THIS ISSUE’S HIGHLIGHT

Hello all!

I’m Christina Wagner, and as the Sacramento County 4-H All Star Advisor I’d like to tell you about our program.

How many of you are familiar with the star ranks you can earn for your 4-H hat? The bronze, silver, gold and platinum stars?

The All Star is what comes after the platinum star, and it is the highest rank you can earn at the county level.

It’s almost time to apply for the 2016-2017 All Star Team. Members interested in applying must:

- be at least 15 years old by December 31, 2015;
- be currently enrolled in at least their third year of 4-H; and
- have already achieved their Gold Star rank on the 4-H Personal Development Report.

**To apply, members need to**

- pick up an All Star application packet at the 4-H Office, which are now available or request a packet to be emailed to you.

- find three people who will submit letters of recommendation (the questions they’ll need to answer are in the application packet; provide these people with the questions as soon as possible after you’ve picked up your packet, and give them each an addressed, stamped envelope in which to mail their letters directly to the 4-H Office by February 23), and finally

- deliver the completed application and an amended 4-H book to the 4-H Office by 4:00pm on Tuesday, February 23. Directions for compiling the amended book are included in the application packet, but in a nutshell you will be submitting your most recent (completed) 4-H book, along with some pages which tell us what you’ve done in each of the eight PDR areas since last June.

Late application packets will not be accepted, and incomplete application packets will not be considered.

All Star applicant information continued on next page
Applicants will then be interviewed by the selection panel (at the 4-H Office) on the afternoon of Sunday, March 13. Those who have demonstrated the ability to plan, organize and follow through, in addition to being a proven leader, will be selected as Sacramento County 4-H All Star.

Being a part of the countywide 4-H All Star Team is a working award, which means it comes with responsibility. It gives members a chance to represent 4-H within Sacramento County and also to other counties in our state.

All Stars gain experience organizing events at the county and sectional levels. It is the highest rank a member can achieve at the county level and the responsibility that comes with it can provide a wide range of great opportunities, experiences, and memories.

A few of the responsibilities you will have as an All Star include:
- Hosting the County Record Book Judging event during summer.
- Planning our county 4-H Achievement Night in the fall.
- All Stars also host the State Leadership Conference Orientation before the conference each summer. Speaking of SLC, All Stars must attend but their attendance is sponsored by the County 4-H Leader’s Council (which means that the approx. $500.00 fee to attend is paid for by the County 4-H Council).
- Throughout the upcoming year there will be a variety of meetings to attend as a representative of our county, which could include Sectional or Statewide meetings.
- All Stars also choose a Program or Management Committee to join within our county.
- There are All Star meetings on a regular basis, and these are planned on days/time which are convenient for you.
- Other responsibilities include developing and following through with goals appropriate for the All Star Team, one of which might be to organize some Hi 4-H events during the year.

These events and responsibilities may sound new and intimidating, but I assure you, you are ready to tackle them. You’ve gotten really good at being a 4-H project member, and you’ve learned how to do things at the club level (you may even be getting tired of doing ‘the same thing’ year after year with your project and club work); now it’s time to move up to the county level. It’s time and you can do it!

It probably sounds overwhelming to read all these tasks at once, but remember these are things that will happen over a year’s time - and you’ll have the solid support of your All Star advisor along the way.

Please feel free to contact me if you have questions – the easiest way is via email, at mjwcs@comcast.net
### 4-H CALENDAR OF EVENTS

**SACRAMENTO COUNTY PRESENTATION DAY**
Saturday, February 6, 2016 from 10:00 am to 1:00 pm
Rosemont High School
9594 Kiefer Boulevard
Sacramento, CA 95827

Online registration will be open until Friday, January 29th.
Please check out the California 4-H Presentation Manual to learn more about the presentation of your choice.
Volunteers are always welcome and needed at this event and can register here.
For questions, please contact Anne or Ellie Weiland, (916) 247-9558 or email annneweiland@comcast.net

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<td>01/13</td>
<td>County Dog Project Meeting (4-H Office)</td>
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<td>Tractor Supply Paper Clover Fundraiser</td>
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<td>05/03</td>
<td>Big Day of Giving (Sac 4-H Fundraiser)</td>
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<td>07/28-31</td>
<td>CA 4-H State Leadership Conference</td>
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The number of presentations needed for your Star Rank (star for your 4-H hat)

- **Bronze Star** = 4 presentations
- **Silver Star** = 7 presentations
- **Gold Star** = 10 presentations
SACRAMENTO COUNTY NEWS

4-H COUNTY NEWS

SACRAMENTO COUNTY FAIR

MAY 26-30, 2016
FAIR HANDBOOK IS ONLINE NOW!!
sacfair.com

SACRAMENTO COUNTY 4-H HEALTHY LIVING KNOWLEDGE CONTEST

Intermediate 4-H member Seth Davies and Junior 4-H member Maia Davies, both from Country Centre 4-H, won gold awards (knowledge contest hat pin) in this contest. Because avocados were the secret ingredient in the State 4-H throwdown, questions about the nutritional content of avocados and which animals eat avocados were posed in the Fall issue of the 4-H Flash, here are their answers:

Maia:
Total Fat: 4.5g; Sodium: 0mg; Potassium: 150mg;
Total Carbohydrates: 3mg; Protein: 0mg; Folate: 6%
1. Avocados are really nutritious
2. Avocados have more Potassium than bananas
3. Avocados are loaded w/ heart, healthy monounsaturated fatty acids
4. Avocados are loaded with fiber
5. Avocados can lower Cholesterol and Triglyceride levels
6. People who eat avocados tend to be healthier
7. The Avocado’s Fat helps you absorb nutrients from other plant foods
8. Avocados are loaded with powerful antioxidants that protect the eyes
9. Avocados may prevent cancer
10. Avocado extract may help relieve symptoms of arthritis
11. May help you lose weight
12. Avocados are easy to incorporate in the diet (& delicious)

Seth:
1 cup of avocado contains:
234 calories, 10 mg of sodium, 718 mg of potassium, about 3g of sugar, and 10 g of dietary fiber!

Avocados are the only fruit that give an abundant supply of monounsaturated fat (the healthy kind)! Eating avocados decreases the risk of obesity, diabetes, breast cancer and heart disease! Avocados like carrots are good for the eyes! They contain lots of vitamin K, which protects the open wound from infections!

Only some mammals like dogs, cats, and Mexican sloths can eat avocados safely.

The extinct ground sloth ate avocados
4-H SECTIONAL NEWS

UPCOMING 4-H NORTH CENTRAL SECTIONAL MEETING

Saturday, February 20, 2016
10:00 am
Contra Costa County 4-H Office
75 Santa Barbara Road, 2nd floor
Pleasant Hill, CA, 94523
(925) 646–6706

The NC Sectional meetings are a great way to further develop your leadership skills and meet new people by working together on the various committees that are motioned in during the meeting. Consider a leadership development fieldtrip to any one of the 3 yearly meetings.

Start a carpool and share a ride to the meeting!

Why should you get up early and drive to another meeting? So you can share your ideas, talent, and energy by joining a committee with members from our section.

4-H North Central Sectional Committees you can join:

- Passion for fashion? Then join the 4-H State Fashion Revue committee to help plan and organize the fashion revue for the State 4-H Field Day in May 2016.
- Want to help give skills and tools to adult volunteers to make the best better? Then sign up for the 2016 California 4-H State Leader’s Forum committee.

This year’s State Leader’s Forum will be held at the Flamingo Resort and Spa in Santa Rosa from November 11-13.

NORTH CENTRAL SECTION FIELD DAY

Saturday, March 26, 2016
UC Davis

Winning a Gold at 4-H County Presentation Day qualifies Juniors and Seniors for our 4-H Section Field Day.

There are many types of 4-H presentations, such as, Interpretive Reading and Cultural Arts, as shown by two amazing presenters: Katy from Clover 4-H and Gabriel of Country Centre 4-H.
4-H SPARK SCORE SURVEY QUESTIONS ARE OPEN UNTIL JANUARY 31!

The surveys are available in ORB (https://4horb.ucanr.edu/login.cfm). Be sure to log in and tell us about you! These surveys help us make the best better in 4-H.

First year 4-Her’s should fill out the #4HGo surveys on ORB.

UC DAVIS AGRICULTURAL AND ENVIRONMENTAL SCIENCES FIELD DAY 2016
High School Students’ State Qualifier for National 4-H Competitions.

4-H Registration: fieldday@caes.ucdavis.edu

Entry Deadlines:
February 5 (postmark date for entry fees)
February 8 (agri-science educational posters and job interview materials due)

24 different agriculturally based judging contests, ranging from agriculture computer applications to meat judging.

UC DAVIS ANIMAL SCIENCE EVENTS

Goat Day—January 23, 2016, UCD Conference Center, contact Rachel Conway
Aggie Classic Prospect Show Pig Sale—February 6, 2016, Cole A Facility, contact Aaron Prinz
Aggie Spring Classic Lamb Sale—May TBD, 2016, Sheep Facility, contact Dana Van Liew
Horse Barn Production Sale—June 18, 2016, Horse Barn Arena, contact Joel Viloria

CALIFORNIA PLANT SCIENCE TEAM COMPETES IN NATIONAL CONTEST

CA Team: Mikaela Jenson (San Luis Obispo County), Nicole Luna (Orange County), Erik Garcia (Yolo County), Joel Burke (Yolo County) placed 2nd in the National 4-H Plant Science Contest in Lexington, Kentucky. Nicole also placed 1st as high point overall individual in the contest. The 2016 CA State 4-H Field Day plant science contest is a state qualifier for this national contest.
4-H STATE NEWS

2016 AVIAN BOWL STATE QUALIFIER
http://www.gcsfp.com/show/avian-bowl

ENTRY POSTMARK/FAX DEADLINE: Monday, February 15, 2016

COMPETITION DATE & PLACE:
Saturday, February 27, 2016
The Greater California Society of Poultry Fanciers’ Show
Fresno County Fairgrounds, Gem & Mineral Building

Junior Teams: must be 13 years or younger. Two, three, or four members per team.

Senior Teams: must be 14 to 18 by January 1, 2016 with two, three, or four team members.

CALIFORNIA AVIAN BOWL TEAM CLAIMS NATIONAL TITLE

Congratulations to the California Delegation for claiming the title: National Avian Bowl Champions at the National 4-H Poultry and Egg Conference held in Louisville, Kentucky!

The team consisted of Te’a Rice (Orange County), Keaton Kelm (Orange County), and Ellie Milanesa (Monterey County)!

This 4-H educational event offers 45 minute workshops all day long. Sign up before OR at the event. $5 discount if you register before Feb. 12, 2016.

To Register, email Alyssa or call (530) 750-1340

Check the website periodically for workshop schedule updates
# ANNOUNCEMENTS & PROGRAM UPDATES

## STATE

### 4-H STATE AMBASSADOR APPLICATIONS

State 4-H Ambassador applications are now available and due Wednesday, February 16, 2016!

### 4-H STATE AMBASSADOR LED WORKSHOPS

The 2015-16 California State Ambassadors are an enthusiastic, active group! And every year, the Ambassadors choose a platform to focus on for the new year. This group selected Social and Emotional Health to be their service learning platform 😊

This year, they are available to present at your event on these topics:  
- Stress Management  
- Civic Education  
- Youth-Adult Partnerships (how to thrive)  
- Public Speaking

Contact Jenna for reservations

## CALIFORNIA CAMPING CONFERENCE

April 1-3, 2016  
Nevada State 4-H Camp  
Stateline, Nevada  
Online registration until March 15, 2016

4-H teens and adult camp administrators will network and attend sessions to attend to develop their local camp programs.  
[4-H Camp conference information.](#)  
Archery certification available.

## 2016 YOUTH in ACTION AWARDS NOMINATE CALIFORNIA DELEGATES

Tuesday, April 12, 2016  
Union Station, East Hall  
50 Massachusetts Avenue, Washington DC

National 4-H Council will honor four youth who have gained critical life skills through their 4-H experience, have overcome challenges, and demonstrated a positive impact with others. The winners are eligible to receive $15,000 in scholarship funds. Justina Sharp, a 2014-15 State 4-H Ambassador and member of Sacramento County 4-H, has entered her application for this award.

Good luck Justina, we are rooting for you!

## 4-H CLOVER AWARDS

May 1, 2016 is the deadline entry to nominate 4-H youth and volunteers for their service in 4-H, go [Here](#) to learn more.

## 4-H DIAMOND CLOVER AWARDS

This is the highest award that a 4-H member can earn in California. Were you a 4-H state record book medalist/winner? Have you attended SLC? Are you at least 17 years of age? Have you completed 100 hours of community service? Want to find out more about the qualifications for this award? [Go Here.](#)
STATE

4-H STATE FIELD DAY at UC DAVIS
Saturday, May 28, 2016
Thematic recognition pins for youth who participate in 4-H State Presentation Day and focus their presentation on one of the four special areas. This year’s 4-H Stem theme is the concept of motion. Go here for more information.

CALIFORNIA 4-H TECHNOLOGY LEADERSHIP TEAM and 4-H STEM

Join this 4-H tech team open to high school 4-H members. Application deadline is May 31, 2016, like all of the 4-H State Advisory committees.

Duties: Team acts as an advising body to the State 4-H office in analyzing and recommending technology use in the 4-H YDP; Provides resources regarding information technology to members and volunteers; Provides resources and assistance to 4-H clubs in technology to increase and enhance communication; workshop presentations; Learn how to install Ram (more memory); install new programs: GIMP, Blender, Google Chrome, Windows, Autodesk 123D Design; Use camera; Facebook administrator.

STATE 4-H RECORD BOOK COMPETITION

4-H record keeping has been a tenet of the program since its inception. Record keeping is so important in 4-H, State 4-H recognizes the hard work, the strong demonstration of life skills, goal management, and active participation in the program with a State 4-H Record Book Competition. Here are the results: Gabriel Ricchiuto (Winner); Lauren Mann (Participant); Megan Rooney (Merit); Rene Quiggle (Merit)

We congratulate and applaud each of our county’s delegates for their participation in this event.

To compete in the next competition you must enter the Intent to Submit form by June 30, 2016. You will then submit your book in Fall, 2016.

STATE LEADERSHIP CONFERENCE
July 28-31, 2016 Humboldt State University Registration opens in February
This is a California 4-H leadership conference for high school youth ages 13-19.

STATE 4-H HORSE CLASSIC
August 3-7, 2016 Murieta Equestrian Center Information & Registration
Local State Qualifier for 4-H National Events: Senior 4-H Horsemanship and Presentation Competitions.
4-H NATIONAL NEWS

National 4-H Forestry Invitational

**When:** July 31-August 4, 2016
**Where:** Weston, West Virginia

**Who:** 4-H high school students (ages 14-18)

**What:** Contests & activities: Tree identification, forest health, topographic map contest, forestry bowl, compass & pacing, and forest evaluation.

More Info Here

National 4-H Engineering Challenge

The premier event within the National 4-H program that allows talented youth from around the country to assemble together to showcase their knowledge and skills in a variety of individual and team-based engineering contests and activities.

Current challenge areas include:
- Aerospace
- Bicycle
- Computer
- Electric
- Engineering Bowl
- Lawn Tractor
- Robotics
- Small Engine
- Tractor
- Welding

4-H Engineering Challenge Registration fee: $70 contestants $90 non-contestants

Sept 25-27, 2016
Purdue University

National 4-H Livestock Judging Contest

Held at the North American International Livestock Exposition in Louisville, Kentucky which runs from November 1-18, 2016.

World’s largest all-breed, purebred, livestock show where ten species compete at this event.

Go to Educational Contests for more information.

National 4-H Meat Evaluation and Identification Contest

This contest, part of the American Royal Livestock Show, hosted by Kansas State University, Manhattan; takes place between September and November, 2016.

The Saddle and Sirloin Club of Kansas City awards scholarships to the top three individuals: $1000; $750; $500

To learn more about the meat and livestock judging contests at this show Go Here

UCCE Sacramento County 4-H
4-H strives to develop young people who are engaged and informed citizens. Through hands-on activities, members learn leadership, empathy, communication, and organization while expanding their role in decision-making processes. With intentional connection to their communities, youth come to understand "the big picture" and their role in civic affairs.

California Focus takes 4-Hers on a journey through their state's government. Witness California’s government in action by participating in the legislative, political, and judicial processes in Sacramento.

**June 17-21, 2016**

Citizenship Washington Focus (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.

**Weekly sessions from July 3-23, 2016**

Leadership Washington Focus (LWF), a precursor to CWF, is a 4-H leadership program for youth entering grades 7 through 9. Participants are immersed in the culture and history of our nation through on-site workshops at D.C.'s most spectacular sights.

**5 day sessions from June 20–July 22, 2016**

Enter this 4-H Knowledge Contest and win a pin for your 4-H hat!

Directions: answer questions, give your name, club, and age, and send [HERE](#).

Jr & Sr Questions are based on the National 4-H Civic Engagement Areas: personal development, service learning, global education, citizenship, domestic & international exchanges, and economics & marketing.

1. Whose depictions are on the 6 U.S. paper currencies?
2. Bear & bull markets, what are the differences?
3. Your participation: which type & what did you learn?
   Hi 4-H, beginning 4-H, All Star, Leadership development, International exchange, service learning project, record keeping, & career exploration
4. The White House, what is the physical address?

For Primaries only: Tell us about your 4-H participation.
4-H DOG

COUNTY 4-H DOG MEETINGS:

We will have a practice ring activity as well as a speaker.
Saturday, March 12 from 9:00 am to Noon, UCCE Office

There was a guest speaker who shared how she became a professional dog trainer.
Wednesday, January 13 at 7:00 pm, UCCE Office

Questions? Contact Camilla, camilla.rogers@sbcglobal.net

4-H HORSE

It is that time of year again when the Sacramento County 4-H Horse Project kicks off its Silver Show Series.

Silver Show #1—June 11, 2016, Murieta Equestrian Center (Rain Date from show originally scheduled for February 6)

• This show is not a State Classic qualifier, but does count towards our high-point awards program and is open to all California 4-H’ers. Please feel free to pass this information along to others that may be interested in showing.

Silver Show #2—March 12, 2016, Murieta Equestrian Center
Silver Show #3—April 30, 2016, Brookside Equestrian Park

Please see the County Horse project website for the complete entry packet.
We are looking forward to a great show season!

4-H Horse Program Development Committee
Heather Dulinsky-Key Leader
Brenna Howell-Key Leader
Jill Kellmann
Laurie Krogen
Pat McCarthy
Mary Jo Schroeder
Gracie Howell
Olivia Huss
Megan Rooney
Dominic Schroeder
Nichole Simonsma
4-H ON THE WILD SIDE

OTWS MEET & GREET!

6:45-8:00 pm, Wednesday, January 27, 2016
4145 Branch Center Road, Sacramento, CA 95827

The 4-H On the Wild Side program brings environmental education and camp experience to 4th, 5th, and 6th grade children who have limited opportunity to explore wild places and sleep under the stars.

WHO DO WE NEED?
Enthusiastic adults and teens with an interest in kids, teaching the environment, or a new experience.

WHAT WILL YOU DO?
Adult coaches work in collaboration with a team of teen teachers to select an activity, plan/research the activity, and make it come to life for the kids at the camp.

WHEN IS CAMP?
Really fun All-Staff Retreat at Camp Gold Hollow is April 16-17, 2016
Camp with the kids is May 20-23 and June 3-5, 2016

For more information please contact Marianne Bird, Sacramento County 4-H Youth Development Advisor at mbird@ucar.edu or 916.875.6423

4-H CAMP

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

Registration for Campers will be open in March.

4-H Camp is one of the highlights of the 4-H year. Teen Camp Staff and Adult Volunteers come together to plan and implement our weeklong overnight camp experience for 4-H youth. Camp will fill up quickly so don’t hesitate to register.
ANNOUNCEMENTS & PROGRAM UPDATES

4-H WATER WIZARDS

Trisha Dixon, Water Wizards Coordinator

Ten groups of students, at eight Sacramento START after school sites, are finishing up the 12-week 4-H Water Wizards program! Having learned about watersheds, conservation, the water cycle, pollution, and conducting a variety of fun experiments with water, the students are in the process of planning water-related service project to bring their learning full circle. Sites that participated this fall include:

- Elder Creek, Bancroft, and Golden Elementary from Sacramento City Unified
- Del Paso, Dry Creek, and Frontier from Twin Rivers Unified
- Robla and Taylor Street schools from Robla School District

Each site spends an afternoon at the American River Water Education Center (ARWEC) near Folsom Dam. Taylor Street, Robla, Dry Creek, and Frontier visited last week, and ARWEC volunteers noted how much students knew about water on their visit!

Spring 4-H Water Wizards sites will begin in February.

4-H YOUTH EXPERIENCES IN SCIENCE (YES PROJECT)

Beryl Johnson, YES Project Coordinator

The 4-H Youth Experiences in Science Project (4-H YES Project) began the 2015-2016 school year with awesome teams of teen teachers delivering weekly lessons in afterschool programs located within three school districts throughout the Sacramento region: Sacramento City, Folsom-Cordova, and Twin Rivers Unified.

More than 100 primary grade students at Susan B. Anthony Elementary, Hubert Bancroft Elementary, Golden Empire Elementary, Del Paso Heights Elementary, and Theodore Judah Elementary have participated in the YES project this year, learning science through snails, recycling and bubbles.

4-H YES is set to expand to several schools in the Elk Grove School in the Spring of this year. A heart felt “thank you” to the new and returning YES teen teachers and adult coaches who have volunteered this past semester for their dedication and commitment to training, planning and delivering FUN, engaging, inquiry-based and hands-on science lessons each week. We extend an invitation to future teen volunteers and adult coaches to join our next semester 4-H YES teams beginning in February.

The next YES trainings are scheduled for February 5th and 6th. You may contact the Sacramento County 4-H office at 916.875.1174 or access the 4-H web site (http://cesacramento.ucanr.edu/4H/Youth_Experience_in_Science/) for additional information and volunteer applications.
COUNTY 4-H ALL STAR MICHAEL RECKERS

Presentation Day:

I would like to personally invite every Sacramento County 4-H’er to this year’s Presentation Day on Saturday, **February 6 2016**. This event will take place at Rosemont High School.

Presentation Day is special to me because it provided me the platform for my love of speech and debate. Through my experience at Presentation Day, I have been able to compete in state and national competitions that might have otherwise been unattainable had it not been for my many (and I mean many) years of doing presentations.

While many of you may think that you are too young, not prepared or think you are not good enough—you are wrong. Presentation Day is about learning how to be a better speaker in front of an audience. No one is expecting perfection. Learning how to teach and present to an audience is one of the greatest skills we can take away from 4-H. As I have progressed through school, I have found school projects and presentations to be less intimidating because of my at Presentation Day. I look forward to seeing all of you there...even if it is just to listen and find out what Presentation Day is all about.

North Central Sectional Meeting:

Our next meeting will take place on February 20, 2016 at the Contra County 4-H Office at 10 am. Any adult volunteer or 4-H member is welcome to attend the meeting to become more involved in the 4-H program beyond their county level. It is a great way to meet people from the 14 counties represented and be a bigger part of the overall picture.

Hi 4-H Event:

Hi 4-H Events are fun social events for High School aged 4-H’er’s and their friends.

Mark your calendars:

- Please join me at **Sky High Sports on Friday, February 19th @ 5:30 pm**
- Cost: $12 per person
- Plan on jumping for an hour and just hanging out
- 11327 Folsom Blvd., Rancho Cordova

It is a busy month in February...please join me in all the FUN!
CLOVER 4-H CLUB

CLUB UPDATES

By Veronica Reckers

The Clover 4-H Club has been busy the last few months with various community service projects. Our dedication and commitment to various service organizations around the Sacramento Area makes us service leaders of tomorrow.

Sacramento Children's Home “Giving Tree” Holiday Pajama Project

During the month of December, our club was able to provide 45 pairs of new pajamas and coats to the many children of the home. With the help of each of our members, we were able to provide many children with warm clothes for the cold winter nights.

Each member chose a hand decorated ornament off the “giving tree” at the November meeting. Each ornament had the name, age, and size of the child the member would be purchasing the pajamas for. It was a great project and one that will be a new “holiday tradition” for the Clover 4-H Club.

Members dressed in pajamas at the December meeting in honor of the pajama project. Pictured: Pajama Project Co-Chairs: Marielle & Veronica

Sierra Arden Food Bank

Each November and December various 4-H clubs from around the area join forces at the Sierra Arden Food Bank. Many members have been serving for 5 years or more years. The kids get the hands-on experience of helping those truly in need. The kids are expected to bag food, pass out food, assist patrons to their cars and clean up the facility. It is a great holiday tradition and for many 4-H families and a great way to give back to our community.

Sacramento Food Bank Canned Food Drive...The BLUE BARREL

Our club’s ongoing canned food drive during the months of November, December, and January has so far donated over 300 cans of food for our community. Our “blue barrel” is almost full...we still have one more meeting to go! Each month, the officers hold a raffle—each canned food you bring, earns 1 raffle ticket. The lucky winners have been presently surprised by some “sweet treats.” From our club to yours, we wish everyone a Happy 2016!

Erik and Ava at the bread table

The whole gang...Clover, Laguna Creek, & Country Centre 4-H
Shoeing a Horse with a Farrier

Horses need shoes just like we do. They help protect the hoof as the horse grows and since they became domesticated, the work requirements we ask of our horses often wears down their feet faster than their natural protective hoof grows back. Always curious and wanting to learn, I asked my trainer’s farrier to teach me the ropes when he came to the farm to shoe the horses one day.

You have to respect the horse for shoeing puts you in a bit of a vulnerable position. Place the horses hoof between your knees to give yourself a secure grip so your hands are free to work.

Using both hands, use a hammer to work out the existing nails. Using a tool known as the “clamper,” use one hand to clamp the top of the shoe while putting the other hand on the horse’s toe. Repeat this step on the other side of the shoe. Work your way down the shoe until it comes completely off.

You will need to trim the foot until it is completely flat again. Think of this as like filing your nails. Horses hooves grow unevenly, but a flat surface is needed for the new shoe to properly fit. Continue to trim the horses’ hooves until the new shoe fits the foot. A horse’s hooves may be all different sizes!

Put the nail in the hole stamp facing inward. Nail 3 on each side of the shoe. Using the clamper, twist the end of the nail that sticks out of the foot until it breaks off. Clean up any rough edges with a trimmer. Your horse will be happier with his new shoes like when you treat yourself to a pretty new pair of cowboy boots.
How to Hook a Horse Trailer to your Truck

After participating in many horse shows, I have watched my trainer time and time again hook her horse trailer up to her truck. I was not raised on a farm and such skill was foreign to me. I wanted to learn and the next time, I asked to assist her for practice. Here is what I learned.

First, line the trailer hitch ball of the vehicle with the socket of the trailer. The socket is also known as a “coupler” much like train cars. Backing up your vehicle to get close enough to your trailer in itself may be quite a challenge, for the target is not quite visible.

Once the trailer hitch and coupler are lined up, you crank the trailer down onto the vehicle trailer ball. This is assuming that when the horse trailer is unhitched, it is “parked” with blocks and raised. Once the coupler is cranked down onto the trailer ball, you need to secure it with a clamp. This is usually done with a single motion. Finally, you lock the clamp into place with what is called a “hitch pin.” This is to ensure the ball and socket don’t work themselves free during transit.

Next, you need to run the safety chains under the tongue of the hitch so that they cross each other. Make sure the tongue jack extension on the coupler of the trailer is down so that it won’t fall as the vehicles move.

Plug in the electrical connections for the trailer lights to make sure that they will make transit not only legal, but safe, so when you brake or use your turn signals on the vehicle, the lights on the trailer will warn other drivers. In the same manner, plug in the electrical connection for the brake on the trailer. This is triggered when you brake on your vehicle so that the two vehicles will break simultaneously and the trailer won’t slam into your truck when stopping!

As I have learned, this and all horse operations take a lot of practice. But just like with driving, the more you do it, the better you will become.
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.

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