Deadlines

02/07/11
Application and Deposit due for Argentina Summer Outbound Program

02/15/11
- Deadline for state scholarships for Multnomah & Washington Counties
- Deadline for Inbound Ambassador Program, host youth from another country!
- Deadline for 2011 Youth Development Exchange Program to Finland

02/25/11
Registration deadline for National 4-H Conference

03/01/11
- Nominations due for Oregon 4-H Hall of Fame
- Nominations due for 4-H Member Recognition Awards
- Proposals to teach a workshop at the 2012 Western Region Leader's Forum due

04/08/11
Deadline for entries to the 2011 Spring Horse Classic

Upcoming Events

02/05/11 Geocaching for Native Plants! 10:00 AM - 11:30 AM, 4-H Clubhouse at Alpenrose Dairy, Register online!

02/12/11
- 4-H/FFA Market Beef Weigh-in, 7:00 AM to 10:00 AM, Washington Co. Fairgrounds
- Help assemble 500 Matt’s Chemo Bags, 9:00 AM - 2:00 PM, Cloverleaf Building, Washington Co. Fairgrounds
- 4-H Can and Bottle Drive Fundraiser, 9:00 AM - 2:00 PM, Washington Co. Fairgrounds
- 4-H Wagon Train Meeting 3:00 PM to 5:00 PM, Cloverleaf Building, Washington Co. Fairgrounds

4-H Tech Wizards attend National Mentoring Summit
Octaviano Merecias-Cuevas, director of 4-H Tech Wizards, and Joel Cazares, 4-H Tech Wizards member and Forest Grove student, attended the National Mentorship Summit on February 25th at the Library of Congress in Washington, D.C. At the Summit they were able to meet First Lady Michelle Obama, Attorney General Eric H. Holder, Jr., Secretary of State Arne Duncan, and Secretary of Public Health Kathleen Sebelius. In celebration of National Mentoring Month, First Lady Michelle Obama delivered the keynote speech in which she introduced a new program, The Corporate Mentoring Challenge.

Looking back at his experience at the National Mentorship Summit, Octaviano Merecias-Cuevas remarked that "I’m glad that 4-H Tech Wizards is providing a platform for mentorship and youth development in the State of Oregon. We understand the power of mentorship and volunteering and that’s why we are constantly recruiting new role models to help us in our programs, activities, and camps. I’m extremely thankful to our supporters and volunteers."

More information about Joel and Octaviano’s trip to Washington, D.C. can be found on the 4-H Tech Wizards website.

2011 Fair Information: Weigh-in Dates

- **Beef**: Saturday, February 12, 8 AM - 10 AM, Washington County Fair Complex (Beef Barn)
- **Swine**: Saturday, April 9, 8 AM - 10 AM, Washington County Fair Complex (Swine Barn)
- **Sheep & Goats**: Saturday, May 7, 8 AM - 10 AM, Washington County Fair Complex (Beef Barn)

Download the [2011 Weigh-in Dates Letter](http://extension.oregonstate.edu/metro4h) for more information.

Links available online:
http://extension.oregonstate.edu/metro4h
Upcoming Events, continued

2/19/11 4-H Poultry Learning Day, 1:00 PM to 4:00 PM, Cloverleaf Building

3/5/11 4-H Scuttlebuns 4-H Rabbit and Cavy Show, Registration at 8:00 AM, Show at 9:00 AM, Cloverleaf Building, Washington Co. Fairgrounds

3/12/11 Poultry College, 8:30 AM to 3:00 PM, Amity High School

3/17/11 4-H Small Animals Advisory Meeting, 7:00 PM to 9:00 PM, Washington Co. Extension Office

03/25/11 4-H Night at the Portland Trail Blazers game versus the San Antonio Spurs, 7:00 PM

04/02/11 4-H Perspectives Club presents Photography and Art Show, 2:00 PM to 5:30 PM, Tualatin Free Library

05/7/11 May Madness Horse Show, to benefit Washington Co. 4-H Horse Program, all day event at Yamhill Co. Fairgrounds

05/8/11 May Madness Gymkhana, to benefit Washington Co. 4-H Horse Program, all day event at Yamhill Co. Fairgrounds

05/21/11 Clatsop County 4-H Spring Dog Seminar, 8:00 AM, Clatsop County Fairgrounds

Mind-blowing 4-H Statistics

We all know 4-H is fun for our kids, but according to a new report "kids in 4-H – regardless of their background, socio-economic status, race, and gender – thrive through the health/safety education and experiences they receive through 4-H programming." Kids in 4-H...

Report better grades, higher levels of academic competence, and an elevated level of engagement at school

- 56% more likely to spend more hours exercising or being physically active
- Shown to have had significantly lower drug, alcohol and cigarette use than their peers

The study also says girls in 4-H are more than twice as likely to participate in science, engineering, or computer technology programs than their peers. Very cool!

You can read more here... http://www.4-h.org/about/youth-development-research/

- Eve Powell Orio, Golden Summit, Inc.

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Newsletter submissions may be brought to the office or emailed to Alice Phillips: phillali@onid.orst.edu

Links available online: http://extension.oregonstate.edu/metro4h