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<th>NOV</th>
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- Council News
- Council BBQ
- BBQ Club Assignments
- County Judging Day
- Achievement Night News
- Thrive Meeting
- Relay for Life Results
- Record Book Winners
- Emerald Star Projects
- Countywide Dog Care & Training
- Shooting Sports Workshops
- LCORT
- 4-H Madness
- 4-H Summer Camp
- Kings Fair Dairy Contracts
- State Fashion Revue
- Healthy Living Tips
- National Youth Summit
- Revolution of Responsibility
- Childhood Hunger Grants
- Farmers Help Support 4-H
- State Leadership Conference
- Citizenship Trips
- Western Region Leaders Forum
- 4-H Club News
- UCCE Contact Information

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**Are You an Official 4-H Member?**

It just takes a few minutes, to go on-line and enroll in the 4-H Program, are you an official member? It is very important that this housekeeping chore is taken care of and your program fees are paid to your Community Club Leader. You must be officially enrolled if you plan to participate in Judging Day on Saturday, November 9th.

All Kings County 4-H Clubs have been holding their monthly meetings and many projects have already started meeting. You don’t want to miss out on any vital information. Use this link to access the 4-H Online system: [https://california.4honline.com/Login.aspx?40472F4547534E39717170733D](https://california.4honline.com/Login.aspx?40472F4547534E39717170733D).

Returning members and leaders must re-enroll by using the same family email address as you have used in the past.

Enrollment instructions are available at: [http://cekings.ucdavis.edu/Kings_County_4-H_Program/](http://cekings.ucdavis.edu/Kings_County_4-H_Program/).
Council News

The next 4-H Council meeting will be:

**MONDAY, November 4th**

7:00 PM
UCCE Office
Hosted by: Island 4-H

Plan to attend, your presence is important! Topics of discussion include—Judging Day, BBQ Fundraiser, LCORT and WA Focus.

Every family is welcome to attend the meeting.

4-H Council Barbecue Club Assignments

The success of the Council Barbecue is a cooperative effort among all the 4-H Clubs in Kings County. Each club needs to provide at least two (2) helpers to assist in the kitchen. (The Barbecue preparations take place during the Judging Field Day.) In addition, the following clubs have volunteered to be responsible for:

- Bread: Oakvale
- Meat: Kings Harvest
- Butter: Kings River
- Rice: Armona
- Salad: Grangeville
- Paper Products: Kathy Sargent
- Dressing: Kings Future Promise
- Salsa: Mid Valley
- Sweet Shop: Lemoore & Island

For the Sweet Shop, 4-H Club members are asked to contribute baked goodies to sell. Be sure to label with your name, club and price. Please label if product contains peanuts.

Kings County 4-H Judging Day

Saturday, Nov. 9, 2013
Kings Fairgrounds
9:00 AM– Registration Begins
9:30 AM– Mandatory Orientation Assembly

Plan to judge—no prior experience necessary!

Judging classes are in the following categories:

**Livestock:** Club responsible for the judging contests– Kings River

**Home Economics:** Club responsible for the judging contests- Oakvale and Kings Harvest

**General:** Club responsible for the judging contests– Kings Harvest

Achievement Night News

Gold Seal Clubs

Congratulations to the following clubs who achieved a Gold Seal for the club’s charter for their 2012-13 club activities.

- Grangeville
- Guernsey
- Island
- Kings Harvest
- Oakvale

Congratulations to Island 4-H for receiving the Club Attendance Award. Their name will be added to the perpetual plaque in the UCCE Office.

Lemoore 4-H was the winner of the Spirit Stick at Achievement Night.

Congratulations!
4-H offers opportunities for youth to realize their true and full potential through the Step-It-Up-2-Thrive curriculum. By incorporating the Step-It-Up-To-Thrive process, 4-H will

- Develop youth self-reflection skills.
- Teach a common language for thriving.
- Provide a holistic view of personal development.
- Inspire youth to create visions for their futures.
- Motivate youth to work toward meaningful goals.

Thrive is open to 4-H members in grades 6 and above. For more information contact Michelle White 381-2975.

**Emerald Star Projects**

**4-H Brings Food Forward**

(An Emerald Star Project by Hayden Costa, Michal Chrissakis, Darian Roeber and Trenton VanderVeen of Kings Harvest 4-H)

Please assist us in our efforts to bring the community together to help food insecure families in Kings County. In partnership with The Kings Pantry, we are collecting non-perishable food donations to be distributed during the 2013 Holiday Season. Non-perishable food donations will be collected at Best Buy Market on 10th Avenue in Hanford during the months of October and November. In addition, donations can be brought to your individual club meetings for collection in November.

Please direct questions to Hayden Costa—559-816-0477 or bringingfoodforwardwith4h@yahoo.com.

**Help Us with What We Hope is our “Temporary Home”**

(An Emerald Star Project by Kennedy Baker and Katelyn McCord)

Please help us stock the new SPCA location. In working with Ms. Pam and the Kings County SPCA we are helping to get supplies donated. Items needed are Adult Dog Food, Bleach, Cat Litter and Laundry Soap—to name a few. Any donations would be greatly appreciated to help out our little friends in need.

We have drop boxes at Lemoore Animal Clinic, Central Valley Hospital and UCCE Office or if you give us a call we would be happy to pick the items up. We are reaching out to all of our fellow 4-H clubs.

**Remember: A wire cage can never replace a family.**

Any questions please contact Kennedy Baker (559-816-0747) or Katelyn McCord (559-381-4764) or babyjeansmom@gmail.com.

**Thanks for your help and support!!**
Countywide Dog Care & Training

**Animal CPR Training**
Tuesday, November 5th  6 to 8 pm
UCCE Office Multi-purpose Room

Kings County Dog Care Project is offering a class many 4-H members will enjoy. A guest speaker will be giving a talk on how to perform animal CPR. This event is open to all 4-H members, not just Dog Care members. Anyone is invited to come out and enjoy the talk that could save your animal’s life.

**Countywide Dog Care Project Meetings**—All meeting are on Saturdays at 2 pm at the Kings Fairgrounds.
February 22, 2014  March 15, 2014  April 3, 2014 (Thursday)  4H Fair Dog Show

Questions? Call project leaders: Pam (836-6046) & Steve (380-5021) Smith.

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**Shooting Sports Workshops**

**Rifle Discipline**  November 23 & 24, 2013  1031 S. Mt. Vernon Ave., Bakersfield
A workshop for the rifle discipline will be held at UC Cooperative Extension Office in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu

**Pistol Discipline**  January 4 & 5, 2014  Fresno Co. Peace Officer Range  7633 N. Weber, Fresno
A workshop for the pistol discipline will be held at the Fresno County Peace Officer Range. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a level 1 pistol instructor and can lead a pistol project. The cost for this course is $30.00 to cover the instruction binder each participant will receive. Participants will need to bring their own eye and ear protection and are encouraged to bring their own .22 rim fire pistol and/or own air pistols if they have them. To register for the course or receive more information, contact Sammy Ashworth at sndashworth@gmail.com or (559) 707-0755. Please fill out and bring the document listed below.
http://4h.ucanr.edu/files/2123.pdf
https://www.facebook.com/pages/Fresno-County-Peace-Officers-Association/101825493227619
https://www.facebook.com/pages/California-4-H-Shooting-Sports/359716147438695

**Archery Leader Certification**  February 1 & 2, 2014  33 Browns Valley Road, Corralitos, CA
If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader? There will be a 4-H archery leader certification training held February 1st & 2nd in Corralitos, CA (near Watsonville). This class is being hosted by Santa Cruz County 4-H. You must become a 4-H adult volunteer or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching and a written test. The cost is $35 per person to include a resource binder, Saturday breakfast & lunch and Sunday breakfast. Junior and teen leaders are invited but must attend with an adult. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.
To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/files/2123.pdf and an adult or youth 4-H medical release form and a $35 check payable to “Santa Cruz County 4-H Council” and mail to UCCE, 1432 Freedom Blvd., Watsonville, CA 95076. **Registration is due Friday, January 17th and space is limited.** For more information call Stephanie at 831-763-8015 (Mondays & Wednesdays only) or email her at sfontana@ucanr.edu or contact Jeanne at the contact information above.
Leadership Conference of Regional Teens (LCORT)
January 24-26, 2014

Who: 7th-9th grade 4-H members
When: January 24-26, 2014
Where: Wonder Valley near Sanger
Cost: $150.00
Fees due: to UCCE Office by Nov. 22
Why: to develop & refine your leadership abilities, meet & share ideas with other 4-H youth, expand your perspective & have fun!

Scholarships for first time attendees:
8 scholarships are available for 1/2 of the conference fee- apply early! To be eligible, members must meet conference age requirements, completed 1 year in 4-H at the time of the conference and submit a completed Record Book from the previous year.

To apply: http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South_Central/LCORT/

Adult Chaperones are needed to attend this conference with the Kings County delegation. Adults must be an official 4-H leader- fingerprinted and orientation completed. For qualified adults, Council will fund the full cost of the number of adults required by the conference quota. Apply now!

Community Service Opportunity: Wonder Valley is in need of new or gently used board games. If you wish to make a donation or gather up some games from friends and neighbors, this will be considered a Sectional Committee or you can count it as Community Service.

LCORT 2015 Youth Chair: The LCORT Youth Chair(s) must be willing to devote a substantial amount of time to conference planning, implementation, evaluation, and follow-up from the spring before the conference through the following February (one month after the conference). While Youth Chair registration fees will be paid by the conference, other moderate costs, such as those for phone calls and travel to meetings, may be incurred. The LCORT Youth Chair(s) work under the supervision of the LCORT Conference Coordinator who, in turn, is supervised by a designated UCCE staff member. Application is available at the link above.

4-H Madness
Thank you to the many presenters (4-H members and leaders) at 4-H Madness. Your interesting presentations made the event fun and worthwhile. Thanks also to the many donors that helped provide publicity as well as food and supplies for the event! It was indeed a community supported effort!

4-H Summer Camp
Tulare County 4-H has again graciously invited Kings County to participate in their summer camp program scheduled for June 22-27 at the beautiful YMCA Camp located on Lake Sequoia.

Junior Camp Staff positions are open to both Tulare and Kings County 4-H members in the 9th grade and above. This is a tremendous opportunity for senior 4-H members to fine tune their leadership and job skills while having fun!

Junior camp staff applications must be postmarked and are due by November 13, 2013 to the UCCE Office in Tulare. For further information and applications go to: http://ucanr.edu/sites/4-H_Tulare/, or call 559-684-3303.

Information about attending camp as a camper will be available soon along with adult chaperone information.

2014 Kings Fair Dairy Contracts
Dairy Replacement Springer & Yearling contracts are available from the Kings Fair Office. Contracts must be completed and returned to the Kings Fair Office by February 12, 2014.
Entry forms and fees for the Fair will be due May 5, 2014.
2014 State Fashion Revue

The five categories for the 2014 Fashion Revue are: Traditional, Consumer Science Purchases, Upcycled, Denim and Apron Challenge. All categories except Traditional are either new or changed.

State Fashion Revue is coordinating two service projects: drawstring bags for foster children and walker bags for seniors. State Fashion Revue is May 31, 2014 as part of the State Field Day at UC Davis. For further information visit: http://4h.ucanr.edu/Programs/Events/SFD/SFR/.

The State Fashion Revue Committee is seeking entries for the Program Cover Contests for the event. Your design should reflect the theme: California Grown, California Sewn.

For more info. visit: http://ucanr.edu/sfrcovercontest.

Healthy Living Tips

Thanksgiving is a special time for giving thanks and focusing on family and friends. However, the improper storing, cooking and serving of roast turkey can lead to the growth of harmful bacteria like salmonella, which can cause foodborne illness. Here are some tips that all cooks in the kitchen can follow this holiday season:

- Thaw the frozen turkey in the refrigerator. Allow 1 day for each five pounds of turkey. A twenty-pound turkey will take about 4 days to thaw. Be sure to remove neck and giblets from the inside of the bird as soon as possible.
- Do not thaw on the kitchen counter. You may thaw it in cold water, provided that the turkey is in a leak proof packaging, it is submerged and the water is changed every half-hour. Allow 30 minutes per pound of turkey to thaw in water.
- Cook fresh turkeys within 2 days, thawed ones within 4 days.
- Wash your hands with hot, soapy water before and after handling raw poultry. Wash all knives, cutting boards and utensils. Do not rinse the turkey in water. Not only is rinsing your poultry before you cook ineffective at killing germs, it can actually spread them.
- Read and follow the cooking directions. Cook turkey until it is done (165°F.) Take the temperature with a meat thermometer to be sure the temperature is over 165°F.
- Stuffing should not be prepared more than a day ahead and the turkey should not be stuffed until ready to cook. A quicker, safer method is to cook the stuffing separately in a casserole, using some of the pan juices to flavor and moisten the stuffing.
- Eat the meal as soon as it is prepared. Do not leave leftovers out on the counter or table after dinner. Cut the meat off the bones and put it in shallow containers in the refrigerator within 2 hours after serving.
- Reheat all leftovers to 165°F. (Use your meat thermometer) Gravy should be brought to a rolling boil.

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your Thanksgiving dinner
stay off your thighs!
–Unknown

Contributed by University of California, CalFresh Nutrition Education Program

Revolution of Responsibility Grants

Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects where participants learn leadership by leading, collaboration through collaborating, and the importance of civic engagement by actively seeking opportunities to make a difference in their communities.

Your club or project group can join the Revolution of Responsibility and qualify for $1000 to help improve the community. To learn more go to http://4h.ucanr.edu/Support/RoR/

Application Deadlines are:

- November 15, 2013
- January 15, 2014
- March 15, 2014
- May 15, 2014
- July 15, 2014
- September 15, 2014
- November 15, 2014

National Youth Summit on Healthy Living

January 9-12, 2014
Washington DC

National 4-H Council and National 4-H Youth Conference Center have partnered together with professionals in family consumer science and healthy living to host the National Youth Summit on Healthy Living. Youth attending this summit will gain knowledge and skills to address issues surrounding nutrition, physical fitness, and emotional well-being. This opportunity is available for high school students who are passionate about healthy living and improving community health. The California State 4-H Office will cover the registration fees for 2 youth to attend. Click on this link to access the application. http://www.nationalyouthsummit.org/healthy-living-conference/.
Farmer’s Opportunity to Help Support Kings County 4-H

Thanks to America’s Farmers Grow Communities, rural community members and farmers can help give back to local 4-H organizations. Now through Nov. 30, 2013, eligible farmers can enter for a chance to win $2,500 that can be directed to their local 4-H. The Monsanto Fund will select one winner at random from each of the eligible 1,271 counties and winning farmers and recipient nonprofits will be announced in January 2014. Please click here for an application: http://www.americasfarmers.com/_pdfs/grow-communities/Application-Form.pdf. This is a quick and easy way to help 4-H! Please check it out!

CITIZENSHIP TRIPS

STATE LEADERSHIP CONFERENCE

August 14-17, 2014
University of CA at Santa Cruz

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. Mark your calendars and plan to attend!

CHILDHOOD HUNGER GRANTS

Do you know where your next meal is coming from? One in five children in America don’t. But this is a problem that can be solved, and kids are a part of the solution. Sodexo Foundation has funds available for grants up to $500 for youth to lead projects focused on ending childhood hunger in their communities. Find out how you can help end childhood hunger: www.YSA.org/grants/sodexoyouth

CITIZENSHIP WASHINGTON FOCUS—June 22-28, 2014 Washington DC

Kings County application due November 22, 2013 (click here for application)

Citizenship Washington Focus (CWF) is a week-long 4-H citizenship program for youth ages 16 or older or have completed 10th grade. Every summer, thousands of young people participate in the program, which provides opportunities for them to:
- Strengthen their communication, leadership, and citizenship skills on a national level
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders
- Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds
- Experience hands-on learning using the historical backdrop of Washington DC.

For more information: http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/about/

LEADERSHIP WASHINGTON FOCUS—July 15-19, 2014 Washington DC

Leadership Washington Focus is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at National 4-H Youth Conference Center. This is a precursor to the Citizenship Washington Focus program for older members. Registration fees: $565.00 per member, due by January 10, 2014.
Check out www.4HLWF.org for more details. If you are interested in attending, please notify the UCCE Office at 852-2730.

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Check out www.4HLWF.org for more details. If you are interested in attending, please notify the UCCE Office at 852-2730.
Western Region Leaders’ Forum
March 27-30, 2014 in Billings Montana

Join Montana 4-H as they welcome the Western Region Leaders’ Forum to Billings in March 2014. Agents, staff and volunteers are hard at work planning a conference that will help you to “Discover the Past. Present. Possibilities of 4-H”. Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future. Registration starts November 1! More info: http://4h.ucanr.edu/files/175016.pdf

4-H CLUB NEWS...

Guernsey 4-H

Guernsey 4-H club met on October 14, 2013 at Lakeside School. We welcomed new members and installed our 2013-14 club officers. Congratulations to all new and returning officers. We look forward to you leading our club this year. During our meeting we collected non perishable food items which will be donated locally. We also discussed our plans for this 4-H year. We will be selling Party Lite candles now through November 18, 2013 as well as collecting items for our club yard sale. If you are interested in purchasing a candle or would like to donate items to our club yard sale, please contact any Guernsey 4-H member.

We would also like to extend a big THANK YOU to Rouge and Mrs. Rachel Pepe for allowing Guernsey 4-H to use her store window for our 4-H display. We greatly appreciate you and your support.

Submitted by Rory Valov, Reporter

Island 4-H

Island 4-H had its second meeting on October 8, 2013. We dressed up for Halloween and had lots of fun! In celebration of 4-H week, some of our members made posters about 4-H to hang up in the halls of Island School. We also put a 4-H pumpkin on display at the Lemoore Animal Clinic with the 4-H pledge on it. Way to celebrate 4-H week! At the end of September, our club also had a very successful car wash to raise money for our club. We would like to thank O’Reilly Auto Parts in Lemoore for allowing us to use their parking lot for our fundraiser.

Submitted by Megan Clarke, Reporter

Oakvale 4-H

The Oakvale 4-H Club met on October 14, 2013 at Burris Park Fire Station. Chelsea Flood had a walnut judging exhibit for members to evaluate and place. New members Ali Johnson and Bridget Singleton were introduced and welcomed. Members talked about the Oakvale Window Display at Kingsburg Realty, Arts & Crafts, Rabbits, and the Vegetable Garden and Crops project meetings. Other activities that were talked about were 4-H Madness, Achievement Night, Relay for Life and the Kings River Clean Up. New business was about Judging Day, 4-H BBQ and a Halloween Party. The meeting ended with prizes given out to members who judged the walnut exhibit correctly and snacks were provided by Jade, Chrystal and Julia Nansel and family.

Submitted by Shawn Dorrough, Reporter

University of California Cooperative Extension Kings County
4-H Contacts

Georgene Diener  UCCE 4-H Program Representative (50% time)  852-2743  gldiener@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

Terrie Evangelo  4-H Support Staff (full time)  852-2731  tlevangelo@ucanr.edu

Connie Egger  UCCE Office Manager (full time)  852-2730  Connie.Egger@co.kings.ca.us

UCCE Office is open Monday-Friday from 8 AM to 12:00 PM and 1:00 PM to 5:00 PM. Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.