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County Presentation Day
February 22, 2014

County Presentation Day will soon be here! Did you know there are lots of different ways to participate in Presentation Day from the time honored demonstration to a prepared or impromptu speech to interpretive reading or even a share the fun skit? All promote skills that enable a 4-H member to become poised and confident in front of an audience.

Public speaking skills are an integral part of the 4-H experience. Learn about the various ways to participate in County Presentation Day by attending a Presentation Day Workshop-

Saturday, January 11, 2014
2:00 pm—4:00 pm
UCCE Multi-purpose Room
For planning purposes, please RSVP by calling 852-2730

For more information on presentations visit: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/

Deadline
4-H News articles due for Youth Talk – January 17th
Please send all articles to ~ gldiener@ucanr.edu
NO COUNCIL MEETING IN DECEMBER

The next 4-H Council meeting will be:

**Tuesday, January 7th**
7pm
UCCE Office Multi-purpose Room
Hosted By: Kings River

Topics to include: Presentation Day, Favorite Food/Place Setting Contest, 4-H Fair Planning Meeting, BBQ report etc.

Council BBQ Update

About 1,032 meals were served at the annual 4-H Council Barbecue held in conjunction with Judging Day.

Thank you to the many parents and leaders that worked so diligently to prepare and serve the delicious meal, and those that made sweet treats for the Sweet Shop!

Also, a great BIG thanks to the many ticket sellers! You did a great job. If you still have money or unsold tickets, please return them to your Community Club Leader as soon as possible.

Top ticket sellers will be announced in January!

Welcome Corcoran 4-H!

A great BIG welcome to our newest 4-H Club in Kings County – Corcoran 4-H! They are officially chartered! Corcoran held their first Community Club Meeting on November 12th. Community Club Leaders are Cindi and Kelly Hair. It is great to have a 4-H Club back in this part of Kings County again! Let’s roll out that 4-H hospitality and make them feel welcome!

County Judging Day Results

On November 10th, more than 90 4-H members participated in the County Judging Day. Thanks to the clubs and individuals that made this event possible.

High point awards were presented in each division for the junior and senior individuals as well as the junior and senior teams. These included:

**General Division:**

High Point Senior: Joshua Pimentel-Kings River
High Point Junior: Brett Hair-Corcoran
High Point Senior Team: Joshua Pimentel, Nathan Fulghum, Kent Sheldon-Kings River
High Point Junior Team: Brett Hair, Aiden Hair, Danielle Matson-Corcoran

**Livestock Division:**

High Point Senior: Joshua Pimentel-Kings River
Junior High Point: Alfred Carpenter-Oakvale
High Point Senior Team: Joshua Pimentel, Kent Sheldon, Nathan Fulghum-Kings River
High Point Junior Team: Alfred Carpenter, Cole Young, Brooklyn Young-Oakvale

**Home Economics Division:**

Senior High Point: Tara Fry-Oakvale
Junior High Point: Brooklyn Young-Oakvale
High Point Senior Team: Tara Fry, Ashley Olson, Macey Hammerstrom-Oakvale
High Point Junior Team: Brooklyn Young, Cole Young, Alfred Carpenter-Oakvale
**4-H THRIVE MEETING**
*Growing Youth Who Thrive*
Tuesday, December 17th from 6-8 PM
UCCE Office Multi-purpose Room

Thrive takes the principles of positive youth development and organizes them into a fun and engaging way to develop the leadership skills of our 4-H youth. Each module of this year’s curriculum links one or more scientific engineering practices to a Thrive concept. These eight essential practices are those used everyday by scientists and engineers in their work. Sound interesting? If you are in the 6th grade or older, plan to attend the next Thrive meeting! For more information contact Michelle White 381-2975.

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**Plan an Emerald Star Project!**
The purpose of the Emerald Star Program is to provide Leadership opportunities to 4-H members who have completed at least two years of 4-H and are at least 14 years of age by December 31, 2013. *(Completing an Emerald Star project is a requirement for those interested in applying to become an All Star.)*

The Emerald Star project must demonstrate the member’s leadership ability, and the ability to work with others as well as the ability to plan and conduct a successful program of work.

**Dates to keep in mind are:**
- **January 10th:** Applications due for Entrance interview
- **January 16th:** Emerald Star Interviews

For further information: [http://cekings.ucanr.edu/Kings_COUNTY_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/](http://cekings.ucanr.edu/Kings_COUNTY_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

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**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.

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**Emerald Star Project**

**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. Monetary donations will be accepted also.

**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!!**

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**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/RofR/](http://4h.ucanr.edu/Support/RofR/)
**Favorite Foods Fair & Place Setting Contests**

The upcoming holiday is a great time to experiment in the kitchen testing some new recipes for the Favorite Foods Fair! Then, check out your cupboards and determine what dishes and decorations you will use for your entry in the Place Setting Contest. 4-H members may enter either contest or both! These competitive events will be held:

Saturday, February 22, 2014  
Hanford West High School

For more detailed information about what an entry consists of visit the website: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_EVENTS/Favorite_Foods_Fair-February/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_EVENTS/Favorite_Foods_Fair-February/)

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**Committee Meeting Planned!**

*Presentation Day & Favorite Foods & Place Setting Planning Meeting*

Thursday, December 12, 2013  
6:30 PM  
UCCE Office

Parents and leaders are invited to attend this planning meeting as your input is important! This meeting has been changed to an evening meeting so more people can attend! We will be discussing Presentation Day also. If your child participates in all three events, your insights will be especially appreciated. Plan to attend!

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**4-H Week Display Contest Results**

The results are in from the 4-H Week Display Contest. Thanks to all the clubs that sent in entries! The results are:

1st place: **Kings Harvest** 4-H winning $75.00  
2nd place: **Island** 4-H winning $50.00  
3rd place: **Guernsey** 4-H winning $25.00

Congratulations! What a great way to advertise 4-H!

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**LCORT 2014**

There is still time to apply to attend the Leadership Conference of Regional teens!

Who: 7th-9th grade 4-H members  
Where: Wonder Valley near Sanger  
When: January 24-26, 2014  
Registration after December 1st—$160.00

Questions? Contact the UCCE Office at 852-2730.

To apply: [http://www.ca4h.org/Resources/Volunteers/Councils/Regional/South_Central/LCORT/](http://www.ca4h.org/Resources/Volunteers/Councils/Regional/South_Central/LCORT/)

**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 Community Service.

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**ORB—The 4-H On-line Record Book**

Are you interested in learning about the 4-H On-line Record Book referred to as ORB? The ORB Internet Café is provided to give staff and 4-H volunteer leaders both individualized and group instruction on using California 4-H's On-line Record Book System. The Café is designed as a 3-hour workshop that combines presentation, hands-on practice and group discussion. Participants (adults only) will need to bring a laptop or tablet with them to the workshop. Hopefully by the end of the workshop, participants will feel comfortable working with 4-H members in mastering the on-line Record Book.

**WHEN:** Saturday, January 11, 2014  
**WHERE:** UCCE Tulare 4-H Office, 4437B S. Laspina, Tulare  
**TIME:** 9 am to 12 noon  
**CONTACT:** Leah Harrelson at laharrelson@ucanr.edu

EAT, DRINK AND BE MERRY!

Lots of people struggle with weight gain during the holidays, but we can’t blame it all on the cookies left for Santa. The good news is you don’t have to avoid all treats at the holidays to stay healthy. You can enjoy favorite holiday foods by remembering moderation is key and slimming down recipes can save calories.

♦ Be Mindful of Moderation
Continue to eat balanced meals that contain fruits and vegetables, lean proteins, whole grains and dairy foods. Filling up with fiber and protein helps keep hunger away, and may mean you spend more time with friends at holiday parties and less time hovering over the buffet. High-calorie foods don’t have to be avoided completely, especially nutrient-rich choices. Foods like avocado-based dips, olives and cheddar cheeses make any holiday party tray too delicious to resist. The healthy fats in avocado and olives and the protein/calcium combination of cheese make them good choices in moderation.

♦ Satisfy with a Recipe Slim Down
Realistically there are some recipes that could use a little help in the calorie-cutting department. Increase fiber by substituting whole grain flour in baking and opt for fruit based desserts when possible. Cut fat and calories by using Greek style yogurt to replace some of the butter, oil or sour cream in holiday recipes and using light cheddar cheese in favorite holiday casseroles.

Choose treats that won’t pack on pounds and are special to the time of year. These smart food swaps can save you several hundred calories a night:

<table>
<thead>
<tr>
<th>Instead of the Naughty ................</th>
<th>Have the Nice ..............</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 bacon wrapped dates (300 calories)</td>
<td>3 prosciutto-wrapped melon balls (75 calories)</td>
</tr>
<tr>
<td>2 frosted sugar cookies (320 calories)</td>
<td>2 plain sugar cookies (100 calories)</td>
</tr>
<tr>
<td>6 coconut shrimp (435 calories)</td>
<td>6 steamed shrimp with 2 Tbsp of cocktail sauce (77 calories)</td>
</tr>
<tr>
<td>2 Tbsp cheese ball spread w/4 crackers (194 calories)</td>
<td>8 cheddar cheese cubes with 4 crackers (190 calories)</td>
</tr>
<tr>
<td>4 Swedish meatballs (398 calories)</td>
<td>4 grilled chicken skewers (268 calories)</td>
</tr>
<tr>
<td>1/2 cup spinach dip w/carrots (585 calories)</td>
<td>1/2 cup Greek yogurt ranch dip w/carrots (265 calories)</td>
</tr>
<tr>
<td>1 cup hot buttered rum (301 calories)</td>
<td>1 cup spiced apple cider w/shot of rum (180 calories)</td>
</tr>
</tbody>
</table>

There is one simple trick to surviving the holidays and not derailing your healthy diet: be prepared. Make plenty of snacks and dishes that meet your own dietary requirements ahead of time so that you can ward off temptation and still feel satisfied. Allow for small indulgences like a little dark chocolate or a few bites of a favorite dish so that you don’t feel deprived.

Contributed by University of California, CalFresh Nutrition Education Program

Attention Healthy Living Officers… if you would like to submit an article to the Youth Talk describing some of the things you are doing to incorporate healthy living into your club meetings and activities, or if you have come across some helpful information you would like to share, please submit your article to gldiener@ucanr.edu.

Christmas Cozy Feet Slipper Sock Drive

Child Support Services is once again collecting slipper socks to be donated to seniors in Kings County.

**Kind of sock:** Any slipper sock that has a skid proof bottom

**Size:** One size fits all

**Deadline:** Wednesday, December 18, 2013

**Drop Off Place:** Kings County Child Support at 312 West 7th Street in Hanford or the UCCE Office

**Questions?:** Please call 852-2590 or email Connie.Warsh@co.kings.ca.us
Junk Drawer Robotics

The recent *Junk Drawer Robotics Workshop* has triggered interest in starting this project in Kings County.

It is a concept that incorporates science and technology as members make devices to accomplish specific assigned tasks using common everyday items such as cups, paper clip, rubber bands, erasers etc. There are many correct ways to accomplish the task, making discovery and exploration fun and exciting.

If this is a project you would like to know more about, please contact the UCCE Office at 852-2730.

A resource kit will soon be available for checkout.

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Countywide Dog Care & Training

**Countywide Dog Care Project Meetings**—All meetings are on Saturdays at 2 pm at the Kings Fairgrounds.

- **January 11, 2014**
- **February 8, 2014**
- **March 15, 2014**
- **April 3, 2014 (Thursday) 4H Fair Dog Show**

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

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Shooting Sports Workshops

**Pistol Discipline**
- **January 4, 2014**  8am-4pm  Fresno Co. Peace Officer Range
- **January 5, 2014**  8am-12pm  7633 N. Weber, Fresno
- Cost: $30.00 includes instruction binder

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. 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 sdashworth@gmail.com or (559) 707-0755. Please fill out and bring the document listed below.

[http://4h.ucanr.edu/files/2123.pdf](http://4h.ucanr.edu/files/2123.pdf)

**Rifle Discipline**
- **January 11, 2014**  8am-4:30 pm  Alturas Rifle and Pistol Club
- **January 12, 2014**  8am-12pm  County Road 54, Alturas
- Cost: $35.00

A 4-H shooting sports workshop for the rifle discipline will be held at the Alturas Rifle and Pistol Club, County Road 54, near Alturas, California. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle volunteer and can lead a rifle project at the club or county level. To register for the course or receive more information, contact Susie Stokke, Modoc County 4-H Program Representative, at (530) 233-6400 or ststokke@ucdavis.edu. This course is available on a first come-first serve basis – you will not be considered registered until all the necessary registration documents have been received.

**Archery Discipline**
- **February 1, 2014**  9am-5pm  33 Browns Valley Road, Corralitos, CA
- **February 2, 2014**  9am-12pm  33 Browns Valley Road, Corralitos, CA
- Cost: $35.00 includes resource binder, Saturday breakfast, lunch & Sunday breakfast

If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader? An 4-H archery leader certification training is being held. 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. 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 mllassenlover@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](http://4h.ucanr.edu/files/2123.pdf). **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.
E.M. Tharp & World Ag Expo
"We Believe in Growing Scholarship"

DEADLINE: January 17, 2014

World Ag Expo and E.M. Tharp Inc. team up again to provide the "We Believe in Growing" scholarship, created to further support agriculture education. High school seniors from Madera, Fresno, Tulare, Kings and Kern counties are encouraged to apply.

Two $10,000 scholarships will be awarded to students who attend a four-year university to major in an agricultural field. The scholarships will be disbursed over four years at $2,500 per year, per student.

Requirements:
- Graduating from High School during the 2013-2014 school year
- Acceptance by an accredited 4-year university
- Two letters of recommendation
- One copy of high school transcripts and ACT or SAT scores
- Future education and career goals must be in an agriculturally related field
- Applicant must reside in Madera, Fresno, Tulare, Kings or Kern County
- Complete scholarship application, including transcripts and letters of recommendation
- Must be received by deadline
- Incomplete or late applications will not be considered

Send Applications to:
International Agri-Center, Inc.
ATTN: We Believe in Growing Scholarship
4500 South Laspina Street Tulare, CA 93274

You may download applications at: http://www.worldagexpo.com/-we-believe-in-growing-scholarship

State Fashion Revue Cover Contest
Theme: California Grown, California Sewn
Entries are due by January 15, 2014

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.

California Focus

June 13-17, 2014 Sacramento

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. More information can be found at http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/.
4-H CLUB NEWS...

Island 4-H

Island 4H started its’ November Club meeting with a Thanksgiving Potluck. We had a great turnout for this meeting. We had the pleasure of hearing two of our club members, Kennedy Baker and Katelyn McCord, give their Emerald Star Project presentation titled Help Us with What We Hope is our “Temporary Home”. We also wrote Christmas cards to be sent to soldiers overseas at our meeting. What a great way to show our thanks to those who are sacrificing for our freedom! This month, we had a number of Island 4H members lead the flag salute at the Lemoore City Council Meeting. Then, two of our members told the City Council about all that 4H has to offer and why they love it. We can't wait to see what December has in store for our club!

Submitted by Megan Clarke, Reporter

Lemoore 4-H

The Lemoore 4-H Club held its third meeting of the year on November 13, 2013, at Cinnamon Elementary School. Reid Walker reported that he raised $133 for Trick-or-Treating for UNICEF, with the help of other club members, just before Halloween. Our club was well represented at Judging Day, with many members participating in both the judging competition, and donating to and working in the Sweet Shop. Our next meeting will be held on December 11, 2013.

Submitted by Regina & Rosemarie Czerewko, Reporters

Happy Holidays!

... and Best Wishes for a Healthy, Safe and Prosperous 2014!

From all the staff at the UCCE Office

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.