May | EVENT/DEADLINE | INFO
--- | --- | ---
6 | Council Meeting 7 pm @ UCCE Multi-purpose Room | Page 2
8 | All Star Interviews @ UCCE Office | Page 2
8 | UC Day of Science & Service | See insert
9 | Leaders Recognition Dinner Reservations DUE | Page 1
10 | Fashion Revue: Judging @ UCCE Office Fashion Show @ The Remington | Page 2
15 | Leaders/Sponsors Recognition Dinner 7 pm Kings Fairgrounds | Page 1
17 | Sectional Council Meeting 10 am @ Tulare UCCE Office | Page 2
17 | State Fashion Revue Registration DUE | Page 7
18 | Rifle Project: Fun Shoot & Awards BBQ @ Lemoore Sportsman Club | 
22 | Countywide Rabbit Meeting 6:30 pm @ UCCE Office Multi Purpose Room | 
23 | State Presentation Day Registration DUE | 
26 | Memorial Day UCCE Office CLOSED | 
27 | Countywide Thrive Project Meeting 6:30 pm @ UCCE Office | 
31 | State Field Day/Presentation Day/Fashion Revue @ UC Davis | Page 6

Kings County Leaders & Sponsors Recognition Dinner

**Thursday, May 15, 2014**

7:00 PM

*Rose Room, Kings County Fairgrounds*

4-H Leaders—Free

Members & Guests—$6.00

Reservation deadline is Friday, May 9, 2014

Reservations can be made [online](#) or call the UCCE Office—852-2730

All 4-H families are invited to attend this special evening. The food is delicious and it is an enjoyable night out! Leaders completing their 1st, 5th, 10th, 15th, 20th, 25th and plus years will be recognized for their dedicated service to 4-H. The All Star Candidates for 2014-2015 will also be announced.

**Parking Instructions:** Please park in the main (front) parking lot. It is a short walk to the Rose Room. Handicap parking spaces are available near the main entrance. If additional assistance is needed to access the Rose Room, please call the UCCE Office at 852-2731 to make arrangements.

Also in this edition.....

- Council News
- Emerald Star Projects
- Program Fees
- Sectional Presentation Day
- Fashion Revue
- Pack-Their-Backs
- Brock Toledo Scholarship
- Kings County Milk Maids
- 4-H fair Results
- 4-H Fair Results (cont.)
- State 4-H Field Day
- Special Recognition at State Presentation Day
- State Advisory Committees
- State Leadership Conference
- Leadership Opportunity
- CA Focus & WA Focus
- Revolution of Responsibility
- State Fashion Revue
- Golden Clover Award
- Happy Birthday UCCE
- Club News
- UCCE Contact Information

Insert—Healthy Living Tips

Insert—Day of Science & Service

Deadline

4-H News articles due for Youth Talk – June 20th

Please send all articles to ~
gldiener@ucanr.edu

The University of California Division of Agriculture & Natural Resources (ANR) prohibits discrimination or harassment of any person in any of its programs or activities. Complete nondiscrimination policy statement can be found at [http://ucanr.org/sites/anrdir/files/107734.doc](http://ucanr.org/sites/anrdir/files/107734.doc). Inquiries regarding ANR’s equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.
Council News
May 6, 2014
7PM
UCCE Office Multi Purpose Room
Host Club: Guernsey

Topics for discussion will include Fashion Revue, Leaders Recognition Dinner, evaluation of 4-H Fair, Sectional Presentation Day, State Field Day etc.

2014-2015 Program Fees
The Program Fees for the coming year will remain at:

$12.00 per adult
$34.00 per child

Funds will again be available for fee waivers for those members who need assistance with the program fees. To access fee waiver forms, click here: Fee Waivers.

Emerald Star Projects
These members have completed their Emerald Star Projects and been approved to receive their Emerald Star at Achievement Night in October.

Katelyn McCord Temporary Home
Kennedy Baker Temporary Home
Adam Daniel E-Waste Recycling
William Pepe Keys for Kids
Mara Lewis Keys for Kids

The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H members. A secondary purpose is to prepare 4-H members for All Star responsibilities should they wish to become All Stars at a later date.

The next round of Emerald Star applications are due in September. Now is a good time to start researching different projects that would make a good Emerald Star Project. More information can be found on the Kings County 4-H website: Emerald Star.

South Central Sectional Presentation Day Results
Congratulations to the following 4-H members who participated in Sectional Presentation Day. The Gold Medal winning presentations are now eligible for State Presentation Day on May 31, 2014 at UC Davis. Registration deadline is May 23, 2014. Go to the state 4-H website to register: http://4h.ucanr.edu/Programs/Events/SFD/.

GOLD SEALS
Garrett Bell—Kings Harvest
Paige Clarke—Island
Megan Clarke—Island
Hannah Costa—Kings Harvest
Lauren Dutra—Grangeville
Susannah Day—Island
Laney Dorrough—Oakvale
Sarah Dorrough—Oakvale
Tara Fry—Oakvale
Hadley Garcia—Lemoore
Alexis Jones—Kings River
Steven Loogman—Kings River
Reilly Nava—Island
Taytum Neves—Oakvale
Ashley Olson—Oakvale
Colten Palomino—Kings Harvest
Raine Palomino—Kings Harvest
Brooklyn Young—Oakvale
Katie Sorenson—Oakvale

BLUE SEALS
Kavn Aulakh—Grangeville
Elia Nava—Island
Reed Tompkins—Lemoore

KINGS COUNTY 4-H FASHION REVUE
THEME: SPLASH OF FASHION
Saturday, May 10, 2014
Judging ~ 9 am ~ UCCE Office
Fashion Show ~ 4:30 pm ~ The Remington, Hanford
Everyone is invited to attend the Fashion Show!
KINGS COUNTY MILK MAIDS

The Kings County Dairy Princess Committee is starting their new Milk Maid program this June.

Requirements are as follows:
- Must be between 13-16 years of age.
- Must live in Kings County.
- Have a dairy related background that includes living on a family owned dairy, have worked for a dairy or have a dairy project.

For more information please contact Louise Silacci at moo@uniwredbb.com or call/text 639-9800.

ALL STARS’ SERVICE LEARNING PROJECT:

PACK-THEIR-BACKS

The Kings County All-Star Candidates are excited to implement a school supply and backpack drive to benefit Kings County children in need. The “drive” will end at the Kings County Fair in June. Local businesses and other organizations have been identified to partner in the program and asked to support the efforts.

Instead of simply working to collect backpacks in a “drive” fashion, the All-Stars Candidates are working with the Kings County Human Services Agency to identify children in need in our community. Each child will be assigned to a volunteer interested in donating school items. (Much like a Christmas coat effort)

The goal is to collect 500 backpacks filled with essential school supplies for children identified by the Human Service Agency as “in need” in our community. The children will receive their backpacks before the start of the 2014 school year.

What can you do? Volunteer to collect a backpack for a child (or several) and bring the backpack filled with school supplies to any countywide 4-H event, the Kings County Fair or the UCCE Office.

2014 Brock Jarret Toledo Memorial Scholarship Winner

Beaujena DeSilva, a Sierra Pacific High School graduating senior has been selected as the 2014 recipient of the Brock Toledo Memorial Scholarship. Beaujena is the daughter of David and Svetlana DeSilva of Hanford. She will be attending Cal Poly, San Luis Obispo in the fall as an Agricultural Business major, with plans of continuing her education at the University of Southern California to obtain her Juris Doctorate in Agricultural Law.

As a five year 4-H member, she was a very successful exhibitor of both sheep and swine with numerous champions and showmanship awards to her credit. She also was an active member of Hanford FFA.

This scholarship was established by the Toledo family in memory of their son, Brock who died in February 1996. It is awarded annually to a graduating senior who shares Brock’s enthusiasm for 4-H, agriculture and the love of the livestock industry.
### OUTSTANDING EXHIBITORS

#### GENERAL
- Colten Palomino-Kings Harvest 4-H
- Kent Sheldon - Kings River 4-H

#### PHOTOGRAPHY
- Reilly Nava - Island 4-H
- Danielle Matson-Corcoran 4-H
- Jillian Willhite-Grangeville 4-H
- Jasmine Guzman-Corcoran 4-H
- Reilly Nava-Island 4-H

#### CLOTHING & TEXTILES
- Raine Palomino-Kings Harvest 4-H
- Ashley Olson-Oakvale 4-H
- Laura Denham-Grangeville 4-H

#### FOODS & NUTRITION
- Brandi Garcia-Grangeville 4-H
- Laura Denham - Kings Harvest 4-H

#### FOOD PRESERVATION
- Sarah Dorrough-Oakvale 4-H
- Ashley Olson-Oakvale 4-H

#### BEGINNING 4-H
- Laney Dorrough-Oakvale 4-H

#### CAKE DECORATING
- Jenna Dragt-Kings Harvest 4-H

#### SCRAPBOOKING
- Holly Rose Azevedo-Grangeville 4-H

#### PLACE SETTING
- Shawn Dorrough-Oakvale 4-H
- Ashley Olson-Oakvale 4-H

### OUTSTANDING EXHIBITORS LIVESTOCK

#### BEEF

- **Best Exhibit**
  - William Pepe - Guernsey 4-H
- **Int. Showmanship**
  - Kent Sheldon - Kings River 4-H
- **Sr. Showmanship**
  - Marshall Kling - Guernsey 4-H
- **Grand Champion Market Steer**
  - Marshall Kling - Guernsey 4-H
- ** Reserve Grand Champion Market Steer**
  - Lauren Pepe - Guernsey 4-H
- **Grand Champion Female Breeding**
  - Marshall Kling - Guernsey 4-H

#### BEEF MARKET CALVES

- **Best Exhibit**
  - Mara Lewis - Guernsey 4-H
- **Sr. Showmanship**
  - Mara Lewis - Guernsey 4-H
- **Grand Champion**
  - Mara Lewis - Guernsey 4-H

#### SHEEP

- **Best Exhibit**
  - Bailey VanVelson - Corcoran 4-H
- **Jr. Showmanship**
  - Tatum Neves - Oakvale 4-H
- **Int. Showmanship**
  - Hannah Ellberg - Delta View 4-H
- **Sr. Showmanship**
  - Maddie Steffen - Delta View 4-H
- **Grand Champion**
  - Rory Valov - Guernsey 4-H
- ** Reserve Champion**
  - Maddie Steffen - Delta View 4-H

#### SWINE

- **Best Exhibit**
  - Ian Gear - Island 4-H
- **Jr. Showmanship**
  - Haley Nolta - Corcoran 4-H
- **Int. Showmanship**
  - Audrey Glynn - Grangeville 4-H
- **Sr. Showmanship**
  - Derrek Meek - Guernsey 4-H
- **Grand Champion**
  - Audrey Glynn - Grangeville 4-H
- ** Reserve Grand Champion**
  - Derrek Meek - Guernsey 4-H

#### GOATS

- **Best Exhibit**
  - Ashley Eller - Lemoore 4-H
- **Jr. Showmanship**
  - Ashley Eller - Lemoore 4-H
- **Int. Showmanship**
  - Hadley Garcia - Lemoore 4-H
- **Sr. Showmanship**
  - Brock Hamilton - Kings Harvest 4-H
- **Grand Champion Dairy Goat**
  - Steven Loogman - Kings River 4-H
- **Reserve Grand Champion Dairy Goat**
  - Brock Hamilton - Kings Harvest 4-H
- **Junior Grand Champion**
  - Sydney Gallegos - Kings River 4-H
- **Junior Reserve Champion**
  - Ashley Eller – Lemoore 4-H

#### MEAT GOATS

- **Best Exhibit**
  - Aiden Hair - Corcoran 4-H
- **Jr. Showmanship**
  - Aiden Hair – Corcoran 4-H
- **Int. Showmanship**
  - Brandi Garcia - Guernsey 4-H
- **Grand Champion Meat Goat**
  - Aiden Hair - Corcoran 4-H
- **Reserve Grand Champion Dairy Goat**
  - Brandi Garcia - Guernsey 4-H

#### DOG

- **Jr. Showmanship**
  - Paige Clarke - Island 4-H
- **Int. Showmanship**
  - Rachel Berry - Corcoran 4-H
- **Sr. Showmanship**
  - Kennedy Baker - Island 4-H
- **Jr. Obedience**
  - Libby Snowden - Island 4-H
- **Int. Obedience**
  - Reid Jacobs - Lemoore e 4-H
- **Sr. Obedience**
  - Haley Smith - Lemoore 4-H
- **Agility – Large Dog**
  - Haley Smith - Lemoore 4-H
- **Agility – Medium Dog**
  - Elia Nava - Island 4-H
- **Agility – Small Dog**
  - Reilly Nava - Island 4-H
POULTRY

Jr. Showmanship
Ashley Eller - Lemoore 4-H

Int. Showmanship
Shelby Currie - Lemoore 4-H

Sr. Showmanship
Sydney Gallegos – Kings River 4-H

Best of Show
Austin Pugh - Lemoore 4-H

RABBITSCAVIES

Jr. Showmanship
Alexis Jones - Kings River 4-H

Int. Showmanship
Kylie Reeves - Kings River 4-H

Sr. Showmanship
Kayla McCalvy - Grangeville 4-H

Best in Show
Trista Fry - Oakvale 4-H

Reserve Best in Show
Kayla McCalvy - Grangeville 4-H

DAIRY CATTLE

Best Exhibit
Theron Dutra - Grangeville 4-H

Jr. Showmanship –
Amie Walker - Grangeville 4-H

Int. Showmanship
Hailey Silva - Kings River 4-H

Sr. Showmanship
Theron Dutra - Grangeville 4-H

Grand Champion
John Mello - Grangeville 4-H

Reserve Grand Champion
Theron Dutra - Grangeville 4-H

Jr. Dairy Champion
Mason Mendes - Kings Harvest 4-H

Jr. Dairy Reserve
Tyler Dunn - Kings Harvest 4-H

Sr. Dairy Champion
John Mello - Grangeville 4-H

Sr. Dairy Reserve
Theron Dutra - Grangeville 4-H

Replacement Heifer Champion-Holstein
Theron Dutra - Grangeville 4-H

Replacement Heifer Champion-AOB
Jordan Coelho - Island 4-H

Yearling Heifer Champion-Holstein
Theron Dutra - Grangeville 4-H

Yearling Heifer Champion-AOB
Emma Martella – Kings River 4-H

ROUND ROBIN COMPETITION

LARGE ANIMAL

Junior Division
1st—Amie Walker - Grangeville 4-H
2nd—Aiden Hair - Corcoran 4-H
3rd—Haley Nolta - Corcoran 4-H
4th—Bailey Van Velson - Corcoran 4-H
5th—Steven Loogman - Kings River 4-H

Intermediate Division
1st—Hannah Ellberg - Delta View 4-H
2nd—Audrey Glynn - Grangeville 4-H
3rd—Brandi Garcia - Guernsey 4-H
4th—KENT SHELDON - Kings River 4-H
5th—Haley Silva - Kings River 4-H

Senior Division
1st—DERREK MEEK - Guernsey 4-H
2nd—Theron Dutra - Grangeville 4-H
3rd—Marshall Kling - Guernsey 4-H
4th—Mara Lewis - Guernsey 4-H
5th—Maddie Steffan - Delta View 4-H
6th—Brock Hamilton - Kings Harvest 4-H

SMALL ANIMAL

Junior Division
1st—Paige Clarke - Island 4-H
2nd—Ashley Eller - Lemoore 4-H
3rd—Ragan Jessup - Kings River 4-H

Intermediate Division
1st—Shelby Currie - Lemoore 4-H
2nd—Kylie Reeves - Kings River 4-H
3rd—Rachel Berry - Island 4-H
4th—Hadley Garcia - Lemoore 4-H

Senior Division
1st—Sydney Gallegos - Kings River 4-H
2nd—Kayla McCalvy - Grangeville 4-H
3rd—Kennedy Baker - Island 4-H

ARCHERY MATCH

Recurve Bow-Junior
1st-Xavier Czerewko-Lemoore 4-H
2nd-Brody Vickers - Lemoore 4-H
3rd-Susannah Day - Island 4-H

Recurve Bow-Intermediate
1st Wyatt Ward-Kings Harvest 4-H
2nd-Jestus Custer-Lemoore 4-H
3rd-Rosemarie Czerewko-Lemoore 4-H
4th-Regina Czerewko-Lemoore 4-H
5th-Reid Jacobs - Lemoore 4-H

Recurve Bow-Senior
1st-Travis Smith-Kings River 4-H
2nd-Anthony Avalos—Mid Valley 4-H
3rd-Christian Czerewko-Lemoore 4-H
4th-Fallon Currie - Lemoore 4-H
5th-Cecilia Czerewko - Lemoore 4-H

Recurve Freestyle-Senior
1st-Aleksandra DeFant-Kings Harvest 4-H
2nd-Haden Lawton-Lemoore 4-H

Compound Freestyle-Junior
1st-Kolbie Mello-Grangeville 4-H
2nd-Bethany Oliveira—Lemoore 4-H

Compound Freestyle-Intermediate
1st-Shelby Currie-Lemoore 4-H
2nd-Sebastian DeFant-Kings Harvest 4-H
3rd-Logan Smith - Kings River 4-H

Compound Freestyle-Senior
1st-Jacob Folks-Lemoore 4-H
2nd-Riley Cunning-Lemoore 4-H
3rd-Ashton Cavin-Island 4-H
4th-Riley Currie-Lemoore 4-H
5th-Kirsten Weas - Lemoore 4-H
6th Luke Goss-Mid Valley 4-H

RIFLE MATCH

Open Sights-Junior
1st-Garret Martin—Kings River

Open Sights-Intermediate
1st-Elliot Martin—Kings River

Telescopic Sight-Junior
1st-Mason Mendes—Kings Harvest 2nd-Jayden Bracey—Kings Harvest
3rd-Manuel Cunha—Island

Telescopic Sight-Intermediate
1st Kent Sheldon—Kings River
2nd-Holly Azvedo — Grangeville 3rd-AJ Coelho—Mid Valley

Peep Sight—Junior
1st-Isabela Cawley—Kings River
2nd-Manuel Cunha-Island

Peep Sight-Intermediate
1st-Justin Wilhelm-Grangeville
2nd-Garrett Revious-Mid-Valley

COMPETITION RIFLE

1st-Justin Wilhelm—Grangeville

COMPETITION RIFLE-Advanced
1st-Adam Daniel—Grangeville

THANK YOU!!
To all the facilities and department chairs, judges, clerks, leaders and parents who helped make the fair successful.

Indoor Exhibits: 430
Livestock Exhibits: 192
State 4-H Field Day
Saturday May 31, 2014
UC Davis Campus

The State 4-H Field Day takes place annually on the UC Davis campus from 8:00 am until 6:00 pm. The event is open to all 4-H members, volunteers, staff, and parents. Between 1,000 and 1,400 people attend the event. The event has a “picnic” feel as people bring chairs and socialize for the day on the Wellman Hall east lawn. The State 4-H Office provides coordination and facility support. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification and/or pre-registration. Some are open to all during the event. Events scheduled include State Presentation Day, Fashion Revue, 4-H My Plate Challenge as well as educational exhibits and county centennial banner display. For more information visit the state website.

Special Recognition at 2014 State Presentation Day

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year’s focus area is hydration. Potential topics may include: the benefits of water consumption, effects of dehydration, access to drinking water, best beverage options, and personal water containers.

For additional information about 4-H Healthy Living, visit http://4h.ucanr.edu/Projects/HealthyLiving/ or contact Anne Iaccopucci at amiaccopucci@ucanr.edu.

For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

2014-15 Statewide 4-H Advisory Committees

The State 4-H Office is accepting statewide 4-H Advisory Committee applications for the 2014-15 program year. All 4-H members, adult volunteers, county and state 4-H YDP staff, as well as community partners are encouraged to apply. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Applications are due to the CA State 4-H Office postmarked by May 31, 2014 or online by 11:59pm on May 31, 2014. For more information, see: http://4h.ucanr.edu/Administration/Advisory_Committees/

4-H State Leadership Conference

August 14-17, 2014 at UC Santa Cruz
“Raiders of the Lost Leadership”
Ages 13-19 years old

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff. More information regarding registration, scholarships etc. will be available soon.
Golden Clover Award

The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Golden Clover Award winners will be awarded a $500 cash award, a medallion and lapel pin (group recipients will be awarded lapel pins for every group member and one medallion per group).

Applications must be completed online by May 1, 2014. The link is available on the 4-H state website at: http://www.ca4h.org/Resources/Members/GoldenClover/

Future CA Focus & WA Focus Participants

Calling all members with an interest in attending California Focus or Washington Focus in the Summer of 2015 or 2016. A committee is being formed to raise funds for members interested in attending one or both of these educational conferences. As these trips can be costly, this is a great opportunity to earn money to go on one of these trips.

If you are interested, please contact Michelle White at mwhite2465@sbcglobal.net or 381-2975.

To learn more about California and Washington Focus Conference opportunities, visit http://4h.ucanr.edu/Projects/Citizenship/Focus/.

Revolution of Responsibility Service Learning Mini-Grants

The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to $1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship. Want to contribute to your community but need an idea how? Look at what other clubs have done visit http://ca4hfoundation.org/.

2014 Application dates:
May 15, 2014            September 15, 2014
July 15, 2014            November 15, 2014

State Fashion Revue

May 31, 2014
UC DAVIS Campus - Olson Hall
Registration closes May 17, 2014

Complete information on State Fashion Revue can be found at http://4h.ucanr.edu/Programs/Events/SFD/SFR/

Judges are needed for State Fashion Revue. Each county must send one judge per five entries. Those interested can register at http://ucanr.edu/sfr2014judges.

Looking for an Incredible Leadership Opportunity?

We are seeking college-age students who are ready to expand their leadership and communication skills in an active setting. Serve as a district leader for California Focus, June 13-17, 2014 in Sacramento. As a district leader you would:

- Participate in planning an educational conference around the theme of civic engagement.
- Mentor high school students
- Use your leadership skills

For more information, please contact Jenna Colburn at jcolburn@ucanr.edu before May 1st.

Save the date! June 13-17, 2014
Happy 100th Birthday Cooperative Extension!

As many of you are well aware, the Cooperative Extension System is celebrating its 100th birthday this year. Extension is, and always has been, about the people that it benefits. We are reaching out on social media to gather stories from people all across the United States to get their personal stories of how Extension has impacted their life. We’re asking people to post stories, photos, videos, etc. to Twitter, Facebook, Instagram, YouTube, blogs or any other social media site, using the hashtag #Ext100Years and then tweet it to us at @usda_nifa.

To kick things off, NIFA’s director Sonny Ramaswamy recorded this video message on YouTube. YOU can help us:

1. Share your story with us. We want to hear from those who have worked in Extension too. How have you seen it work in your life? In the lives of others?
2. Can you pass this message along? Feel free to tweet or Facebook this out with a link to the YouTube video or email to your contacts. You can either pass along the YouTube video or the attached graphic that explains what we’re looking for.

Don’t forget to use the hashtag #Ext100Years and tweet to us at @usda_nifa. We look forward to hearing from you!

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Club News...

Lemoore 4-H

The Lemoore 4-H Club met on April 9th, 2014. Many of the members talked about their entries and awards for the 4-H Fair. Also, some members explained their experiences while attending Farm Day. Our Healthy Living officers gave a brief talk about the importance of sleep, and the consequences of poor sleeping habits. We held nominations for the various offices for the upcoming 4-H year. Reid Jacobs organized an Easter egg hunt recreational activity. The next meeting of the Lemoore 4-H Club will be held on May 7th, 2014, at Cinnamon Elementary.

Submitted by Regina and Rosemarie Czerewko, Reporters

Island 4-H

Island 4-H had a great month! Kennedy Baker and Katelyn McCord finished up their Emerald Star Project “Temporary Home” by donating lots of much needed supplies to the Kings County SPCA. We are so proud of them for all they did for homeless animals. Our members also had a wonderful experience at the 4-H Fair. Reilly Nava received two Outstanding Exhibitor awards in Photography. Jordan Coelho won Reserve Champion AOB with his heifer Princess. Paige Clark and Kennedy Baker both participated in Small Animal Round Robin. Susannah Day receive a medal for Archery. Elia Nava won first place in Dog Agility. We also had many primary members show in the 4-H fair for this year as well. We are so proud of all of our members for doing so well. We can’t wait to see how Island 4-H does at the county fair.

Submitted by Megan Clarke

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University of California Cooperative Extension Kings County

4-H Contacts

Georgene Diener 852-2743 gldiener@ucanr.edu (UCCE 4-H Program Representative (50% time)

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

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

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.
Mother's Day is Sunday, May 11, 2014

Encourage your mom to make her health a priority and take simple steps to live a safer and healthier life. While being a mother means caring for others, here are a few things moms can do to take care of themselves. Moms of every age can take steps to live a safer and healthier life.

Eat healthy.
You may have told your family, "Eat your fruits and vegetables". It’s good advice for moms too!

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are filling and naturally low in fat and calories.

Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

Move more.
Add physical activity to your life; it’s one of the most important things you can do for your health. There are many benefits to physical activity. It can help:

- Control your weight. Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

There are a lot of ways to get the physical activity you need. Walk, run, dance, bike, swim, garden, or do anything else that will help you get the recommended minimum 2½ hours of moderate physical activity each week.

Sleep well.
Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression. How you feel and perform during the day is related to how much sleep you got the night before. If sleepiness interferes with your daily activities, more sleep each night will improve the quality of your waking hours.

Share history.
Know and pass on your family health history, which is a written or graphic record of the diseases and health conditions present in your family. Family members share genes, behaviors, lifestyles, and environments that together may influence their health and their risk of chronic disease. Your family's health history could be important for determining your and your child’s health risks too.

 Provided by the University of California CalFresh Nutrition Program
Day of Science and Service
May 8, 2014

On May 8, 2014, be a scientist for the day! Create a buzz. Get outside, record your observations, share your pictures and tell us what’s happening in your community. Join the University of California in a one-day statewide science project and tell us what you see. Your answers will help build a healthier future for you and your community. Explore further at beascientist.ucanr.edu

Where is food grown in your community?

Nutritious food is an essential part of healthy growth and a healthy lifestyle. What we eat greatly influences how we feel and how happy we are.

Nearly every community in California contributes in some way to food production, from large farms to backyard gardens. But even though California is the #1 agricultural state in the county, many residents feel far removed from their food sources, often not even recognizing them in their own backyard.

With demand for food supplies increasing, it’s becoming more important for all of us to recognize exactly where (and what) fresh food is being grown.

Lend a helping hand.

On May 8, 2014 we’re asking you to let us know where food is grown in your community.

Do you grow your own? Do you live in the heart of the Central Valley and regularly drive past acres and acres of farms? Or, does your neighbor or school have a garden?

Visit beascientist.ucanr.edu to learn more about this project and record your observations.

The Facts

• California farm revenue in 2011 totaled $43.5 billion.
• Number of crops grown in California: more than 400.
• USDA MyPlate recommends that you fill 50% of your plate with fresh fruit and vegetables.
• 56% of children 9–11 years old eat fewer than 5 servings of fruit or vegetables daily.
• A diet low in fruit and vegetables is associated with poor health conditions, including obesity.
• 34% of 5th graders in California weigh enough to be identified as at health risk, according to the 2013 California Physical Fitness Test.
• For every dollar invested in a backyard garden, the gardener gets $7.50 worth of food in return.
• More than 1,200 school, community, and demonstration gardens in California are managed by UC Master Gardeners.
Where is food grown in your community?

On May 8, 2014, be a scientist for the day!

Mark our California food map with sites where food is grown in your neighborhood. The data you contribute will help create a listing of food sources across the state. Build a food-secure future for you and your community in six simple steps:

**STEP 1**
On May 8, 2014, find a garden, farm, or aquaculture system near where you live or work.

**STEP 2**
Go online and visit the map at beascientist.ucanr.edu/food

**STEP 3**
Enter your ZIP Code or zoom to your current location on the map.

**STEP 4**
Click the location of a local garden, farm, or aquaculture system on the map.

**STEP 5**
Fill in the online form (*sample at right*) to tell us where your food comes from.

**STEP 6**
Attach a photo if you have one!

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**Sample web form**

**Email:**

**Age range:**
- Decline to state
- Under 13
- 13-17
- 18-29
- 30-59
- 60 and over

**This spot marks a**
- Home garden
- Community garden
- School garden
- Farm 300 acres or less
- Farm 300 acres or more
- Aquaculture system

**What grows here?**
- Fruit
- Vegetables
- Other ________

**How do you get most of your food?**
- Directly from the garden or farmer
- From a store
- From restaurants or fast food
- Community Supported Agriculture (CSA)
- Farmers Market
- I don't know

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100

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