

Sacramento County 4-H Flash Fall 2015



University of California
Agriculture and Natural Resources

4-H Youth Development Program

PROGRAM HIGHLIGHTS

SAVE THE DATE

Sacramento County 4-H Presentation Day

Saturday, February 6, 2016
10:00am
Rosemont High School
9594 Kiefer Blvd.

CALIFORNIA
4-H PRESENTATION
MANUAL



4-H Presentation Day

Join your fellow 4-Hers at Presentation Day in February. You have an opportunity to give a presentation, share a persuasive speech or interpretive reading just to name a few. This is a true life skills building experience for youth members to practice speaking in front of others to build confidence, research topics of interest and gain the ability to accept positive feedback.

Visit the [CA 4-H Public Speaking](#) webpage for additional information, review the [NEW Presentation Manual](#) and watch sample videos of youth giving their presentations, including our own Katy Albiani, Gabriel Ricchiuto, Rachel Ricchiuto and Brandon Brown.

Online registration will be open in December.

4-H Club Enrollment

1. For step by step instructions:

[New Members](#)

[Returning Members](#)

2. With these instructions in hand go online to enroll:

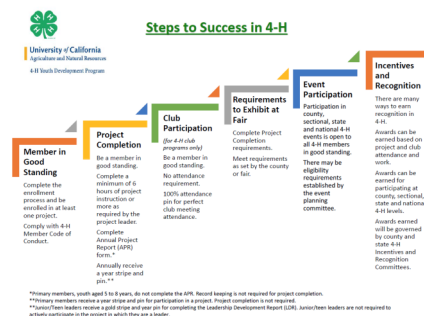
3. After enrolling, pay enrollment fees & give downloaded youth [treatment authorization/health history](#) forms to Club Enrollment Coordinator or Leader



Steps To Success in 4-H

Key aspects of the 4-H program have been standardized to help make the program consistent for every member regardless of which Club or County they participate in.

In order to receive a pin and stripe, each member must follow the guidelines under "Project Completion". This includes being a member in good standing, attending a minimum of 6 hours of project instruction, and completing the Annual Project Report (APR). Primary members are not required to have project completion to receive the pin and stripe.



There are also special requirements to participate in the Sacramento County Fair as a 4-H member. Sacramento 4-H members will have to attend a minimum of 6 hours of project instruction and 5 community club meetings, prior to the fair registration deadline in April. Please communicate with your 4-H Club Leader if you have any questions or concerns about meeting those requirements. The Sacramento County Fair will also have rules and guidelines that must be followed. Visit the Sacramento County Fair [website](#) to review their competition handbooks, which should be posted by December.

4-H enrollment, complying with the [4-H member code of conduct](#), completing a project with an [APR](#), and participating with your 4-H Community Club attendance ensures success in 4-H. To find out more go to [Steps to Success in 4-H](#) and [FAQ's](#).





4-H CALENDAR OF EVENTS

Today is going to be the
BEST.
Tomorrow will be even
BETTER.

NOVEMBER

11/20 CAL Conference Registration Due
11/21 4-H [North Central Skills Day](#)
11/26-27 4-H Office Closed (Thanksgiving)

DECEMBER

12/06 [4-H Day at the Oakland Raiders](#)
12/21-01/04 4-H Office Closed (Winter Break)

JANUARY

01/09 Online Record Book (ORB) Training
01/13 County Dog Meeting (4-H Office)
01/14 CAL Conference Delegate Orientation Meeting (4-H Office)
01/18 4-H Office Closed (MLK Day)
01/22-24 [CAL Conference](#)

FEBRUARY

02/03 Community Club Leader Meeting
02/06 Sacramento 4-H Presentation Day
02/15 Office Closed (President's Day)
02/16 4-H State Ambassador Application Due
02/20 North Central Sectional Meeting
Date TBA Applications County All Star

MARCH

03/12 County Dog Meeting
03/25 4-H Office Closed (Cesar Chavez Day)
03/26 North Central Sectional Field Day

APRIL

04/06 Community Club Leader Meeting
04/9-16 [National 4-H Conference](#)
Date TBA Fashion Revue (Sac, Solano, Yolo)
Date TBA Tractor Supply Paper Clover Fundraiser

MAY

05/03 Big Day of Giving (Sac 4-H Fundraiser)
5/26-30 Sacramento County Fair
05/28 State 4-H Field Day
05/30 4-H Office Closed (Memorial Day)

JUNE

06/17-21 Cal Focus
06/26-7/1 4-H Summer Camp (Camp Gold Hollow)

JULY

07/08-24 CA State Fair
07/28-31 CA 4-H State Leadership Conference

4-H FARM DAY

Twelve Sacramento County 4-H members participated at 4-H Farm Day on Wednesday, November 4, 2015. They brought a variety of animals to the New Joseph Bonnheim Elementary School to share and teach students.

This was an outstanding educational opportunity for the school children to see live animals up close and to learn about 4-H! Project members did demonstrations for the students throughout the day & will earn community service credit for their record books. The 4-H members brought rabbits, chickens, a dog and mini-horse to share with the students.

We are considering having another Farm Day event in the spring. If you are interested, please email [Cyndee Plaskett](#).

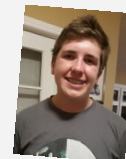


COUNTY



All Star Hi 4-H Event

There will be an upcoming Hi 4-H event, look for more information in the next newsletter or email me at mreck1999@gmail.com.



SECTIONAL

North Central Sectional Skills Day

Saturday, November 21, 2015

9:00 am—3:00 pm

San Joaquin Robert J. Cabral Agriculture Center

2101 East Earhart Avenue

Stockton, CA 95206



Life skills are a basic foundation that prepare youth for success in life. The Life Skills Workshops teach competencies that will help the participants function well in their environment and are best acquired through “learn by doing” activities.

Represent Sacramento County 4-H by wearing your 4-H club t-shirt to this sectional event.

C.A.L. Conference 2016 "Creating A Leader"

Leadership Training Conference Creating an Olympian: Lead Like the Gods

January 22 - 24, 2016
Walker Creek Ranch, Petaluma CA

CAL Conference is a leadership conference for 4-H youth ages 11-17. Each county in the North Central Section can send up to 15 youth.

We have 2 spots left... If more than 15 youth want to attend, we will create a waiting list.

A completed registration form, medical form, a signed code of conduct, and a check payable to your County 4-H Council are due to the County Extension Office by **Friday, November 20, 2015**. Go to the CAL Conference [webpage](#) for the forms, fees and additional information.

The first 15 youth from Sacramento County 4-H that sign up are eligible to receive a \$100 conference fee scholarship. They will need to attend the January 14 delegate orientation and February 3 4-H Club Leader Meeting to present what they learned at the conference.

Mail fees and required forms to the 4-H Office prior to due date. Please make checks Payable to: Sacramento County 4-H Council.

Contact [Jen Henkens](#) at the 4-H Office with questions.

ANNOUNCEMENTS & PROGRAM UPDATES

4-H taught me to not
give up when things
get hard.
-4-H Member

STATE

CALIFORNIA FOCUS



Visit the [Cal Focus](#)
webpage for more
information

Cal Focus
June 17-21, 2016

Located at the Holiday Inn Capital Plaza, California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California. Youth must be at least 14 years old by the time of California Focus. Registration will be open in December.



4-H youth participated in a Discussion Meet at California State 4-H Field Day and then went on to compete at the California State Fair on July 22, 2015.

The winner of the State Fair round, Nathaniel Arroyave, won the prize of \$1000.

If Senior 4-H members are interested in participating in the 2016 Discussion Meet rounds they must be enrolled in either the 4-H Discussion Meet Project, or Public Speaking Project, or Leadership Project, or Communications Project or Citizenship Project.



State Fair Discussion Meet contestants

Visit the webpage on [4-H Discussion Meet](#) for information, member & leader guides, and targeting life skills.

WESTERN REGIONAL STATES



Western Regional Leaders' Forum 2016
March 2-4, 2016
Fairbanks, Alaska

On behalf of the WRLF 2016 Planning Committee, you are cordially invited to join us in Fairbanks, Alaska, at the Northern Delights Western Region Leaders' Forum. Share your 4-H enthusiasm and friendship while celebrating the wonders of 4-H under eight stars of gold on a field of blue and revisit what 4-H and Youth Development mean to you. We look forward to developing youth/adult partnerships amongst fellow 4-H volunteers and supporters at our interactive and exciting educational gathering under the dancing lights of our winter skies.

Dozens of workshops including: 2016 National 4-H Shooting Sports Workshop Rifle or Pistol Discipline, Financial Literacy, STEM activities in your 4-H Projects and more...

To get additional information go to: <http://www.alaska2016.com/>

Early Bird
Registration ends
December 14.

NATIONAL

National 4-H Opportunities

What's Your FOCUS?

What does it mean to be a good citizen or a leader? Are you being a strong civic leader for your community, country and world?

Citizenship Washington Focus—July 10-16, 2016

CWF, an educational conference offered at the National 4-H Center near Washington, D.C, gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders. Delegates must be at least 15 years of age by time of travel to participate in Citizenship Washington Focus.

Leadership Washington Focus—July 11-15, 2016

LWF, is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border.

CWF Presidential Inauguration 2017—January 17-21, 2017

Likely events for delegates would be to partake in workshops, sessions, and speakers, visit memorials, historical sites, and museums, experience Inauguration Day events, dance the night away on an Inaugural Ball dinner and dance cruise. To attend, 4-H members need to be 14-19 years old and participate with the California State 4-H Office Citizenship program.



WESTERN NATIONAL ROUNDUP

JANUARY 7-10 2016, DENVER COLORADO



California State
4-H Ambassador
Christine as a
WNR exhibitor
representing
California 4-H.

Calling All Champions!

State Winners register now to compete in National Fashion Revue, Public Speaking, Animal Quiz Bowls, Parliamentary Procedure, and Horse Competitions.

For more information visit the WNR website.

- October 4: Registration Open
- November 29: Late Registration Begins
- December 10: Late Registration Ends

4-H ON THE WILD SIDE



Teens as Teachers Enhance Environmental Education and Personal Skills Through Service Learning

Children from low-income communities tend to have limited access and experience with the natural environment. 4-H On the Wild Side (OTWS), a project of the Sacramento County 4-H Youth Development Program, enables 4th, 5th, and 6th graders from low-income communities (139 elementary school students participated in 2015) to experience the air, land, and water of Camp Gold Hollow in Nevada City. After their Saturday and Sunday at camp, it is hoped that the children who participated increase their science literacy and that they consider future careers in science.

Planning and preparation for OTWS takes almost a year. Teen volunteers from area high schools plan and lead the activities in partnership with adult coaches. Both the teen volunteers and adult coaches are trained in both curricula and in how to teach inquiry-based science. From planning and leading activities, teen volunteers develop organizational, public speaking, and teamwork skills that will aid them in future careers.

OTWS is more than acquiring knowledge and skill building for campers and volunteers. It is a lot of fun as 4-H staff, volunteers, and the children sing camp songs in front of a campfire, eat delicious S'mores, and sleep under the clear, starry skies. For more information, see the OTWS webpage [here](#).

Planning for the 2016 OTWS camping trip to Camp Gold Hollow is under way for a new group of Sacramento-area 4th, 5th, and 6th graders. Teens interested in volunteering may contact one of the OTWS Key Leaders:

Gayle Craggs: gayle.craggs@gmail.com

Monica Craggs: monica.r.craggs@gmail.com

Enid Gonzalez: enidt29@gmail.com

4-H WATER WIZARDS

Learning About Our Most Valuable Resource

4-H Water Wizards a 12- week science education project teaching 4th-6th students about water & its importance to the planet.



Delivered to children in after school settings, students participate in hands-on learning experiences that encourage inquiry, teach basic information about water, and develop awareness. Youth also take action on a water issue in their community.

Pauline from the Federal Bureau of Reclamation at Folsom Dam & the American River Education Center teaching 4-H Water Wizard youth about where our local drinking water (& electricity) come from: Folsom Dam.

To find out more about 4-H Water Wizards, please visit the 4-H Water Wizards webpage [here](#).

ANNOUNCEMENTS & PROGRAM UPDATES

4-H builds self-esteem, and
helps youth to realize that
their opinion counts and that
they can make a difference.
-4-H Volunteer

4-H RESIDENT CAMP

2016 4-H Summer Camp
June 26-July 1
Camp Gold Hollow, Nevada City

We are excited to begin the planning for the 2016 4-H Summer Camp at Camp Gold Hollow. Please save the date and keep an eye out for the staff applications in December and camper registration in February.

Camp Staff lead small groups of campers in the daily activities, challenge events, and camp games. The youth applying to be a part of our Camp Staff team will need to have completed the 8th grade, complete the required application and paperwork and participate in an interview. If selected, Camp Staff will attend regular trainings held in the spring to prepare for our campers.

We are currently accepting applications for our lead positions at 4-H Camp, Youth Director and Recreation Leader. Applications are available on our website [here](#).

Check out our 4-H Camp webpage [here](#) and Camp You Tube video [here](#).



4-H YES (Youth Experiences in Science)

4-H Teens to Work in Teams to Prepare and Deliver Weekly Science Activities

Are you a high school student who would like to earn community service hours delivering science activities for a semester to elementary school children from ages 5 to 8 in an afterschool program? Then the 4-H YES program may be for you.



For more information or to contact the 4-H YES Program Representative, go to the [4-H YES](#) webpage or email [Beryl Johnson](#).

Currently enrolling members for the Spring Session. Trainings begin in January.

Rangeview 4-H



I Pledge My Hands to Larger Service...

As a group of 4-H'ers gathered to get their yearly market pictures taken at the Alta Mesa Gun Club, one of the visitors to the gun club was trying to fix a flat tire. This gentleman was in nice slacks and a tie. He was digging a spare tire out of the trunk when one of the 4-Hers ran over to ask if he could assist him with the job at hand. The gentleman took him up on his offer and together they got the tire changed. Nice job Brandon Simonsma, you did a great job representing 4-H!

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



Laguna Creek 4-H

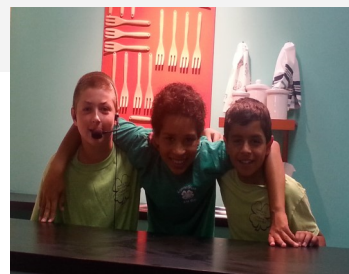
4-H Throwdown at California State Fair by Matthew Alves

The State 4-H Office put on the annual 4-H Throwdown cooking competition once again at the California State Fair. On Tuesday, July 21st, 3 teams of 3 junior and senior 4-H members teamed up to compete and cook their best meal in a timed competition using a secret ingredient.

Benjamin Sharp, Cutter Cates, and I, Matthew Alves, from the Laguna Creek 4-H Club entered to win. We called ourselves the Avacabros.

We threw down our best meal concocting a hors d'oeuvre, main dish and dessert using the secret ingredient, avocado, in each dish and keeping with the theme of the event. Teams were judged based on taste, originality (including inclusion of the secret ingredient), presentation, and nutrition and we were given one hour to prepare our meal.

For our hors d'oeuvre, we prepared lamb and avocado salad with vinaigrette dressing, a PLAT (prosciutto, lettuce, avocado and tomato) sandwich on toasted bread for our main dish, and an avocado with whipped cream topping dessert. All ingredients were fresh and we prepared each dish from scratch. We had a great time working together and we can't wait to do it again next year.



4-H Knowledge Contest:
List nutritional content of
avocados, why they are
good for us & which
animals eat them.

[ENTER HERE](#)



Franklin 4-H

At our kick off meeting, [Franklin 4-H](#) members presented boards on their projects that they completed the previous year in 4-H. We had an array of boards and verbal presentations along with visual aids! The Franklin 4-H club has many projects from Poultry to Sewing and all of our 4-H members are learning so much in each of their individual projects. We look forward to a new year.



Sloughhouse 4-H

Sunday, November 15, 2015

Free event

Sign-ups: 9 am to 11 am

All flights will run until every kid has a flight!

4-H members age 8 to 17

Rancho Murieta Airport

7443 Airport Drive

Rancho Murieta, CA 95683

Contact:

Kimberely at kksanders@comcast.net

Brandon at bbrownsac4h@yahoo.com

4-H and Young Eagles Day is here again!

Ever wondered what your neighborhood looks like from the sky? Or maybe you dream of being a pilot, or are simply curious about how airplanes work.

If you're nodding your head "yes" then come out with your parent or guardian for a FREE Young Eagles flight in an airplane. We will also have historical planes on Display!!



Last year's 4-H and Young Eagles Day with 4-H'ers Brandon, Gabriel, and Rachel



PROJECT NEWS

4-H taught me to not
give up when things
get hard.
-4-H Member

4-H Zoology Field Trip Project



Laguna Creek 4-H Zoology Project
by Gianna Andres

Members of the Laguna Creek 4-H Club's Zoology Field Trip Project are excitedly awaiting their first field trip this year. Led by the Club's leaders, Carla Ferrer and Leann Alves, the group plans to visit Folsom City Zoo Sanctuary on October 18th. This simple, unassuming zoo is home to about 100 animals from Henny Penny the chicken to Pouncer the tiger. Instead of a mainstream zoo, members will get the chance to see animals live out their lives up close and personal. This field trip promises to be one of the most popular in the line of projects this year that include trips to Nimbus Fish Hatchery in November, Sacramento National Wildlife Refuge in January, Bohart Museum of Entomology in February, The Serpentarium in Lodi in March and Sacramento Fishing Program in April.

4-H Photography Project



Green Acres 4-H Photography Project
by Kaylee Rios

The Green Acres 4-H Photography Project met on Sunday, September 20, 2015 to discuss the photography field trips we will take this year.

Here are the places we will be going:

October-California State Capitol
December-Old Sacramento
January-Arden Fair Mall
March-UC Davis Arboretum
April-San Francisco Pier 39

It's going to be a wonderful experience this year. At every field trip we are going to have a scavenger hunt looking for specific things to take pictures of during the trip. To join this project, call or text [916-798-0050](tel:916-798-0050) OR email us at tannerrios@yahoo.com.





4-H Horse Project

A Visit to the Black Hills Wild Mustang Sanctuary In Hot Springs, North Dakota by Lauren Mann, Franklin Horse Project

Last March during spring break, I was able to tour the Black Hills Wild Mustang Sanctuary in Hot Springs, North Dakota. This was the location for many films, including “Crazy Horse”, “Dances with Wolves” and “Hidalgo”.

There are three protected herds here in the Black Hills near Mount Rushmore. They are American Mustangs, Spanish Mustangs and Choctaw. It is home to over 600 horses that run free on 11,000 acres of land. The Cheyenne river flows through it in all four directions (north, south, east, and west) and Native Indians still use parts of the sanctuary for their sacred rituals.

I took a two hour bus tour through the sanctuary and wondered if we’d see any of the horses. I imagined that being “wild” the herd would occasionally thunder past us and we’d catch a glimpse. Imagine my pleasant surprise when we not only saw the horses, but they often stopped the bus and we were able to get out and touch the horses!

Horses are trusting of humans by nature. They need to be taught to fear us. There were a few horses on the property that had been abused and therefore skittish of us, but most of them freely wandered up to us. I noticed a few differences in the horses I usually work with. These horses had no shoes and their hooves were a bit over-sized and hard as a rock. Their manes and tails were un-brushed and often had thistles knotted in them. They were not clean, but dusty like a happy kindergartner who just finished making mud-pies.

Many of the horses, although wild, have been long time residents here on the sanctuary, so they have been given names. One of the fun parts of the tour is trying to match up the horse in person with a photo gallery we were given. We spied many of the “regulars”. “Prairie Lark” is a black mare that has a filly that also live here called “Prairie Lonesome”. “Ghost Dancer” lives up to her name in that she is a white paint horse that was born here on the open range and is shy and elusive. “Honey” is a beautiful red colored gelding and has zebra stripes on his black legs. During our visit, I learned that they eat \$500,000 annually in hay on the sancturayr and tend to be healthier than domesticated horses. The oldest mare here is a whopping 35 years old! As herd animals, the humans who run the sanctuary need to introduce new arrivals during the middle of the night so they won’t be rejected by the other horses. I recommend a stop to this amazing horse kingdom. It is worth the trip to see horses in their natural setting enjoying their freedom.



4-H Project News

4-H Dog Project

To join contact Camilla: camilla.rogers@sbcglobal.net



4-H Youth can join the Dog project and learn:

- How to handle your dog on a leash
- What to feed your dog and how much
- How to trim your dog's toenails & other basic care



County 4-H Dog Meeting: Thursday, Nov. 12 at 7 pm: 4-H office. Dog project leaders contact Camilla.

4-H Fiber Goat and Fiber Arts Projects

The Sloughhouse 4-H Fiber Goat project meets at Fiorca Farms and is open to members to learn about and work with fiber goats. Owning a goat is not required to join this project. Special needs members are welcome.

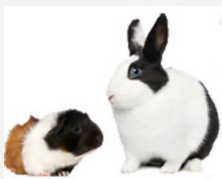
Call Barbara Fiorica for more information: (916) 687-6406

Learn how to spin and dye yarn; make art creations in the 4-H Fiber Arts Project. Learn how we get yarn from animals, fabric from yarn & weaving, then fabric to clothes. Contact Barbara to join or for field trips.



Rabbit & Cavy Events

Rabbits and Cavies (aka guinea pigs, hamsters) are quiet and have minimal outlay to keep. Join a 4-H rabbit or cavy project before you buy. Email the [4-H office](#) to find a project near you.



Upcoming Youth Rabbit and Cavy Shows

October 24, 2015, Grand National Stock Show (rabbits only)

October 25, 2015, Daly City, CA

November 7, 2015, Fresno, CA

November 28, 2015, Stockton, CA

January 2, 2016, (rabbits only) Dixon, CA

vadavis@cowpalace.com

morrisrex@yahoo.com

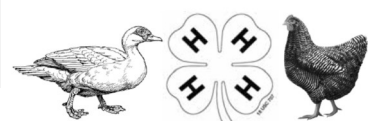
solanorba@gmail.com

4-H Poultry Events

National 4-H Poultry & Egg Conference
November 18 & 19, 2015
Louisville, Kentucky

Angelus Ranus 4-H Poultry Show
November 22, 2015
Mother Lode Fairgrounds
Sonora, CA
chopped50@hotmail.com
406-253-7944

Amador Youth Poultry Show
December 12, 2015
Amador County Fairgrounds
Plymouth, CA
zboy850@yahoo.com



4-H Webinar: November 2, 2015 @ 3:00 pm EST [Turkey Care Management](#)

Poultry care questions? Contact [Amanda Battle](#). Would you like to be a 4-H Poultry Resource Leader? Contact [4-H office](#).



Every day I use what I
learned and practiced in 4-H.
It was the best activity of my
youth and life!
-4-H Member

I pledge my...

HEAD to clearer thinking,
HEART to greater loyalty,
HANDS to larger service,
HEALTH to better living,
for my club,
my community,
my country,
and my world.



University of California
Agriculture and Natural Resources

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**UC
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