Leadership and Life Experiences to Grow On
Marianne Bird, 4-H Youth Development Advisor

It was busy last Saturday at the Sacramento Cooperative Extension office. 4-H teenagers filled the auditorium, training for their role as Youth Experiences in Science (YES) teachers. Another stream of teens came and went all morning, each awaiting their opportunity to interview for a staff position at 4-H summer camp. I met a young camp staff hopeful, sitting with her mom in the foyer, after her interview.

“How did it go?” I inquired, noting the big grin on her face.

“I think I did good,” replied the rookie. “I was really nervous.”

“Most of us are,” I assured her, “when we interview for a job we really want.” Her mom smiled.

When I left the office that afternoon, the YES teen teachers were presenting science lessons to their counterparts. Those conducting the camp interviews—youth and adults—were discussing the camp staff candidates and deciding who to recommend for which positions. And I was thinking, what authentic learning experiences happen in 4-H.

What do we mean by “authentic” learning? We mean learning that happens in real-life scenarios; learning that is genuine; learning that has true meaning and consequences in the here-and-now. Teens in 4-H have real responsibility. That makes for real learning.

Take the camp staff experience. Teens have to apply and be interviewed. For most, this is their first experience creating a resume (some needed a bit of work) or discussing their desire and ability for a job. Youth learn what is expected in securing a job and get a feel for the process. The teens and adults who select the camp staff also engage in authentic learning as they enter earnest discussions—as peers and teammates—in deciding which candidates to accept and which positions they’ll fill. Again, skills are developed—communication, teamwork, critical thinking—through genuine responsibility.

Similar learnings happen for our YES teens. Knowing how to prepare to teach a science lesson to 20 first graders has value and consequences—not tomorrow, but right now.

The young interviewee was not the only one who left the 4-H office with a smile on Saturday. What a great opportunities we provide for youth to grow, I thought. I was smiling, too.
New 4-H Volunteer Orientation

February 26, 2015
April 14, 2015
June 3, 2015
6:00-9:00 p.m.

4-H Office
4145 Branch Center Rd.

For more information or to reserve your space at Orientation, please call Jen at (916) 875–6811 or email sacramento4h@ucanr.edu

Please consider volunteering your time to lead a University of California 4-H project:

- Animal Science
- Aeronautics & Rocketry
- Small Engines
- Communications
- GIS/GPS
- Economics
- Welding
- And More!!

For a list of 4-H projects go HERE

4-H Volunteer Help Needed

We are looking for a few volunteers to help out in the 4-H Office a few hours (2-3) each week. Do you have a few hours to give? Please contact Jen Henkens at 916-875-6530 or jahenkens@ucanr.edu.

We are open to different volunteers coming each week.

Office Help Needs:
- Filing and copying
- Assist with maintaining the lending library
- Returning calls to prospective 4-H families and volunteers

Sacramento County: 4-H Record Book Winners (State competition)

Congratulations to Justina, Tara, and Brandon for a job well done in the State record book competition. This is a competition where Senior members put together a book that demonstrates all that they have accomplished throughout the year. The books are judged on the members’ participation in community service & leadership, accuracy in record keeping, creativeness, and the development of life skills. In this competition, each member receives positive feedback on their books to help them improve for next year.

Sacramento County 4-H would like to thank these members for representing our county in this State level competition:

- Justina Sharp: Medalist
- Tara Coupe: Medalist
- Brandon Simonsma: Merit
Sacramento County 4-H Presentation Day

By: Lauren Henkens
Badger Creek 4-H

Saturday, February 14, 2015
10:00 am
Rosemont High School
9594 Kiefer Blvd.
Sacramento, 95827
(near 4-H office)

Deadline to enter: February 6, 2015
Information on different presentation types
Register for presentation day
Contact person: anneweiland@comcast.net

Sacramento County 4-H Presentation Day is an event where you can present a project, an excerpt from a book, an impromptu speech, etc.

- For the project, you would have to have a tri-fold board with different information about your project as well as some pictures.
- For the excerpt from a book, you would take a book of your choice, and read a passage from it.
- When you’re presenting, you’re expected to wear your whites along with your hat and a scarf/tie.
- You’ll present in a room with about three judges and a few spectators. If you get a gold star on your presentation, you move along to the sectionals. Sectionals are basically the same thing except there are more people competing.

4-H Summer Camp

By: Lauren Henkens,
Badger Creek 4-H

4-H Summer Camp June 21-26, 2015 Ages 9 up

4-H Summer Camp is held at Camp Gold Hollow and is in June on the 21st-26th. During camp you will have two groups that you will mainly be spending the week with. The first one is your tribe group. Your tribe group is the group that you will mainly be with. The next one is your cabin group. Your cabin group is the one that you will be sleeping and spending barefoot time with. You can learn how to canoe on the lake and can go swimming. The youth directors this year are Justina Sharp and Adam Ketchum, and the recreational leaders are Robbie Henkens and Kylie Pearston. There is a bunch of different activities like the Water Olympics, arts and crafts, and even a dance! You can do a lot of different things during free time (sports, crafts, swimming, staying at your bunk, etc.). You can meet new people and learn different things at 4-H Camp. Hope to see you there!
## Sacramento County 4-H 2015/16 All Star Application

**4-H All Star Application Packets Due By:**
When: Thursday, February 26, 2015
Where: 4-H Office
Contact All Star Advisor: mjwcs@comcast.net

Applications are available now and can be picked up from the 4-H Office.

A Sacramento County 4-H All Star is the highest star rank than can be achieved at the county level.

Members interested in applying must be at least 15 years of age by December 31, 2014, be currently enrolled in at least their 3rd year in 4-H, and have already achieved their Gold Star rank.

### APPLICATION PROCESS

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<td>Pick up All Star application from 4-H Office or online</td>
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<td>Find three people who will submit letters of recommendation. Ask these people soon and give them each an addressed, stamped envelope to mail their letters directly to the 4-H Office by February 26</td>
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<td>3)</td>
<td>Deliver completed application, up to date Personal Development Report (PDR) to the 4-H Office by 4:00 pm, February 26. In a nutshell—your most recent completed PDR along with—what you’ve done in the 8 PDR categories since last June. No late or incomplete applications will be excepted/considered</td>
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To learn more about the position: [All Star Manual](#)

### Basic 4-H ALL STAR RESPONSIBILITES

- Plan and lead the SLC orientation meeting
- Attend SLC (All Star fees are paid for by county)
- Help with judging county record books and provide breakfast and lunch for record book judges
- Plan and organize county Achievement Night (provide hors d’oeuvres, write the ceremony script, provide color guards, hand out awards to members, arrange a guest speaker, meet with tech support and create & present a slide show, make an Achievement Night Flyer)
- Write monthly All Star articles for the 4-H Flash
- Plan and carry out fun Hi 4-H events
- Join county & sectional 4-H committees; attend NC Sectional meetings
- Represent 4-H at county and state events
- Attend monthly All Star Meetings
 Sacramento County 4-H All Star Report 

By: Emmie Phillips, All-Star

Hello Everyone!
My name is Emmie Phillips and I am one of your 2014-2015 Sacramento County All-Stars and this month has been a very busy month for us!

We had a great turnout at our last Hi 4-H event! This was our first Hi 4-H event for the year and everyone had a blast! We all meet up at Kings Skate Country on January 21st at 6:30 and went roller skating. Everyone had a great time spending the evening with fellow Sacramento County 4-Hers and eating pizza and slushes. We listened to awesome songs and danced the cupid shuffle! I would especially like to thank the chaperones Mrs. Phillips, Mrs. James and Mr. Phillips for spending their night watching over the youth and making sure everyone was safe! We will be having another Hi 4-H event coming up on June 8 so make sure to keep an eye out for an email or reminder.

Presentation Day is approaching fast! It will be on February 14, 2015 Saturday, 9:00 am Rosemont High School 9594 Kiefer Blvd Sacramento, 95827. Everyone should come and do a presentation, it is a good experience and you can improve on your public speaking skills. Some types of 4-H Presentations are: Demonstrations/Illustrated Talk; Impromptu Speech; Interpretive Reading; Problem Solving; Audio/Visual Presentation; Educational Display; Share the Fun; and Cultural Arts. No style of presentation is better than any other. Choose the style that best fits you. Even if you don’t want to do a presentation you can always come and help out. If you would like to help out you can contact Ms. Weiland at anneweiland@comcast.net The Sacramento County All-Stars will be there helping so come and say Hi!

There is also an upcoming sectional meeting on February 21 with the other counties. This would be a great time to come and help out and get to know 4-H members from the other counties. These sectional meetings are where our Section’s events are planned like sectional presentation day and CAL Conference. All 4-Hers with an interest in participating at the sectional level should attend these meetings and sign up to help for one or more of the events. It’s a lot of fun and a really good way to show of your skills that you have learned through the 4-H program.

2015 Sacramento County Garden Project Grant

Application Deadline: April 1, 2015
Contact Marie Maschmeyer 354-2566
Two Grants: $500 & $300
Application, see back of newsletter

Are you a 4-H garden project member or leader? Does your garden project benefit the community in someway, or will it do so in the future? If so, The River Valley Garden Club of Rancho Murieta would like to offer grants to youth garden projects for $500 and $300. More information and application details are given in the back of this newsletter. The application and supporting information are not returned and must be postmarked by April 1, 2015 (but does not have to arrive by this date, so no need to use expedited mailing methods).
CAL (Creating-A-Leader) Conference 2015

by Gabriel Ricchiuto

4-Hers just got back from CAL (Creating-A-Leader) Conference 2015. CAL is a North Central Sectional Leadership Conference which is attended by 4-Hers around our section who are 11 years old and older. Attendees of CAL experienced three guest speakers, five excellent workshops, fun recreation including capture the flag, a campfire, and a Sock Hop Dance. We had a total of 193 in attendance for the full weekend. Sacramento County sent eleven youth delegates and three adult chaperones to CAL 2015. Here is what some of the youth and adults enjoyed and learned at CAL.

I thought the CAL conference was excellent overall, but if I have to call out one or two highlights, I’d have to say I really enjoyed the assembly speakers, including the two staff members who stepped in when a scheduled speaker couldn’t be there. The other two speakers led the delegates in some great thought-provoking exercises, and both really seemed to enjoy their time with our 4-H’ers. And why wouldn’t they?! Everyone who attended CAL exemplified what’s so fantastic about the 4-H program.
--Tracy Hinojosa (Adult Chaperone)

My favorite part of CAL was the dance workshop and the parliamentary procedure. The dancing workshop helped me with leadership skills by helping me get the dance moves and then being able to do them fluidly so I could show my partner. The parliamentary procedure workshop helped me with my leadership skills by allowing me to move to state my opinion and then someone who agreed with me would follow up to second it.
--Lidia Hinojosa (Youth Delegate)

I liked the food and the dance the best about Cal Conference. Cal Conference helped me develop my leadership skills by teaching me how to lead a meeting, make motions and seconding motions. I am looking forward to next year.
--Matthew Alves (Youth Delegate)

The activities that I felt helped my leadership skills most were the events on how to address skeptics and the debate exercises. Learning how to overcome obstacles that others put in front of you and how to create logical arguments to dispute others’ opinions was very helpful. Both activities were challenging and fun too.
--Peter Ming (Youth Delegate)
This was my first time at the CAL conference, and I enjoyed it a lot. My favorite part about CAL was the workshops; my favorite workshop was the team building workshop because we got to make a pizza as a team. We had to work together to figure out what we wanted to put on our pizza so everyone would enjoy it.

The theme of CAL was the 50's. Most of the staffers dressed like they were from the 50's, with the girls in poodle skirts and the guys in leather jackets and white shirts. The dance was also a lot of fun. There was a workshop on how to do the sock hop, and it was fun to try out at the dance.

--Benjamin Sharp (Youth Delegate)

I liked how all the workshops and activities were interactive while teaching us how to become better leaders. The presenters at the workshops made their workshops fun and we learned about all different kinds of life skills. Lastly, I enjoyed meeting new 4-Hers in my cabin and my workshops.

--Whitney Barnett (Youth Delegate)

I really enjoyed the beautiful outdoor setting and the chance to meet and exchange ideas with youth and adults alike from all over the 4-H North Central Section of California. The workshops and assemblies were engaging and encouraged participation; it was fun to see the youth CAL staff and youth delegates 'learning by doing'. I picked up several new ideas for Leadership activities that I plan on using in my club.

--Carolyn Ricchiuto (Adult Chaperone)

I had the experience of serving as Youth Staff at CAL. My Staff position was Impromptu Recreation. Throughout the conference I led songs and games especially before assemblies. In addition to serving as staff, three other youth and I led the Sock Hop Dance workshop. I had a blast watching the delegates learn the new dance moves and then use them at our fifties dance. I loved getting to get into the fifties theme and dressing up along with the other staff in fifties attire. I intend to return again as Youth Staff for CAL Conference 2016.

--Gabriel M. Ricchiuto (Youth Staff, Workshop Presenter, County Contact)

I've chaperoned CAL multiple times, and have returned because it is wonderful to see true youth-adult partnership in action. Youth staff are responsible for planning, managing and implementing the conference in its entirety—they work hard and grow so much in their roles. And, they have FUN! The delegates are engaged, enthusiastic, have fun, and have a chance to expand their horizons by making new friends with other youth from outside their home county. One of my favorite aspects about CAL conference in general is it’s inherently a “hands-on, interactive” fun experience for all who attend.

--Mike Ricchiuto (Adult Chaperone)
Entry handbooks for the Sacramento County Fair are available on their website, so it is time to start preparing for the fair. One of the things that you will need to do is to get your “4-H Whites” ready. Although 4-H really does not have a “uniform”, the county fair requires you to wear 4-H whites during most competitions at the fair.

**The “4-H uniform”**

- White shirt with collar and buttons down the front (some classes, for example, rabbit showmanship, it is often expected for exhibitors to wear long sleeve shirts to protect their arms from being scratched by the rabbits).
- White long pants
- Belt, if pants have belt loops
- Green 4-H tie for boys and green 4-H scarf for girls

**The 4-H hat**

- Green hat for juniors and primaries
- White hat for seniors
- Right side: Year stripe and year pins
- Left side of hat: All Star/Gold/Silver/Bronze stars, junior/teen leader emblems
- Pins/Medals can be worn on either side, but left side is the recommendation. For a list of 4-H pins/medals/emblems/stars [here](http://4h.ucanr.edu/About/History/Attire/)

**Showmanship at the Fair**

Exhibitors showing animals at the county fair will need to participate in a showmanship class. If you place first in your county fair showmanship class, then you can move up to County Fair Master Showmanship where you will show several animal species. And if you win 1st place in the County Fair small animal or large animal Master Showmanship then you can go on to the State Fair’s County Fair Best of Show Small Animal Showmanship or Large Animal Showmanship.

At State Fair, winners of County Fair BOS showmanship are awarded the Member of Excellence Award and a Golden Bear Award. Last year’s State Fair showmanship winners were Asia Solano-Lim (Sheldon 4-H) and Kaitlin Kozlowski (Sequoia Valley 4-H) both from Sacramento County ([Elk Grove Citizen](http://4h.ucanr.edu/About/History/Attire/)).

For the placing and pictures of the 2014 Sacramento County Fair Master Showmanship see the [4-H Flash](http://www.sacfair.com/) (September).
**County 4-H Horse Meeting**  
Monday, February 23, 2015  
7:00 pm  
UCCE Auditorium

**County 4-H Dog Meeting**  
Saturday, March 28, 2015  
9:00 am — Noon  
UCCE Conference Room & Patio/Lawn area  
Camilla.rogers@sbcglobal.net

**4-H Mountain Horse Project**  
July 12-18, 2015  
Stone Cellar Camp  
Contact: Shawn Hutchinson  
mproclean@yahoo.com  
(916) 687-7525

Are you interested in signing up for the 4-H Mountain Horse Project? Applications will be available soon! You will need to be at least 12 years or older, have passed the Horse Performance Test, and are currently enrolled in a horse project. Please contact Shawn Hutchinson for more information.

**Recipient of the West Coast Equine Foundation Scholarship**

In 2014, Kelsie Kennicutt of Franklin 4-H was awarded the West Coast Equine Foundation (WCEF) Scholarship. An article about her achievement can be found in the [WCEF newsletter](#). 2015 Scholarship apps will be available soon.

Completing the 4-H record book can be helpful when applying for college scholarships. In the record book, members will give a detail list (including dates and hours) of their leadership and community service accomplishments. Since the cumulative information is all right there in one book, this makes filling out college scholarship applications much easier.
4-H Shooting Sports Workshop - Rifle Discipline

February 6, 2015
8:00 am – 6:00 pm
February 7, 2015
8:00 am – 4:00 pm
Safety First Shooting Assoc.
River Oaks Range
11584 Shaffer Rd
Winton, CA

No cost for the course. Participants must attend both days to receive leader certification.

To receive more information or register for the course contact: John Borba at jaborba@ucanr.edu

31st Annual 4-H State Shooting Match

Sharpen up your shooting skills and participate in the 2015 State 4-H Shooting Sports Match.

Entries must be postmarked by March 9, 2015. For registration, rules, and cover letter go to the State 4-H Shooting Sports Website: http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/

3rd Annual State Archery Match

Calling all Archery Leaders, the 3rd annual State 4-H Shooting Sports Archery Match is now open. The deadline for entry is March 16, 2015. Each Leader MUST have the entry form signed by a 4-H Staff person, who will double check that each youth is currently enrolled and then submit a council check for their entries. The deadline for returning the entries is June 16, 2015.

Forms: http://cemendocino.ucanr.edu/files/204380.pdf
Questions?: Linda Edgington at lgedgington@ucanr.edu or 707-463-4495

Send your 4-H Shooting Sports pictures to the 4-H Flash: sacramento4H@ucanr.edu
North Central Sectional Meeting

February 21, 2015
9:30 am
UCCE Office—Contra Costa County
75 Santa Barbara Rd, Second Floor
Pleasant Hill, CA 94523

The North Central Section has three sectional meetings a year. The meetings are hosted at different UCCE offices throughout our section. Our section contains several counties, such as, Sacramento, El Dorado, Amador, Yolo, San Joaquin, Contra Costa. At these meetings there are discussions and reports about events that are happening in our section; such as up to date information on Sectional Presentation Day, as well as the State Field Day. Since Chairs of these events will be there it is easy to join a committee. And since all members, parents, and leaders are welcome to attend this upcoming meeting, we look forward to seeing you there!

North Central Sectional Presentation Day

Saturday, March 28, 2015
Wellman Hall
UC Davis

Sectional Presentation Day is right around the corner. To qualify for this event, juniors and seniors presenting at county presentation day must receive a gold medal and register at county presentation day. Along with presentations, there will be a Horticulture Judging Contest at the NC Sectional Presentation Day!

Judges (15 & older) Room Host (11 years +) Courier (9 years +)

Primary 4-H’ers

There will be a primary event with no registration or qualification required. But you can let us know if your primary will be participating in this event. I have a new email just for this event: ncsfielday2015@gmail.com

Any questions, just email Audrey Ritchey, NCS presentation day coordinator

Presentation Format Descriptions and Evaluation Rubrics: 4-H Presentation Manual
State Leadership Conference 2015

Registration will be open by February 6th. Early bird registration will close April 30th. [SLC website] July 23-26, 2015 at UC Irvine for ages 13-19

California 4-H State Fashion Revue 2015

4-H members throughout California are sewing and creating outfits to enter into local county fashion revues. Members qualify at the county level to advance to State Fashion Revue, one of the State Field Day events. If you have questions about categories, age divisions, or how to participate, contact Sue at 2moores@mlode.com

The SFR Committee has three announcements:

1. Extension of the deadline for the Program Cover Art contest, so the deadline is now February 15. See the rules at [http://ucanr.edu/sfrcovercontest](http://ucanr.edu/sfrcovercontest) to have your original art work published!

2. We are establishing a list of all the 4-H clothing & textiles project leaders and county fashion revue chairs to improve communication about SFR. If you would like to receive SFR news directly from us, please give Rachel your name and email, sierrascoop@sbcglobal.net.

3. We are beginning to recruit judges. If you have experience with sewing, crafts, textiles or fashion, especially with youth, and can be at UC Davis on Saturday, May 30, 2015, please consider becoming a SFR judge. To volunteer or for judge information, contact Charlean at teacherc2@yahoo.com. Complete information about SFR is at [http://4h.ucanr.edu/4-H_Events/SFD/SFR](http://4h.ucanr.edu/4-H_Events/SFD/SFR)

State 4-H Equine Field Day

[Online Registration] Now Open ($10)
Saturday, February 28, 2015
9:00 am — 4:00 pm
Fresno State
Agricultural Pavilion
Walk-ins Welcome ($15-$20)
Fresno State Event/Campus Map

Youth and Adult Workshops!
[http://4h.ucanr.edu/4-H_Events/State_Horse_Field_Day/](http://4h.ucanr.edu/4-H_Events/State_Horse_Field_Day/)
2015/2016 4-H State Ambassador Applications

**Deadline:** Monday, February 16, 2015

- [Apply Online](#)
- [Submit References](#)
- [State Ambassador App Reference Guidelines](#)

Meet our State Ambassador from Sacramento County 4-H, Justina (center). This remarkable young 4-H Ambassador graduated from high school a year early and is currently attending classes at a local community college where she is pursuing a double major in Italian and Public Relations. She has had the amazing opportunity to travel, work, live alongside fellow youth from LA County to Quebec, from Texas to Japan, and form relationships that go beyond a workshop.

(Excerpts: The California 4-H Foundation Annual Report & 4-H Today.org)

If you would like to work with other interesting youth then apply to the State Ambassador program, a wonderful experience which requires the participants to communicate and collaborate with others, think, plan, and lead.

2015 California Focus

**June 19-23, 2015**  
Sacramento CA

**Cost:** $665 per person  
**Registration & deposit deadline:** ($300): Tuesday, March 31, 2015  
**Register Online**

**Final payment deadline:** May 19, 2015

*Cal Focus* is a conference that high school students can go to, to learn about government and citizenship. You can receive credit that would go towards the [Diamond Clover Award](#). Your group will have to do a service learning project and then present it to all of your peers and the conference staff.

By: Lauren Henkens, Badger Creek 4-H
2015 State 4-H Presentation Day

Saturday, May 30, 2015
UC Davis

State Presentation Day is held at the State 4-H Field Day every year. When members receive a gold at County Presentation Day they can move up to Sectional Presentation Day, and if a gold is received at that competition then members can present at State 4-H Presentation Day. Primary members can participate at all three events (County, Sectional, and State) without needing to qualify.

A special recognition pin will be awarded for youth who participate in State Presentation day and focus their presentation on one of the following four focus areas. and the area must be the primary focus of the presentation.

- Science, Engineering and Technology (SET): Aerospace Engineering: Flying Into the Future!
- Citizenship: Civic Engagement
- Healthy Living: Sleep and Stress
- Thrive: The Path to Thriving

For more information on the special recognition opportunities go HERE

2015 National 4-H Honey Bee Essay Contest

Submission Deadline: February 6, 2015

Essay topic: Planting for Bees from Backyards and Up.

First Prize: $750.00
Second Prize: $500.00
Third Prize: $250.00

Essays must be electronically submitted to the 4-H State Office, email to: ca4h@ucanr.edu
For submission and essay criteria go HERE

National Youth Summit Series: Healthy Living

http://www.nationalyouthsummit.org/home/
February 12-16, 2015
Washington, DC

Designed for high school students (grades 9 - 12), the Summits provide opportunities to learn technical skills, participate in hands-on activities and workshops, learn from leaders in the field, and visit professional and academic sites. Students attend in teams comprised of two to eight youth and are accompanied by an adult mentor/chaperone.
**Scholarships**

**2015 Friends of the California State Fair**

**Entry Deadline: Thursday, March 5, 2015**

**www.CAstatefair.org**

**scholarship@calexpo.com**

*College students and graduating high school seniors*

Three at $2500; Four at $1500; Seven at $1000; Four at $750; and Six at $500 each. The overall outstanding candidate will receive and additional $5000 from the Ironstone Concours Foundation.

Well rounded, high academic achievers in pursuit of their careers and life goals who have broad personal, civic, and academic experience should apply. **Scholarship categories:** Past participants of the CA State Fair; International Studies; Top Ten Academic High School Students; Sacramento Top Achiever; Arts Major; Teacher Credential Candidate; Viticulture/Enology; Culinary Cooking/Hospitality Management/ Event Planner students; Agricultural Studies; International Agricultural Trade students (agriculture, business, economics, international studies, language studies, etc); Business or Agricultural Business Majors; Trade School Students; Western Fair Association: members & family.

**4-H Scholarships for Higher Education**

**http://4h.ucanr.edu/Resources/Members/Scholarships/**

Several scholarships are made available (with varying deadlines) for 4-H members:

1) **Shooting Sports** (Wednesday, April 1, 2015)
2) **Joanne Ward Memorial Scholarship** (Tuesday, April 28, 2015)
3) **North Central Section 4-H Council Scholarship** (Tuesday, April 28, 2015)
4) **General, Beekeeping, Vocational Scholarships** (for ages 16-25, Friday, May 1, 2015)

**Daughters of the American Revolution**

All Applications must be postmarked by February 15, 2015

**http://www.dar.org/**

Boys & Girls may apply

**American History Essay Contest** (grades 5-8) (medal and monetary award)

**Christopher Columbus Essay Contest** (grades 9-12) (1st: $1,200 & all expense paid trip to Washington DC; 2nd: $500; 3rd place winner: $300)

**Richard & Elizabeth Dean Scholarship** ($5000 a year for up to four consecutive years to graduating high school students)

**Political Science, History, Government, and Economics Scholarships** ($1000 one-time award; (2) $2000 one-time awards; $2000 a year up to four consecutive years)

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FEBRUARY 2015

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<td><strong>SHOOTING SPORTS WKSHP WINTON, CA</strong></td>
<td><strong>SILVER HORSE SHOW #1 RANCHO MURIETA</strong></td>
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<td><strong>STATE FASHION REVUE DESIGN ENTRIES DUE</strong></td>
<td><strong>4-H STATE AMBASSADOR APPLICATIONS DUE</strong></td>
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<td><strong>WESTERN REGION E-FORUM (4-H OFFICE)</strong></td>
<td><strong>YOUTH LEADERSHIP COMMITTEE MEETING 5PM Conf</strong></td>
<td><strong>COUNTY PRESENTATION DAY</strong></td>
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<td><strong>HOLIDAY</strong></td>
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<td><strong>STATE FASHION REVUE DESIGN ENTRIES DUE</strong></td>
<td><strong>4-H STATE AMBASSADOR APPLICATIONS DUE</strong></td>
<td><strong>WINDSOR 4-H VOLUNTEER ORIENTATION 6-9PM</strong></td>
<td><strong>4-H OFFICE</strong></td>
<td><strong>4-H ALL STAR APPLICATIONS DUE</strong></td>
<td><strong>COUNTY 4-H EQUINE FIELD DAY</strong></td>
<td><strong>DEADLINE TO REGISTER FOR SECTIONAL PRESENTATION DAY</strong></td>
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<td><strong>COUNTY 4-H HORSE MEETING 7PM AUD</strong></td>
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<td><strong>NEW 4-H VOLUNTEER ORIENTATION 6-9PM</strong></td>
<td><strong>COUNTY 4-H EQUINE FIELD DAY</strong></td>
<td><strong>DEADLINE TO REGISTER FOR SECTIONAL PRESENTATION DAY</strong></td>
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MARCH 2015

Conf = 4-H Office Conference Room

Aud = 4-H Office Auditorium

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<td><strong>WESTERN REGION E-FORUM (4-H OFFICE)</strong></td>
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<td><strong>SILVER HORSE SHOW #2 BROOKSIDE E. SHOWPARK</strong></td>
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<td><strong>POULTRY PLAYDAY</strong></td>
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<td><strong>4-H CAMP STAFF TRAINING 6:30-8:30PM Aud</strong></td>
<td><strong>COUNTY 4-H EQUINE FIELD DAY</strong></td>
<td><strong>DEADLINE TO REGISTER FOR SECTIONAL PRESENTATION DAY</strong></td>
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<td><strong>4-H NIGHT AT THE KINGS</strong></td>
<td><strong>COUNTY 4-H EQUINE FIELD DAY</strong></td>
<td><strong>DEADLINE TO REGISTER FOR SECTIONAL PRESENTATION DAY</strong></td>
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<td><strong>ALL STAR INTERVIEWS</strong></td>
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<td><strong>GOLD N GRAND HORSE SHOW 27-29</strong></td>
<td><strong>COUNTY 4-H DOG MEETING 9AM—NOON Conf</strong></td>
<td><strong>SECTIONAL PRESENTATION DAY UC DAVIS</strong></td>
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Reminder...Pick up office key by 4 PM on Thursday for weekend use.
**FUTURE CALENDAR EVENTS**

March 2, 2015: Western Regional Leaders E-Forum Session 3, local Host Site, Sacramento 4-H Office  
May 21-25, 2015: Sacramento County Fair  
May 30, 2015: State Field Day, UC Davis  
June 19-23, 2015: CAL Focus, Sacramento, CA  
June 21-26, 2015: Sacramento County 4-H Summer Camp  
June 24-28, 2015: California State 4-H Horse Classic, Brookside Equestrian, Elk Grove, CA  
July 23-26, 2015: State Leadership Conference, UC Irvine

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**4-H Websites**

- To view Sacramento 4-H information, go to [http://cesacramento.ucanr.edu/4H/](http://cesacramento.ucanr.edu/4H/)
- To find County Club locations, go to [http://ucanr.org/sites/UC4-H/Join/County/index.cfm](http://ucanr.org/sites/UC4-H/Join/County/index.cfm)
- To view the 4-H Project Sheets, go to: [http://4h.ucanr.edu/Projects/Project_Sheets/](http://4h.ucanr.edu/Projects/Project_Sheets/)
- To view the 4-H State news, go to [http://www.ca4h.org/Administration/StateOffice/](http://www.ca4h.org/Administration/StateOffice/)
- To view the 4-H Volunteer Café, go to [http://4hvolunteercafe.wordpress.com/](http://4hvolunteercafe.wordpress.com/)
- To view the 4-H Science, Engineering, and Technology news, go to [http://www.ca4h.org/Projects/SET/](http://www.ca4h.org/Projects/SET/)
- To view the National 4-H news, go to [http://4-h.org/news/4hnews.php](http://4-h.org/news/4hnews.php)
- To view the National 4-H news Healthy Living Program, go to [http://www.4-h.org/youth-development-programs/kids-health/](http://www.4-h.org/youth-development-programs/kids-health/)

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**Articles Wanted!**

Do you have something you want to share with the County? A Club update or photos of a recent 4-H activity? We want you to submit your info to the 4-H Office. All articles or photos, must be submitted by the 3rd Wednesday of each month to: sacramento4H@ucanr.edu

Your club file may be full! Please send a club representative to the 4-H Office to pick up anything that you may have in your club’s file.
Color Me Green

Saturday March 7, 2015 at 9 a.m.
At Shingle Springs Rancheria
Benefiting 4-H Positive Youth Development Program
Cost: $25 per runner ages 5-99 for 5K
Includes: Race t-shirt, green color packet, run packet, parking and after race fun.
Toddler fun run: $5 for 1K
Youth ages 0-5 can put on their lucky green and ride bikes, trikes or wagons in celebration of good health!

Register Online at: http://ucanr.edu/cmg

Color Me Green 5K run aims to provide youth and community members a learning opportunity for improving their health through a fun event. Participants will run 5 kilometers with other members of their community and will be showered with green dye to mark every mile marker they pass, leaving them colored in all green by the end of the run!
2015 RIVER VALLEY GARDEN CLUB YOUTH GARDEN/RELATED PROJECT GRANT

INFORMATION

The River Valley Garden Project is sponsoring this grant to promote Sacramento Co. youth interest and participation in gardening or related ecological pursuits.

WHO SHOULD APPLY? Community youth education groups (such as 4-H garden projects) in Sacramento County who are engaged in gardening or related environmental ecosystems. Applications may be filled out by youth or an adult coordinator (4-H leader) in the program.

WHAT THE GRANT INCLUDES: A $500 1st place grant and a $300 2nd place grant will be awarded for the development of and participation in the top two winning projects.

GRANT PREPARATION: Applicants should demonstrate a youth centered plan that emphasizes learning and working in a garden or related environmental ecosystem. Areas will include educational, environmental, or social programming; leadership; community support; sustainability; innovation; and need.

SUBMISSION PROCESS: Applicants must be postmarked and mailed by April 1, 2015. They do not need to arrive by April 1st, so please do not use expedited methods. Incomplete applications will not be considered. Submitted materials will not be returned.

INSTRUCTIONS:

• Answer all questions on first page and submit with Project Overview, Supporting Photos, Garden Map (if applicable) on separate sheets of paper. Please do not include materials not specifically requested.

• Please type or print legibly, using black ink only on the written portion of the application. (Additional color photos and garden maps are encouraged). Please do not exceed the space indicated.

• Please include a letter of support on official letterhead from the program administrator, principal or director. However, if the contact person is also the program administrator/principal/director, please obtain a letter of support from another party.

• Mail application materials to: RIVER VALLEY GARDEN CLUB GRANT COMMITTEE
  C/O Marie L. Maschmeyer 15269 Niblick Way, Rancho Murieta, CA 95683

Questions? Call Marie Maschmeyer (916) 354-2566

SUPPORTING INFORMATION:

Use a separate sheet of paper for each item below. Please do not exceed one page per item. Be sure to include all pages with your completed application form.

A. PROJECT OVERVIEW: Please describe your project’s goals, who will participate, how they will be engaged in this project (including their role in planning and leadership), any innovative aspects of your program and your ability to undertake this task. Indicate what work has been done to date toward implementing your plans. If you have an established program, please describe the benefits the youth have derived from their experiences. Include a brief list of how the money will be sent if your program receives either of the $500 or $300 River Valley Garden Club grant. (1 page)

B. SUPPORTING PHOTOS: Please arrange and attach a few photos that will help us to better understand your program participants, and project site. Captions are helpful. (Limit to one page)

C. GARDEN MAP (IF APPLICABLE): If your project includes a garden draw a relatively simple one page map of your garden site that includes: 1) location and dimensions of gardens and/or raised beds, and 2) location of walkways, roads, buildings/campus site, garden structures and natural features. (Limit one page)

D. LETTER OF SUPPORT: Please include a letter of support on official letterhead from the program administrator/principal/director. However, if the main contact person is the administrator/principal/director, please obtain a letter of support from another party.
Organization Information
Contact Person
Name: _________________________________________________________  Title ________________________________________

Check One:    Youth/Student _________    Adult Director/Coordinator/Teacher ________
Phone Number(s): ___________________________________ Email Address: _________________________________________

School/Organization
Name: ______________________________________________________________________________________________________
Web Address: ______________________________________________________________________________________________
Phone Number(s): ___________________________________________________________________________________________
Street Address: ______________________________________________________________________________________________
City: _______________________________________________________    State CA   Zip: _____________________

Project Information
1)  Is your garden/project already established or are you just getting started?
   ______ Start-up Garden Project
   ______ Established Garden/Project

2)  How many youth participate directly in your project? _________________________________________________________

3)  On average, how many hours per week will/does a participant work on the project?
   ______ hours per week per participant

4)  What will be the indirect benefits to those in your community?
   •  Who will benefit?
   •  How will they benefit?
   •  How many will benefit?

5)  How does/will your program make a difference in your community?

6)  Would your project leader or group be able to share a relatively short presentation about the success of your finished
    project at one of our garden club meetings? ________
   Or, submit a final written report about the success of your project? ________