Presentation Day Favorite Foods & Place Setting Contest

Saturday, February 22, 2014
Hanford West High School

ENTRIES DUE BY FRIDAY FEBRUARY 14, 2014

Presentation Day Information:
http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/

Online Entry: http://ucanr.edu/survey/survey.cfm?surveynumber=11982
Volunteer Help Needed: http://ucanr.edu/survey/survey.cfm?surveynumber=9973

Favorite Foods/Place Setting Contest Information:
http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/
Favorite_Foods_Fair-February/

Online Entry: http://ucanr.edu/survey/survey.cfm?surveynumber=12021
Council News
The next 4-H Council meeting will be:
**Tuesday, February 4th**
7pm
UCCE Office Multi-purpose Room
Hosted By: Oakvale 4-H
Topics to include: Presentation Day, Favorite Foods/Place Setting Contest, 4-H Fair, Sectional Presentation Day etc. Every club needs to be represented at the meeting!

Top BBQ Ticket Sellers Announced!
1st Place Marshall Kling-Guernsey~44 tickets
2nd Place Brandi Garcia-Guernsey~36 tickets
3rd Place Lauren Dutra-Grangeville~33 tickets

Congratulations on selling the most tickets for the Council BBQ in November. The 4-H Council appreciates your help in making the BBQ a success.

Are You Interested in Attending CA Focus or Washington Focus in 2015? If yes, there are 2 food booth fund-raising opportunities, Sectional Presentation Day & 4-H Fair. If interested, please contact the UCCE Office 852-2730.

Fashion Revue Planning Time!
It is time to begin planning for the Kings County 4-H Fashion Revue. Your ideas and input are very important. Please bring your ideas to the Planning Meeting scheduled for:

**Tuesday, February 4th**
6 pm UCCE Office
Everyone is welcome to attend! Please consider volunteering!

**KINGS COUNTY 4-H FASHION REVUE**
Saturday, May 10, 2014**
Judging ~ 9 am ~ UCCE Office
Fashion Show ~ 4:30 pm ~ The Remington, Hanford
**Please note the date!**

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 give us a call and 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 babyjeans-mom@gmail.com.

Thanks for your support!!

Kings County Host for Sectional Presentation Day
Saturday, April 26, 2014
Hanford West High School

Sectional Presentation Day will be hosted by Kings County this year. Presentations from County Presentation Day receiving a gold medal or a gold seal are invited to progress to the Sectional Level.

Help is needed for judging, room monitors, check in, etc. Please watch the Youth Talk for more information.

Kings County Youth Named State Record Book Winners!

Congratulations to two Kings County 4-H members who submitted their Record Books to the State Record Book competition and were selected as State Winners!

They are:-

Ashley Olson from Oakvale 4-H
Paige McConnaughy from Grangeville 4-H

State competition is focused on selecting senior 4-H members who have demonstrated outstanding achievement in their 4-H project work. Books are judged against standard criteria. Those books displaying the most outstanding 4-H work, life skills development, and leadership and citizenship development are selected as state winners.

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

Questions have been asked regarding the Cup Cake Decorating contest.

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. Judges will watch the decorating process. It is preferable that all decorations used on the cupcake be edible. The judges will not taste the cupcakes as it is a decorating contest. Cupcakes will be judged on originality and quality of decorating. One entry per exhibitor.

4-H Fair News

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer. Leaders and parents, please encourage your members to participate in this event!

New for the 2014 4-H Fair:

Indoor Exhibits: Entries will be available to view on Friday, April 4th from 4 to 7:00 PM. Early release for entries in the Indoor Exhibit Building will be from 7 to 8:00 PM. All items left in the Indoor Exhibit Building can be picked up during the late release time from 10-12 PM on Saturday, April 6th.

There always seems to be some confusion regarding the Beginning 4-H category at the 4-H Fair. Beginning 4-H is an ACTUAL project. First year 4-H members (not primary members) must be enrolled in the Beginning 4-H Project in order to compete in this project area. Not all clubs offer the Beginning 4-H project.

Animal Exhibits: Animal entries need to be pre-entered. Entries are due to the UCCE Office by March 14th. Parents and leaders, please be very respectful of all exhibitors and refrain from ringside coaching. This is very distracting to exhibitors and draws their attention away from the judge.

4-H Dog Show: The date to reserve for the 4-H Fair Dog Show is Saturday, March 29th at 9:00 AM Kings Fairground.

4-H Fair Books & Entry forms will be available from the UCCE Office by February 18th.

Active Kings County All Stars

The Kings County All Stars spent the weekend of January 25th at LCORT (Leadership Conference of Regional Teens) teaching a session they created on the fine art of “Parliamentary Procedures.” Their session was viewed by approximately 350 6-9th graders and volunteer leaders from 12 counties.

In addition, Kings County was represented by 11 delegates and 4 chaperones.

From left to right: Lauren, Haden, Steven, Brian, Natalie, Evie and All Star advisor, Beth Sequeira
Online Record Book Training (ORB)

Two members of the Grangeville 4-H club, Lauren Dutra and Kayla McCalvy attended the Online Record Book Training held in Tulare County. They both learned a new and easy way to complete their record books. ORB is a fun way for kids in 4-H to use technology and complete their record book at the same time. One thing they learned was how to earn spark points by taking simple surveys.

Kayla thought the most helpful part about completing your record book online is being able to click on a small icon on another members’ profile and add that event to your own profile. Lauren liked how one event could automatically go into four different categories. They both highly encourage other members to not only use the online record book, but possibly attend a workshop in the future.

Submitted by Lauren Dutra & Kayla McCalvy

Kings County Farm Day

March 13, 2014
Kings Fairgrounds

A partnership between the Kings County Office of Education and the Kings Fairgrounds, Farm Day helps students understand the answer to the very important question: “Where does our food come from?”

The success of this event is dependent upon the commitment received from hundreds of volunteers. You may volunteer to help by providing an educational presentation or volunteer assistance. Both youth and adults are needed as volunteers and presenters. If you would like to help with this great educational event, please call the Farm Bureau or visit: http://www.kcfb.org/

Western Classic Junior Dairy Show

March 1 & 2, 2014
Kings Fairgrounds

Entries due February 19, 2014

For more information click here.

Any questions contact:
Matthew Evangelo ~ mevangelo@hotmail.com
Greg Silva ~ gregsms@sbcglobal.net.

4-H Summer Camp

Tulare County 4-H has graciously invited Kings County 4-Hers in the 4th grade (or 9 years old) though 9th grade to attend 4-H Camp held at the YMCA Lake Sequoia Camp Gains, located at the entrance of the Giant Redwoods. The lakefront campgrounds offer fishing, boating and hiking. Adult and Junior camp staff organize and plan all year for great experiential activities such as team building games, ropes courses and the climbing tower. Air rifle, archery and crafts galore are offered as well. Evening activities include skits, singing campfires and a dance! Camp provides lots of fun and great camaraderie! Camp provides lots of fun and great camaraderie! Camp fees are $240/camper. Registration deadline is April 21st. To register visit: http://ucanr.edu/sites/4-H_Tulare/

2014 Kings Fair Information

Market contracts are available from the Kings Fair Office or the website at kingsfair.com.

Dairy Replacement Heifers, Yearling Heifers and Market Steers contracts are due February 12, 2014.

Market Sheep, Market Swine, Market Steer Calves and Market Goats are due on April 14, 2014.

Contracts must be completed and returned to the Kings Fair Office. Entry forms and fees for the Fair will be due May 5, 2014.

**New this year**, Hog weights for the 2014 fair will be 215-270 lbs. Yosemite will not accept any hog over 270 lbs.

Contact Kings Fair if you have any questions at 584-3318.
Kings Fair website
Celebrate the love of Family, Friends, and Good Health!

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

**Eat a Variety of Foods**
You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

**Drink Water & Milk**
When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. If you're older than 9 years old, aim for 3 cups of milk per day, or its equivalent. You probably will want something other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

**Listen to Your Body**
What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

**Limit Screen Time**
What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

**Be Active**
One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

Provided by the University of California, CalFresh Nutrition Education Program

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**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/RoR/](http://4h.ucanr.edu/Support/RoR/). The next deadline is **March 15, 2014**.
SCHOLARSHIPS For High School Seniors

4-H Scholarships Available
The California 4-H Youth Development Program is committed to promoting higher education, in part through offering financial assistance in the form of scholarships. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students. Candidates were 4-H members in high school and may now apply for funds to cover educational expenses such as tuition, books, and room and board.

For scholarship categories, application details and deadlines, please visit: http://4h.ucanr.edu/Resources/Members/Scholarships/

Kings County Dairywomen
Deadline: March 1, 2014
Kings County Dairywomen will award up to three $500 scholarships to graduating seniors in Kings County majoring in an agricultural field. A 2.5 GPA is required for those applicants attending a community or vocational college and 3.0 GPA for a 4 year college. Applications available from your High School Career Center.

CA State Fair Scholarship Opportunity
The Friends of the California State Fair announced that they will continue their scholarship program for the 2013-14 academic year. California college students and graduating high school seniors are eligible and must submit an application by Friday, March 7, 2014. Guidelines on these scholarships can be found at: http://www.bigfun.org/wp-content/uploads/2012/02/2014-Scholarship-Guidelines.pdf. For more information contact: jrowe@calexo.com.

O.D. “Mac” McCutcheon Memorial 4-H AG Scholarship
This $500 scholarship is awarded annually to a present or former Kings County 4-H member graduating from high school and planning to major in agronomy or another discipline in agriculture. Students must have completed at least three years in the Kings County 4-H program.

Applications are available at the UCCE Office or at http://cekings.ucanr.edu/files/181124.pdf. Submit it along with your biography and transcript by March 1, 2014 to the UCCE Office.

Everett “Fuzzy” Feaver Memorial 4-H Scholarship
This $500 scholarship is awarded annually to a present Kings County 4-H member graduating from high school and planning additional education at a vocational school, community college or four-year college or university. The member must have already completed at least 2 years of 4-H at the time of application. Selection criteria includes leadership and community service. Applicants must submit their completed 4-H Record Book from last year along with the application.

Applications are available at the UCCE Office or http://cekings.ucanr.edu/files/181122.pdf and are due by March 1, 2014.

Brock Jarrett Toledo Memorial Scholarship
Applications for the Brock Jarrett Toledo Memorial Scholarship are now available at the UCCE Office, all Kings County High School Agricultural Departments and through the California Holstein Association. Applications may also be obtained by writing Mr. & Mrs. Ron Toledo, 242 Star Drive, Hanford, CA 93230 or at http://cekings.ucanr.edu/files/181135.pdf.

Applicants must be graduating seniors from Kings County, OR graduating seniors and members in good standing of the California Jr. Holstein Association, planning to attend a college or university with a major in Agriculture. Applicants must also be a member or former member of 4-H for a minimum of four years, enrolled in dairy or livestock projects.

Applications must be postmarked no later than March 31, 2014.

South Central Section 4-H Scholarship
The South Central Section 4-H Leaders Council will award scholarships in the amount of $300 to selected South Central Section 4-H members (that includes Kings County!) Applicants must be a graduating senior. For more information visit: http://4h.ucanr.edu/Resources/Volunteers/Councils/Sectional/South_Central/
MORE SCHOLARSHIPS...

CATTLEWOMEN’S ASSOCIATION SCHOLARSHIP
The Fresno-Kings County Cattle Women’s Association is offering scholarships to high school seniors, college freshman and college sophomores in the field of agriculture. Scholarships range from $500 to $1,000. For applications and more information click here or by calling Brooke Prewitt at 559-787-3717. All applications are due by April 1, 2014.

KINGS COUNTY FARM BUREAU
Kings County Farm Bureau offers scholarships to students based upon academic achievement, extracurricular activities, determination, leadership skills, and a commitment to a career in agriculture. This year, the committee will use discretion on the number and amount of awards to be distributed. In addition, scholarship recipients will receive a complimentary one-year collegiate membership in the Kings County Farm Bureau.

Application Deadline is March 1, 2014.
Visit http://www.kcfb.org/ for more information and application.

Harris Farms Scholarship
Harris Farms offers scholarships to graduating seniors giving preference to those majoring in an agricultural or educational field. Applications are usually available mid-February by emailing:
DebbieCorreia@HarrisFarms.com or by calling 884-2203.

California State Farm Bureau
Deadline March 1, 2014
The California Farm Bureau Scholarship Foundation was organized to give aid to students with a desire to pursue a career in the agricultural industry. The scholarships are awarded annually based upon academic achievement, career goals, extracurricular activities, determination, leadership skills, and a commitment to study agriculture.

Who is eligible?
An undergraduate student, who is a collegiate member, entering or attending a four-year accredited college or university in California and pursuing a career in the agricultural industry. Students entering or attending a junior college are not eligible for the CFB scholarship. Students must be a resident of the State of California.

More information available at: http://www.cfbf.com/

Etiquette for Asking for A Letter of Recommendation
Letters of recommendation are normally an important past of a scholarship or job application process. When asking for a letter of recommendation ask someone that is the most familiar with your work and achievements. Don’t wait until the last minute to ask for a recommendation. As deadlines near, many recommendation providers are swamped. If you ask your writer in plenty of time, you will avoid putting him or her under additional pressure. As the deadline approaches, you can always send the writer a friendly reminder of the impending deadline. (Hint: You may also want to include a self-addressed stamped postcard and ask the writer to mail the postcard to you when the recommendation is mailed.) When asking for letters of recommendation, it’s to your advantage to ask the person face-to-face. This conveys just how important this letter is to you. Along with the letter of recommendation form and materials, include your resume. This keeps important information about you at the writer’s fingertips. Also, make sure the writer is aware of your plans and future goals. Always provide your writer with stamped envelopes. Remember to include envelopes of the appropriate size, and overestimate the amount of postage (the writer might add extra pages to the form.) Some applications require the writer to return the letter to you in a sealed envelope. Ask the writer to sign the flap of the envelope. If given the opportunity, it is highly recommended that you waive your rights to read the recommendation. This reassures the reader that the writer has been very candid. Always send your writer a thank-you note after you know the letter has been sent out. Don’t wait too long to do this; a week or two is a good timeline.

Taken from: http://www.petersons.com/college-search/letter-recommendation-how-ask.aspx
California 4-H Uniform Contest

Proposals due April 18, 2104

If you’ve ever complained about the 4-H uniform, now is your chance to have a voice in changing it! In response to 4-H members’ and volunteers’ input and desire to explore options for a new uniform, the State 4-H Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. It is important to all that the new uniform maintains 4-H tradition but is an updated, comfortable, and easy uniform for today’s youth. The new uniform should make 4-Hers recognizable. It also must continue to allow 4-Hers to exhibit their recognition pins and emblems. The uniform must meet the needs of certain projects. For instance, certain animal projects require boots, long pants, and/or long sleeves. Uniforms should also be affordable. Currently enrolled 4-H members may enter the contest and multiple entries are allowed. Entries must be submitted electronically by April 18th. Voting will begin at the State Field Day on May 31st and will end June 15th at 9 pm. Voting will be by survey in the 4-H Online Record Book (ORB). This will ensure that there is only one vote by registered youth member or adult. For more information on how to enter and the voting process, please visit: http://4h.ucanr.edu/files/181544.pdf

State 4-H Future's Task Force

The State 4-H Office has convened a Task Force that is charged with analyzing our current sectional and state programming and organizational structure developing recommendations to strengthen, grow and sustain the 4-H Youth Development Program for the next 100 years. The areas that have been identified across the state as top priority are 4-H Public Relations, Communication, Engagement and Organization.

Additional recommendations are requested through March 10th. Please either complete the online survey tool http://ucanr.edu/survey/survey.cfm?surveynumber=11848 or download and complete a word version from their webpage http://4h.ucanr.edu/Administration/4-H_Futures_Task_Force/. Also join us on Facebook to stay up-to-date on information and join in the discussions: https://www.facebook.com/groups/148321398700801/

Shooting Sports Update

Archery

The 2nd Annual State 4-H Shooting Sports Archery Match rules and entry forms are now available on the State 4-H Shooting Sports website. Entry deadline is April 1st, 2014. Targets and scorecards will be mailed when entry forms are received. Individuals may enter traditional and/or compound and three shooting distances. The age categories are junior, intermediate and senior. Completed scorecards must be returned by June 16, 2014. If you have any questions, contact Linda Edington at 707-463-4495 or email lgedington@ucanr.edu.

Rifle/Guns

The 2014 Annual State 4-H Shooting Sports Match rules and entry forms are now available on the State 4-H Shooting Sports website at: http://4h.ucanr.edu/Projects/SET/ShootingSports/ Entry due date is March 10, 2014. Targets and will be mailed upon receipt. The age categories are junior, intermediate and senior. Completed targets must be returned by June 23, 2014. If you have questions, contact Jacki Zediker in Siskiyou County at 530-842-2711 or email jkzediker@ucanr.edu.
Island 4-H Invites Clubs to Join in A Community Service Project

Island 4-H members are making fabric tissue holders for Senior citizens. They also hope to make enough to distribute to the residents of The Remington, host of the Fashion Revue. You are invited to join in the fun! Tissue holders are made from one piece of fabric that measures 6” wide by 7-1/4” long. Each short end is turned under 1/2 inch and stitched to hide the raw edge. The stitched edges are folded into the center with the right sides together and a 1/4” seam is stitched on each side. The holder is then turned to the right side and pressed, and a pocket size container of tissue is inserted into the holder. If you would like to help or have further questions, please contact Lara Felipe at 707-3615.

4-H CLUB NEWS...

ISLAND 4-H

Our club has been doing a lot of community service the last couple of months. In December, we collected socks and slippers for seniors. We also had many of our members participate in the Salvation Army Bell Ringing which collected money for their organization. Our sewing members sewed over 60 tissue holders that were given to seniors at a local convalescent home. In January, we collected lots of coloring books and crayons for Children’s Hospital of Central California. And we made cards for Veterans to be given for Valentine’s Day. We are so proud of our members and how they are always ready to give back to our community!

Submitted by Megan Clarke

KINGS HARVEST 4-H

Kings Harvest 4-H met on January 13, 2014. Projects announcements were made including the holding of a Shooting Sports meeting on January 25, 2014. Presentations were given by Thomas Bell (How to Care For A Heifer) and Tyler Dunn (Showing Cows). Healthy Living officers Wyatt and Shyanna Ward gave a “Duck Dynasty”-themed lesson on the importance on sunlight to health. Song and Recreation officers led the club in an interactive birthday order activity. The meeting was adjourned. The club’s next meeting will be on February 10, 2014.

Submitted by Meghan Chrissakis, Reporter

GRANGEVILLE 4-H

This month the members of the Grangeville 4-H Club voted and installed two Healthy Living Officers. The two new officers are Theron Dutra and John Mello. As Healthy Living Officers they will work with each other to incorporate different games and activities into our monthly club meetings to encourage a healthier lifestyle with the members of Grangeville 4-H. Each month Grangeville 4-H selects two 4-Her’s of the Month. For January, Gracie Bell and Jack Goddard were selected. Congratulations to you both. We also want to congratulate Paige McConnaughy who has been selected as a delegate to this year’s National 4-H Conference in Maryland this April! Way to go Paige!

Submitted by Kayla McCalvy, Reporter