville Equestrian Club has stepped up to use the miles of donated yarn and create a fantastic Service Learning Project!



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.](#)

More information will be available soon!



Famous People Who Knit and Crochet

- ★ Nicholas Hoult
- ★ David Arquette
- ★ Lorde
- ★ Kristen Stewart
- ★ Amanda Seyfried
- ★ Cara Delevingne
- ★ Uma Thurman
- ★ George Lucas
- ★ Ashley Olsen
- ★ Ryan Gosling
- ★ Sufjan Stevens
- ★ Kate Nash
- ★ Scarlett Johansson
- ★ Kate Moss
- ★ Ashton Kutcher

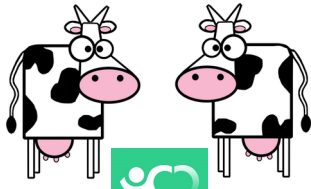


And the list goes on!

Click to Visit



Virginia Tech • Virginia State University



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](#))



Join in the fun!

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



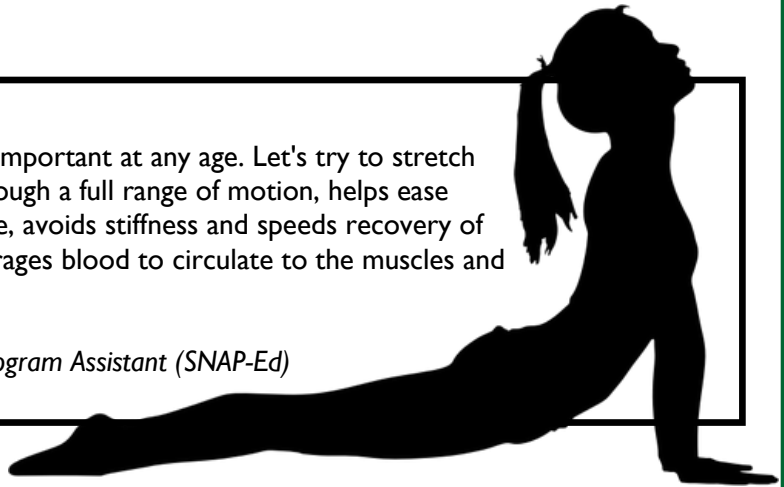
CHALLENGE OF THE WEEK:

Come ready to show or tell us about creative ways that you add stretching to your day. Maybe you do squats while brushing your teeth, or calf stretches while standing in line at the grocery store. Be creative and try something new this week!

Travis' Health and Nutrition Tip

Most of us don't stretch enough. Stretching is important at any age. Let's try to stretch more. Why? Stretching: helps move joints through a full range of motion, helps ease sore or tight muscles, promotes better posture, avoids stiffness and speeds recovery of muscles after running or playing sports, encourages blood to circulate to the muscles and joints throughout the body reduces stress.

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



[Click here for some fun stretches!](#)



PWC 4-H 5K Training Coming Soon to Move it Monday!

The PWC 4-H Association is working with PWC 4-H staff to create a new 5K event this spring. In late February, 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.](#)



FULL! Embryology Update

That was quick! The PWC 4-H Embryology project registration is closed due to an overwhelming response. We're all out of incubators! If you have your own and would like to join in the project, [please click here to email Emily Cloe.](#)

For those of you registered, please be sure to register for one of the two upcoming training sessions following the link in the email that you received. Training is required for participation in the Embryology program.

PWC 4-H Clover Connections

POSTCROSSING

Postcrossing is so much fun!

Our Postcard Arrived!

Taking 8 days and traveling 1,954 miles, our postcard made it to Phoenix, AZ.

New Postcard Received!

We received a new postcard from Yosemite in California.

Visit your PWC 4-H Clover Connections Padlet Page to read all about it!

This week's posts on our **PWC 4-H Clover Connections Padlet Page** contained fun ideas on how you can make your very own mail art!

Give it a try! Take a photo of a card or postcard that you have made and send it to us to share. What art techniques did you use? Did you add lots of color or sketch? Maybe you tried finger print art? Why is the picture special to you? Who will you send it to?

Get creative! Send a photo of your homemade mail to [Candi Helmlinger](#) to be featured in a future issue of our newsletter.

It's not too late to join in the fun! Be sure to register to participate in PWC 4-H's Clover

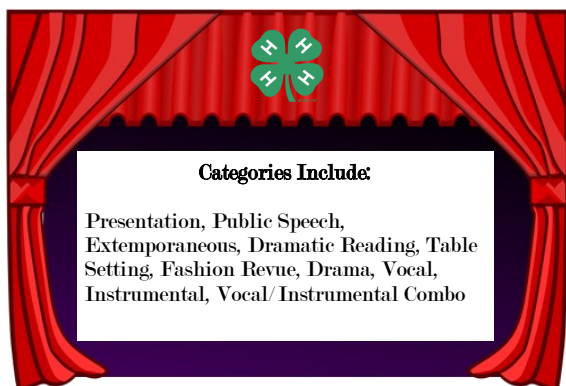
Connections. [Click here to participate.](#)



Presentation Day & Share the Fun

A HUGE thank you to **Buckhall Volunteer Fire Department** for volunteering the use of their fabulous space! Here's what you need to know:

- ◆ Share the Fun & Presentation Day are being held together on Saturday, February 27th at Buckhall VFD.
- ◆ A registration will come out the first week of February for you to register for the event. You will have an opportunity to request a preferred time frame. Performance times will be assigned based on the number of participants and time needed for category of skill.
- ◆ You will perform in front of judges. You can watch other performances on the 4-H Youtube page (info released soon)
- ◆ **Practice! Practice! Practice!** Remember, you are being scored based on a rubric. This is not a competition. The judges are friendly and want to help you continue to improve.



Presentation Day & Share the Fun

Date: Saturday, February 27th

Location: Buckhall Volunteer Fire Department

- ★ [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](#)

Community Service



How to Start a Community Service Learning Project

Step 5: Meaningful Service

The group participates in a meaningful service experience. It is now time to conduct the actual project work. Meaningful service occurs when youth and adults work together to set goals, plan, and address potential barriers that youth face when conducting community service projects. Careful planning and engaged youth are extremely important for providing meaningful service. At this point you and your 4-H'ers should work together to set goals, plan the service, address some of the barriers that young people can face in community service learning projects, and do the work!

- * **Secure Adequate Supervision:** Obtain volunteers to supervise the service work being conducted. Individuals who make good project supervisors include members of the organization where the project is taking place, 4-H volunteers, teachers, parents, business partners, individuals from mentoring programs and other youth service organizations, civic clubs, and members from faith-based communities.
- * **Work with 4-H'ers as a Coach or Mentor:** Make sure that 4-H'ers are actively involved in the work on the day(s) of service. Engage everyone in work activities. Be nearby to observe and provide resources and feedback. Don't just hang around to tell everyone what to do!
- * **Incorporate the Ideas of Your 4-H'ers:** Try to incorporate 4-H'ers' ideas while getting the work done. It is important that the 4-H'ers have every opportunity to use their ideas to organize and accomplish the work.
- * **Complete the Project!** Conduct the project work! Take pictures of the work that was accomplished.
- * **Leave Something Behind:** One of the most important aspects of a 4-H community service learning project, and one that is often overlooked, is to leave something behind that shows what the 4-H project contributed to an organization or to a community. Suggested items to leave after the project is complete includes: signage to describe the work the group completed, a plaque to tell the contribution made by 4-H, information to educate the community, a written description of what 4-H'ers learned from conducting the project, or an educational experience that others can enjoy.

[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 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.](#)

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 841B KAO Circle Manassas, VA 20110

WHY: Provide essential food items to seniors and families in need of support

2021 Virtual 4-H Day at the State Capitol

On Tuesday, January 26th, we celebrated **4-H Day at the State Capitol**. Who knew that so many of our important state leaders are 4-H Alumni! After introducing **Pearl**, the "First Puppy of VA," **First Lady Pamela Northam** focused on STEAM and how those elements can spark innovation. **VA Secretary of Agriculture & Forestry Bettina Ring** stated that developing friendships, learning civic engagement, enhancing skills, embracing diversity and improving society are all benefits of participating in 4-H. She emphasized participating in 4-H opportunities such as the Governor's Fellowship and shadowing officials. **Deputy Secretary of Agriculture Brad Copenhaver** honed in on the importance of personal relationships and how success is about bringing people together. Finally, **VA Supreme Court Judge Elizabeth McClanahan** shared many personal, touching stories of her favorite memories of 4-H, from Share the Fun to camp to 4-H projects, and how 4-H provides opportunities in leadership, citizenship and success. We hope you had a chance to listen in to the virtual 4-H Day at the State Capitol and please continue to share your 4-H Story and why 4-H is important to you on social media, tagging **#WhyILoveVA4H**. Together, **we're making the Best Better!**

Winter Fest 2021 Invitation - Register by January 31st

Clarke-Warren 4-H Camp has invited PWC 4-H to join them for Winter Fest 2021! Winter Fest will offer youth the opportunity to participate in camp from the comfort of home. Participants will receive a kit containing hands-on activities and a t-shirt designed just for Winter Fest 2021. A virtual campfire will also be offered for participants to experience the joys of a Clarke-Warren Camp Fire. The camp fee of \$25 includes supplies and a t-shirt. Shipping is free for PWC 4-H'ers. Register by January 31st to receive your kit and access the campfire. [Click here to register for Winter Fest 2021!](#)



PWC 4-H Association Reminders



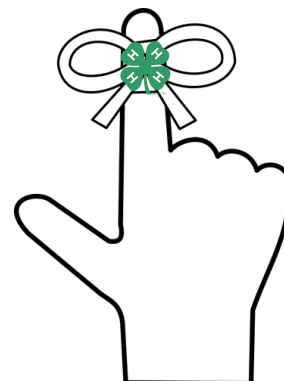
PWC 4-H MVP of the Quarter Nominations Due February 1st

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.



PWC 4-H Association Youth Secretary Position Needs to be Filled TODAY!

A PWC 4-H youth member is needed to serve as the Youth Secretary for the PWC 4-H Association. This is a terrific leadership role for college applications, can serve as volunteer hours, and is a necessary role in organizing the Association. Duties include attending the monthly meeting, recording minutes, and distributing minutes to members. Please contact [MaryBeth Lerch](#) at PWC 4-H if you are interested in volunteering.



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.](#)



An Evening with Virginia 4-H, Thursday, January 28th at 7 PM

An Evening With Virginia 4-H

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
Youth in Action

Samantha Whysong

Healthy Living Pillar Winner

Congratulations!

Samantha Whysong is a Virginia 4-H All-Star, an active member of the Nokesville Equestrian 4-H Club, is serving her second term as a Virginia 4-H Horse Program Ambassador, and is the current Youth President for her County Association.

Sam has developed an anti-bullying program using her own miniature horse, Rubin, as a mascot to teach young children and share her own personal story and experience. In response to the #COVID19 pandemic, she adapted her project so she could still help provide an **#Opportunity4All.**

TOMORROW!

**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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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

