May 2014 marks the 100th anniversary of the Smith-Lever Act, legislation that created Cooperative Extension, a nationwide system of community-based education, established as part of each state’s land grant university. Cooperative Extension was started to help farmers, homemakers, and youth use the latest university research to improve their lives. With the passage of the Smith-Lever Act by Congress in 1914, all Cooperative Extension work, including boys’ and girls’ clubs, became an official function of the United States Department of Agriculture directed through the land grant college system.

In its first years, Cooperative Extension played a critical role on the home front during World War I, helping farmers to grow crops to meet expanded war-time needs. Cooperative Extension soon expanded to provide educational opportunities for rural women and activities for local youth. Thousands of young people would learn about food production, cooking, science and more through participation in 4-H clubs. Despite its rural roots, as communities have changed, so has Cooperative Extension and the 4-H Youth Development Program, adapting and fine-tuning programs to meet the needs of a changing society.

Also in this edition....
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2. It’s 4-H Fair Planning Time!
3. Emerald Star Project - SPCA
4. Congratulations!
5. Kings Fair Dairy Contracts
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9. New for Favorite Foods Fair!
10. On-Line Record Books
11. Kings Royal Archery Tourny
12. World Ag Expo
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14. Out With the Old-Healthy Habits
15. Healthy Living – Skillstastics
16. Attention Healthy Living Officers
17. E.M. Tharp Scholarship
18. State Fashion Revue
19. Shooting Sports Workshops
20. R of R Grants
21. UC Davis Goat Day
22. State 4-H Horse Classic Planning Team
23. Engineering & Tech. Showcase
24. Ag. & Environ. Sciences Day
25. Wetland Restoration Project
26. 4-H Club News
27. UCCE Contact Information

Deadline
4-H News articles due for Youth Talk – January 17th
Please send all articles to ~ gldiener@ucanr.edu
Council News

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 Foods/Place Setting Contest, 4-H Fair Planning Meeting, BBQ report etc.

All 4-H Families are invited to attend the meeting.

It’s 4-H Fair Planning Time!

It is time to begin planning for the 4-H Fair. Your ideas and input are very important. One of the reoccurring questions is how to increase participation in the fair? Please bring your ideas to the Planning meeting scheduled for:

**Monday, January 27**
UCCE Office
6 PM – Indoor Exhibits
7 PM – Livestock Exhibits

Everyone is welcome to attend! Department chairmen are needed. Please consider volunteering!

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. 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!!

Congratulations!!

**Paige McConnaughy** from Grangeville 4-H has been selected as a delegate to the National 4-H Conference to be held in Chevy Chase, Maryland this year in April.

The National 4-H Conference is a working conference in which youth and adults assist in the development of recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county Extension staff members from across the United States, the U.S. Territories, and the Canadian Provinces.

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.

4-H Insurance

The California UC-4H Accident/Sickness Insurance Program is an “accident” and “sickness” policy. Volunteer leaders and members are protected when taking part in or attending an approved, regularly supervised activity. They are also covered while traveling to or from a 4-H activity, and while traveling directly between home and a group meeting place for a scheduled activity.

Payment for property damage is not covered by this policy. 4-H leaders hosting meetings/activities on their own property may wish to check with their home owners insurance for coverage of property damage.

**News in Brief**

**DATE CHANGES:**
*Leaders Recognition Dinner*—Thursday, May 15, 2014
*Kings County 4-H Fashion Revue*—Saturday, May 3, 2014

Be sure to change your calendars

**UPCOMING EVENTS:**

*State Field Day* • May 31, 2014 • UC Davis Campus

This day is filled with many activitives including State Presentation Day, State Fashion Revue, MyPlate Challenge, 4-H Engineering and Technology Showcase.

*State Fair Throwdown* • July 22 &24, 2014 • Sacto

Start prepping now for the State Fair Throwdown. You will be given a secret ingredient to complete a dish at the throw-down.
County Presentation Day
February 22, 2014
Hanford West High School

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. (The ways to participate are explained on line at http://www.ca4h.org/files/2193.pdf.)

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that “practice makes perfect” is especially true for presentations. Then, enter Presentation Day!

A comprehensive 4-H Presentation Manual is available online at http://cekings.ucanr.edu/files/18996.pdf or at the UCCE Office.

To enter County Presentation Day, you may enter on-line at http://ucanr.edu/survey/survey.cfm?surveynumber=11982 or access the paper entry form at http://cekings.ucanr.edu/files/178656.pdf

Entries are due to the UCCE Office by February 14, 2014

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 or email: gldiener@ucanr.edu

New this Year for Favorite Foods Fair!
February 22, 2014 at Hanford West High School
Entries due February 14, 2014

There are 2 new opportunities to participate in the Favorite Foods Fair this year! They are Healthier Living and Cup Cake Decorating.

In the Healthier Living Category: (All ages will be judged together)

* Entry must include at least 2 out of the 4 requirements:
  1. Contain at least 1 fruit and/or vegetable
  2. Contain a lean protein (legumes, beans, poultry, fish etc.)
  3. Contain a whole grain (oats, corn, whole wheat, brown rice, quinoa etc.)
  4. Contain a low or fat-free dairy product
* No added sugar (honey, molasses and applesauce are acceptable)
* Ingredients used should be lower in sodium, where applicable (i.e.– low salt broth)

All other rules for an entry for Favorite Foods apply to the Healthier Living Category.
The top placing entry in the Healthier Living Category is eligible to compete for the overall winner of the Favorite Foods Fair. (If your Favorite Food qualifies for the Healthier Living Category– your one entry may be judged in both categories OR you may enter your Favorite Food and/or a separate entry for the Healthier Living Category.

In the Cup Cake Decorating Contest: (All ages will be judged together)
Participants will be given 2 cupcakes to decorate in 30 minutes. The 2 cupcakes may be decorated identically, or if incorporating a theme the cupcakes may be decorated differently while still carrying out the theme. Participants must bring all the equipment and ingredients to decorate the cupcakes. Cupcakes will be judged on originality and quality of decorating. One entry per exhibitor.

For more information on Favorite Foods Fair and the Place Setting Contest refer to page 10 in this issue of “Youth Talk.”
**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? A 3-hour workshop is being offered to give staff and 4-H volunteer leaders both individualized and group instruction on using California 4-H’s On-line Record Book System. Participants (adults & junior/teen leaders) will need to bring a laptop or tablet with them to the workshop.

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

To find out what is fact and what is fiction about ORB, check out the ORB myth-busters: [http://4h.ucanr.edu/files/176241.pdf](http://4h.ucanr.edu/files/176241.pdf)

**ORB Survey Awards**

4-H members are asked to complete the surveys in the Online Record Book. Gift cards for $25.00 will be awarded to those who complete the Spark Score Questions for 2013 in ORB by January 31, 2014. Those who complete the 2014 Spark Score Questions by January 31, 2014 and all the required Spark Score Questions available between May 1, 2014 and August 31, 2014 will receive a $50.00 gift card in the fall of 2014. All youth who complete the required Spark Score Questions in ORB by January 31, 2014, but haven’t completed any Spark Score Questions at a previous time, can still win a $10 gift card!

So be sure to log in and do all the required Spark Score Questions in your ORB.

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**Kings Royal Indoor Archery Tournament**

**Saturday, February 1, 2014**
Kings Fairgrounds
Entries due January 24

For more information contact Stan Barry
559-974-2551 or barrysarchery@outlook.com or [http://cekings.ucanr.edu/files/178635.pdf](http://cekings.ucanr.edu/files/178635.pdf) or refer to page 9 in this *Youth Talk* for more details.

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**World Ag Expo**

**Wednesday, February 12, 2014**
9 am to 5 pm

*UCCE IS CELEBRATING 100 YEARS THIS YEAR!!*

4-H is joining the party and hosting an interactive display with UCCE at the World Ag Expo on Feb. 12th. The Smoothie Bike will be in tow along with other interactive activities.

If you would like to participate or give a presentation or demonstration at World Ag Expo contact Sarah Watkins, spwatkins@ucanr.edu.

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**Emerald Star Project**

**“4-H Brings Food Forward”**

From October through December, Kings Harvest 4-H members Hayden Costa, Michal Chrissakis, Darian Roeber and Trenton VanderVeen appeared at various events and locations to spread the word about the existence of food insecurity in Hanford and its surrounding areas. Brown paper bags with green fluorescent flyers became a common sight at 4-H events and meetings, local sport team events, Hanford High School, and among the students of St. Rose McCarthy School, all in an effort to collect nonperishable food items for distribution through the Kings Food Pantry. Odwalla and DelMonte Foods also helped with the effort by donating generously to the Project.

Ultimately, “4-H Brings Food Forward” provided the Kings Food Pantry with 3,834 nonperishable food items to be distributed during the Christmas season. On the day of delivery, every available shelf, table, and open space at the Pantry was overflowing with items. According to Pantry personnel, this was the largest donation ever received by the organization!

The members of “4-H Brings Food Forward” are very thankful for the generosity of everyone who helped make the Project a huge success. This was truly a community effort which brought to life the larger-service pledge of 4-H.
OUT WITH THE OLD AND IN WITH THE NEW YEAR!!
Make Your Habits Healthy This Year

Are you guilty of skipping breakfast, ordering takeout, getting jitters from coffee overload and counting potato chips as part of a viable diet plan? It’s time to kick those habits to the curb and start eating right for the New Year. Here’s a guide to help you get started.

Eat Breakfast
There’s no better way to start your morning—and the year—than with a healthy breakfast. “It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day,” says Jessica Crandall, RD, CDE, Academy of Nutrition and Dietetics Spokesperson. Not only that, but if you are trying to lose weight, fueling your body regularly “will help you from possibly making unhealthy decisions later in the day based on hunger,” adds Crandall. The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables. For example, oatmeal cooked with low-fat milk and sliced almonds and berries or crust-less quiche with mixed veggies, low-fat cheese and a slice of whole wheat toast.

Cut Back on Caffeine
Too much caffeine can interfere with sleep, can make you jittery and can cause you to lose energy later in the day, says Jim White, RD, ACSM-HFS, Academy Spokesperson. Keep your caffeine intake in check by limiting regular coffee to 3 cups or less a day. And watch what you put into it. Skip unwanted calories and sugar by drinking it as plain as possible. Need to wean off? White says to try three things: switch to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.

Bring Lunch to Work
How do you make bringing lunch to work easy? “Have your arsenal of food for the week. Have the right foods to put together,” says White. “By stocking up the fridge, you’re setting yourself up for success. White suggests preparing the week’s lunches over the weekend—bake chicken, chop veggies, steam rice. Make sure your options include a combination of protein and carbohydrates. For example, whole grain bread with turkey, 1 cup of veggies and a piece of fruit. Or a salad with veggies and chicken, a piece of fruit and a 100 calorie cup of low-sodium soup. It doesn’t have to be a full meal. “If you’re crunched, get a snack,” says White. Go for yogurt and fruit, crackers and low-fat cheese or hummus and baby carrots.

Eat More Fruits and Vegetables
Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fibers to your plate. Crandall recommends picking one fruit or veggie you’ve never tried each time you go to the grocery store. “It’s a great way to discover new options,” she says. Don’t let winter stop you from enjoying produce either. It might be harder to find fresh options, but frozen and canned are great alternatives.

Cook Dinners at Home
Making meals at home doesn’t have to zap the last bit of your time and energy. The trick is to plan ahead. “If the week is crammed for you, then prepping on the weekend is a great time saver,” says Crandall. Choose options you can make in advance. For example, cook a batch of soup you can portion out for lunches or dinner during the week, or bake a whole chicken to slice for sandwiches, wraps and casseroles, suggests Crandall. Use shortcuts such as pre-cut or frozen veggies and keep staples on hand such as low-sodium, broth herbs and lemons for flavoring. A quick and easy idea is to turn leftover beef into stew with beans, no salt added diced tomatoes and pre-cut veggies.

Contributed by University of California, CalFresh Nutrition Education

HEALTHY LIVING

Skillastics is a series of oversized board games that develop children’s fitness and sports skills. Each game engages up to 100 children at one time in an organized manner. Skillastics nutrition cards, aligned with MyPlate, are a perfect, fun, and innovative solution for integrating nutrition with fitness! To see an overview on Skillastics and the nutrition cards, click on the following links:

- Skillastics Overview: http://www.youtube.com/watch?v=upJFWGC6P8g&feature=youtu.be
- Nutritional Cards: http://www.skillastics.com/skillastics_nutritional_cards.html
- Website: www.skillastics.com

To learn more, contact Jess Wadleigh at; (310) 431-8205 or jwadleigh@skillastics.com

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.
Shooting Sports Workshops

The following Shooting Sports Workshops have been scheduled for adults and junior or teen leaders who would like to be certified to lead a Shooting Sports project. More information on the workshops can be found on the State 4-H website at: [http://4h.ucanr.edu/Projects/SET/ShootingSports/](http://4h.ucanr.edu/Projects/SET/ShootingSports/)

**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

**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

**Archery Discipline**
**DEADLINE: February 17, 2014**
- February 1, 2014 9am-5pm 33 Browns Valley Road, Corralitos, CA
- February 2, 2014 9am-12pm
- Cost: $35.00 includes resource binder, Saturday breakfast, lunch & Sunday breakfast

**Rifle Discipline**
**DEADLINE: February 22, 2014**
- March 15, 2014 8am-4pm Auburn, CA
- March 16, 2014 8am-12pm Location to be decided
- Cost: $30.00 include instruction binder and Saturday lunch

The following forms must be completed and brought to the workshops. The training request form must be signed by county staff prior to participating in the workshop.

- Training Request Form: [http://4h.ucanr.edu/files/2123.pdf](http://4h.ucanr.edu/files/2123.pdf)
- Adult Medical Release Form: [http://4h.ucanr.edu/files/4758.pdf](http://4h.ucanr.edu/files/4758.pdf)
- Youth Medical Release Form: [http://4h.ucanr.edu/files/4726.pdf](http://4h.ucanr.edu/files/4726.pdf)

State Fashion Revue

**Categories**
May 31, 2014 UC Davis

The categories eligible for the 2014 State Fashion Revue have been announced. They will include Traditional/Constructed Garment, Upcycled Sewn Garment, $40 Consumer Science Purchased, Denim Challenge and Apron Challenge. For more complete information on each category check out the State 4-H website:

[http://4h.ucanr.edu/Programs/Events/SFD/SFR/](http://4h.ucanr.edu/Programs/Events/SFD/SFR/)

**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](http://ucanr.edu/sfrcovercontest).

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.

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

**You may download applications at:**  
[http://www.worldagexpo.com/-we-believe-in-growing-scholarship](http://www.worldagexpo.com/-we-believe-in-growing-scholarship)

State Fashion Revue

**Revolution of Responsibility Grants**

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/). The next deadline is January 15, 2014.
UC Davis Goat Day 2014
Saturday, February 1, 2014
8:15 am-3 pm
Freeborn Hall, UC Davis

This year’s Goat Day will focus on Nutrition, Feeds and Feeding.

More information can be found at:
http://animalscience.ucdavis.edu/Events/goatday/default.htm

State 4-H Horse Classic Planning Team
Application Deadline: January 15th

Want to help plan the 2014 State 4-H Horse Classic? All applications are due by January 15th and the planning team will be determined by 4-H staff and will be announced the first week of February.

Click on this link for application:
http://ucanr.edu/classic-planning-team

4-H Engineering and Technology Showcase
(a special 2014 theme)

May 31, 2014 at UC Davis
(part of the State 4-H Field Day)

Proposals due by May 4, 2014 at https://ucanr.edu/survey/survey.cfm?surveynumber=11856

At the State 4-H Field Day, 4-H clubs, projects, and other groups are invited to setup displays to share information, conduct hands-on activities, and engage people in new topics. In 2014, a special theme will feature engineering and technology in 4-H, which could include robotics, woodworking, rocketry, gis/gps, engines, computers, automotive, farm machinery, and more. 4-H members part of an engineering/technology display are eligible for a "4-H engineering" pin (please include names in the comments box below). Limited funding is available for groups to exhibit, please contact Steven Worker at smworker@ucanr.edu to inquire.

37th Annual Agricultural and Environmental Sciences Field Day
March 7 & 8, 2014
UC Davis

4-H can participate in all 24 different contests! Registration must be completed online at:
http://calaged.csuchico.edu/registration/

After you register, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to “UC Regents” and mailed to:

Attn: Courtney Rhodes
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

- February 7: Agriscience Fair and Job Interview materials due and online Registration closed
- February 14: Payments must be postmarked – A $25 late fee for payments postmarked after this date will be enforced.

Please register as soon as possible to ensure space for your teams. For more information contact: fieldday@caes.ucdavis.edu, or visit: http://www.caes.ucdavis.edu/connect/events/field-day
4-H CLUB NEWS...

**GRANGEVILLE 4-H**

“Giving Back”

This month Grangeville 4-H participated in many community service projects. We participated in the Hanford Christmas parade this year, and we decorated the float to match the theme, which was “The Miracle of Christmas.” Kayla McCalvy chaired the Christmas cards for seniors. Donations were collected for the Servicemen’s basket, chaired by Samantha Mello. The Christmas food basket was chaired by Cole Herman and our club members brought food items. Isabella Cawley chaired the Angel tree and went to the mall to pick out a child, donations were collected. We also participated in Salvation Army Bell Ringing, chaired by John and Bailey Mello. Grangeville 4-H plans to continue this trend of community service in the future.

Submitted by Kayla McCalvy, Reporter

**KINGS HARVEST 4-H**

The Kings Harvest 4-H Club met on December 9, 2013. Meghan Chrissakis gave a presentation entitled “Making Your Shot Count”, during which she discussed with the club the different types of sights and tools available to make shots more accurate for both target shooting and hunting. Club members each reported on their recent project-related activities. Michael Chrissakis updated the club on the progress of the Emerald Star Project, “4-H Brings Food Forward”. The meeting was adjourned for the Club’s Christmas Party.

At the Christmas Party, club members participated in a $5.00 gift card exchange. Cards were exchanged using a “left-right-center” game to the theme of “Twas the Night Before Christmas.” A water-bottle version of musical chairs was used to select four members to answer health and wellness questions. Members who answered correctly received a special gift cards to enjoy. Finally, club members were stumped with guessing which healthy ingredient replaced sugar in their snacks (it was applesauce)! The Club’s next meeting will be on January 13, 2014.

Submitted by Meghan Chrissakis, Reporter

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**Wetland Restoration Project**

Approximately 12-18 months ago, Mr. Calvillo from the NRCS visited the Council and informed the Council of a project near the Lemoore Naval Air Station that would require some plantings to restore the area to a Wetlands. The exact details of the work day have yet to determined, but the planting day will be sometime in February or March. The workday will include a brief description of the restoration work taking place on the site and will be followed by activities involving the planting of tree cuttings and small plants.

If you would like to receive more information about this potential community service project, please call the UCCE Office at 852-2730 or email: gldiener@ucanr.edu so information can be forwarded to you as more details regarding the workday become available.
The Kings Royal Indoor Archery Tournament

Saturday, February 1, 2014
Kings County Fairgrounds
10th Avenue Hanford, CA

Time Schedule for the Day

Morning Session:
Sign-in:  7:45 AM to 8:30 AM
Practice:  8:00 AM to 8:30 AM
Match:  9:00 AM

Afternoon Session:
Sign-in:  12:45 PM to 1:30 PM
Practice:  1:00 PM to 1:30 PM
Match:  1:30 PM

Entry Fee: $20.00 Entry Deadline: January 24, 2014
Space limited to 110 shooters
(Payable to Barry’s Archery)

Open to Youth & Adult members of:
(must be a member of at least one of the following organizations)
*4-H  * USA Archery  * CBHA Member  * NFAA Member

(3 arrows/10 ends) Categories are:
* Recurve  * Recurve Freestyle  * Compound- Bare Bow  * Compound- Freestyle

For Kings County 4-H Archery Project Members:
Participants in the Kings County 4-H Archery Project will be participating in 2 tournaments at one time.
This tournament will be the 4-H Fair Archery Tournament as well as The Kings Royal Indoor Tournament.

Kings County 4-H Age divisions are:
9 to 10 years  11 to 13 years  14 to 18 years

Kings Royal Archery Tournament Age divisions are:
8 years and under  9-10 years  11-13 years  14-18 years  Adults 19 years & up

Questions? Contact Stan Barry at 559-974-2551 or barrysarchery@outlook.com
Cut below and return:

Kings Royal Indoor Archery Tournament Entry Form

Name: ________________________________________________________________

Address: ______________________________________________________________

Phone No: __________________________ Email: _____________________________

4-H Age division- circle one:  9 to 10 years  11 to 13 years  14 to 18 years
(Kings County 4-H members sign up for both tournaments)

The Kings Royal Archery Tournament:
Circle one:  8 years and under  9-10 years  11-13 years  14-18 years  Adults 19 years & up

Circle one:  Bow Type:  Recurve,  Recurve Freestyle,  Compound Bare Bow,  Compound Freestyle,

Member of:  _______ 4-H Club  ____ USA Archery  ____ CBHA  ____ NFAA

Entry deadline: Jan. 24th or when the maximum of 110 shooters is reached.
Mail entry form along with entry fee of $20.00/person to:
Stan Barry 21134 Grangeville Blvd. Lemoore, CA 93245
FAVORITE FOODS FAIR GUIDELINES (FF) (No place setting)

1. Select a favorite main dish, salad, vegetable, appetizer/snack or dessert/candy dish you would like to prepare.
2. Plan a menu for the entire meal in which you would serve that dish. Keep in mind the My Plate/Food Guide Pyramid.
3. **Prepare your dish for 4 people** and bring it to the event ready to serve. To comply with food safety rules: Cold food must be kept at 40 degrees or colder and hot foods 140 degrees or hotter. The dish should not sit out longer than 2 hours and will be discarded after judging.
4. Display your prepared food in an appropriate serving dish. The display should include the menu card, cost breakdown of dish prepared, table covering (such as a cover or placemat), prepared dish and serving utensils.
5. You will be given a space 22” wide to attractively display your prepared dish. **Remember, NO place setting is to be used in Favorite Foods.**
6. Type your recipe on a separate paper in Times New Roman, size 12. The recipes will be collected at the Favorite Foods Fair after judging. Put your name on the recipe only, not on your display.
7. Showmanship skills can be done at the time of set-up. Entrants may interact with the judges about their entries.
8. All entries must be made by the contestant. Contestant must set up their own display.

**New this year!**

**Healthier Living Category:** (all ages will be judged together in this category)

*Entry must include at least 2 out of the 4 requirements:

Requirements-
1. Contain as least 1 fruit and/or vegetable
2. Contain a lean protein (legumes, beans, poultry, fish etc.)
3. Contain a whole grain (oats, corn, whole wheat, brown rice, quinoa etc.)
4. Contain a low fat or fat-free dairy product

*No added sugar (honey, molasses and applesauce are acceptable)
*Ingredients used should be lower in sodium, where applicable (i.e. - low sodium broth)

All other rules for an entry for Favorite Foods apply to the Healthier Living Category. The top placing entry in the Healthier Living Category is eligible to compete for the overall winner of the Favorite Foods Fair. If your Favorite Food qualifies for the Healthier Living Category- your ONE entry may be judged in both categories OR you may enter your Favorite Food and/or a separate entry in the Healthier Living Category.

**Cup Cake Decorating Contest:** (all ages will be judged together)

Participants will be given 2 cupcakes to decorate in 30 minutes. The cupcakes may be decorated identically, or if incorporating a theme, the cupcakes may be decorated differently while still carrying out the theme. Participants must bring all the equipment and ingredients to decorate the cupcakes. Cupcakes will be judged on originality and quality of decorating. One entry per exhibitor.

PLACE SETTING CONTEST GUIDELINES (PS) (No food)

1. Select a theme for your place setting. This can be holiday, family celebration, BBQ, anniversary, or any other occasion.
2. Plan a menu for the whole meal, keeping in mind the My Plate/Food Guide Pyramid.
3. Select a coordinated place setting for your entry – tablecloth or placemat, dishes, silverware, and a low centerpiece. You will need dishes and silverware for everything on your menu. Place setting is only for one person.
4. Make an attractive display including your place setting, menu card and centerpiece. Do not put your name on the display. One entry per member.
5. You will be given a space 22” wide to display your place setting.
6. Showmanship skills can be done at time of set-up. Entrants may interact with the judges about their entries.
7. Only entrants will be allowed to set-up. (Helpful hint: Take a picture of your place setting at home, print picture and bring it to the event so you have a reminder of how you want your place setting to look.)

**Click here for more information:** [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/)

**Awards:** For FF & PS, each age division winner receives a bronze medal. The overall winner in FF and the overall winner in PS are selected from the division winners and will receive a gold medal. One bronze medal may be awarded in the Healthier Living Category and is eligible to compete for the overall winner of FF. The Cup Cake Decorating Contest bronze medal winner is not eligible to compete for the overall winner of FF or PS.

*(Additional Note: If you are new to this 4-H event, you may wish to view pictures of last year's entries to better understand what makes an entry. Pictures are available at the above website.)*