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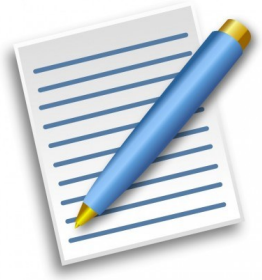
University of California
Agriculture and Natural Resources
Making a Difference for California

KINGS COUNTY

YOUTH TALK

June 2014

June	EVENT/DEADLINE	INFO
3	No Council Meeting	Page 2
7	Kings Fair 4-H Dog Show 9am @ Kings Fairgrounds	
12-15	Kings Fair	
13-17	CA Focus—Sacramento	
25	State Horse Classic @ Brookside Equestrian Show Park, Elk Grove	Page 6
30	4-H Year draws to a close	
July		
1	Happy New Year! - 4-H year begins	
1	4-H On-line enrollment opens for 2014-2015	
4	Independence Day—UCCE Office closed	
8	New Year Planning Meeting—6:30 pm @ UCCE Office	Page 2
15	Revolution of Responsibility Grant Due	Page 6
19	All Star Workshop—9:30 am @ UCCE Office, Tulare	



The Value of the Handwritten Thank You Note

The 4-H Year is drawing to a close and the Kings Fair is quickly approaching. Chances are, there are a number of people in your life that have contributed to the lessons and opportunities you have experienced in 4-H this year. In addition, fair participants, especially those participating in the auction, will have additional people that have contributed to the success of a project. Expressing thanks to those special individuals needs to be a top priority. 4-H members should use every opportunity to express to those around them how much s/he appreciates their love, support and generosity.

In this age of quick emails, texts, insta-everything, a hand-written note sends a clear message: You are worth my time. And it works! Your gesture will be remembered. The act is simple. It takes a few short minutes and is the cost of a stamp– but the value is immeasurable. Sending a thank you note through the mail shows effort. It shows that you took the time to put pen to paper, addressed an envelope, and bought a stamp. It's tangible; the recipient can touch it, hold it, and display it. It makes your thank you far more sincere.

Also in this edition.....

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6- Revolution of Responsibility
7- Club News
7- UCCE Contact Information
Insert- Relay for Life
Insert– Healthy Living Tips

Deadline
4-H News articles due for *Youth Talk* – June 20th
Please send all articles to ~
gldiener@ucanr.edu

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680 N. Campus Drive Suite A, Hanford, CA 93230 PHONE: (559) 852-2730 FAX: (559) 582-5166
Email Us: kings4h@ucdavis.edu **Website:** http://cekings.ucanr.edu/ **Link To Calendar:** http://cekings.ucanr.edu/Kings_County_4-H_Program/

Council News

NO JUNE COUNCIL MEETING

Due to end of the school year activities and the quickly approaching Kings Fair, there will not be a June Leaders Council Meeting. The next meeting will be on August 5th at 7:00 PM at the UCCE Office.

2014-2015 Program Fees

The Program Fees for the coming year will remain at:

$12.00 per leader
$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.

UNIFORM WHITES AVAILABLE

Are you looking for whites to show in at the Kings Fair?

The Recycle Whites program is being run by the Daniel Family from Kings Harvest 4-H. White pants, shirts, and blouses in various sizes are available free of charge. Contact Stacey Daniel at sdaniel@thezenith.com for information on sizes and where to pick up the whites.

New Year Planning Meeting

It is time to set the calendar for the new 4-H year and determine the budget to implement the activities and programs on the calendar. In addition, let's discuss the events and see how to make them even better!

Tuesday, July 8th
6:30PM
UCCE Office

Bring any important dates that may influence the decisions to be made.

Kings Fair ~ June 12-15, 2014

Come and bring the family for fun, view exhibits, animals, great music and more!!!

Ag-Hort, Floriculture, Foods and Cake Decorating are to be received for judging on Tuesday June 10th between 7am and 9 am.

Exhibits released: Indoor Exhibits will be released on Monday, June 16 between 7am and 11 am.

IMPORTANT!

Adults are needed to provide security for the Indoor Exhibits Building. Each 4-H Club is asked to work a 2 hour shift during the fair. The building is open from 3 pm to 10 pm Thursday-Sunday. Please call Lauren at 639-9551 to request a shift.

4-H Information Booth

Kings County 4-H will sponsor an information booth at the Kings Fair in the Home Arts Building.
Help get the word out about the 4-H program in Kings County! Share your knowledge of the program with fairgoers. Show them what is available to discover through the projects offered. By signing up to work a shift in the Indoor Exhibits Building, you will also have the opportunity to interact with the public about 4-H and help with the information booth.

If you have questions regarding the Kings Fair, please call the Fair Office at 584-3318.

KINGS COUNTY 4-H FASHION REVUE RESULTS

STATE DELEGATES

CONSTRUCTED

Laney Dorrough	Oakvale	Junior
Ashley Olson	Oakvale	Senior

$40.00 PURCHASED

Rory Valov	Guernsey	Junior
Trevor Rhoades	Mid Valley	Intermediate

DENIM CHALLENGE

Laura Denham	Grangeville	Junior
Raine Palomino	Kings Harvest	Intermediate

APRON CHALLENGE

Anna Felipe	Island	Junior
Tara Fry	Oakvale	Intermediate

COUNTY WINNERS

CONSTRUCTED

Sarah Dorrough	Oakvale	Junior-10 yr

$100.00 PURCHASED

Sophia LaMattino	Guernsey	Junior-9 yr
Amanda Avila	Kings River	Junior-11 yr
Trevor Rhoades	Mid Valley	Intermediate-13 yr

APRON CHALLENGE

Elia Nava	Island	Junior-9 yr

MEDALIST

CONSTRUCTED

Shyanna Ward	Kings Harvest	Junior-9 yr
Ragan Jessup	Kings River	Junior-10 yr
Kristen Blancett	Grangeville	Junior-10 yr
Raine Palomino	Kings Harvest	Intermediate-13 yr
Ashley Avila	Kings River	Senior

$40.00 PURCHASED

Laney Dorrough	Oakvale	Junior-9 yr
Sarah Dorrough	Oakvale	Junior-10 yr
Laura Denham	Grangeville	Junior-11 yr
Tara Fry	Oakvale	Intermediate-13 yr

UPCYCLED

Anna Felipe	Island	Junior-10 yr

$100.00 PURCHASED

Rory Valov	Guernsey	Junior-10 yr
Ashley Olson	Oakvale	Senior

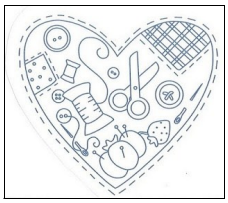
GREEN SEAL-PRIMARY

$40.00 PURCHASED

Trista Fry	Oakvale

APRON CHALLENGE

Jessica Alves	Island



4-H Leaders Recognized for Years of Service

First Year

Corcoran
Alisa Gomez
Cindi Hair
Kelly Hair
Jason Mahill
Rochelle Van Velson

Countywide
Beth Sequeira

Delta View
Yolanda Bernal
Stephanie Vasquez

Grangeville
Donna Dutra
Michelle Mello

Island
Melissa Day
Cathy Lowas
Julie Martella
Gayle Veldhuizen

Kings Fut. Promise
Elaine Azevedo
Sharon Kendall-Farrar

Kings Harvest
Thomas Dunn

Lemoore
Nancy Currie
Nathan Currie
Kaitlen Lawton
Amber Oliveira

Mid-Valley
Brian Combes

Oakvale
Anthony Alvarez
Yolanda Alvarez
Chris Dorrough
Stephanie Dorrough
Dean Kautz
Staci Young

Five Years

Armona
Janene Labandeira

Delta View
Christal Howard

Grangeville
Michelle White
Dennis Wilhelm

Island
Ashley Lowas

Kings Harvest
Gregory Chrissakis
Noel Rosa

Kings River
Katrina Gallegos
Mary Pimentel

Ten Years

Grangeville
Doug Wisecarver
Susan Wisecarver

Kings Harvest
Mark Avila
Stacey Daniel
Anthony Souza

Kings River
Angela Loogman

Oakvale
Regina Olson

Fifteen Years

Countywide
Cheryl Mattos

Twenty Years

Countywide
Teresa Evangelo

Twenty Five Years

Guernsey
Gay Hooper

THANK YOU!

All Star Candidates Announced!

All Star is the highest Star Rank that can be achieved at the county level. It is an honor to be selected to serve Kings County as an All Star Candidate. Along with the honor, comes a year of service promoting 4-H as good will ambassadors for the Kings County 4-H Program. All Stars are seen at all the countywide events as well as planning leadership training to present at the Leadership Conference of Regional Teens for 7-9th graders.

The All Star Candidates for the 2014-15 4-H Club Year are:

Adam Daniel	**Kings Harvest 4-H**
Ashley Daniel	**Kings Harvest 4-H**
Mara Lewis	**Guernsey 4-H**
Macey Pearson	**Kings Harvest 4-H**
Ashley Olson	**Oakvale 4-H**
Reed Tompkins	**Island 4-H**
Jacob Willhite	**Grangeville 4-H**

All Star Rank Achieved

Congratulations to the 2013-14 All Star Candidates for completing the requirements needed to attain the rank of Kings County 4-H All Star.

Steven Allison–Island 4-H	Lauren Pepe–Guernsey 4-H
Eric Dias–Mid Valley 4-H	Haley Smith–Lemoore 4-H
Brian Lawton–Lemoore 4-H	Evie Starich-Grangeville 4-H
Haden Lawton–Lemoore 4-H	Natalie Starich-Grangeville 4-H

A great ***BIG*** thank you to Beth Sequeira for serving as the All Star Advisor!

Scholarship Recipients

Congratulations to our graduating seniors who have earned a college scholarship. Thank you for your hard work and dedication to the 4-H program. Good Luck as you continue with your educational goals.

Brazil Memorial All Star Scholarship

Aaron Avila, Emily Blomquist, Brian Lawton, Paige McConnaughy, Austin Semas, Evie Starich, Victoria VanderVeen

Feaver Memorial Scholarship

Paige McConnaughy, Grangeville 4-H

McCutcheon Memorial Scholarship

Aaron Avila, Kings Harvest 4-H

South Central Section Leaders Council

Paige McConnaughy, Grangeville 4-H

Let's Hear it for 4-H Record Books!

With the 4-H year ending, it is time to record the year's happenings in your 4-H Record Book! A completed Record Book for regular 4-H members consists of a Personal Development Report Form (PDR), your 4-H story and an Annual Project Report form for each project you have completed. Primary members may fill out the Primary Member Project Record which is optional. Be sure to be familiar with the date your club has set for turning in your completed Record Book, so your book is submitted on time. (Record Book covers are available from the UCCE Office for $3.00 each.)

Again this year, ALL ***Record Book*** judging and ***Project*** judging will be done at the club level. Members meeting the established "Medal" criteria for Record Book and Project Judging will receive their award(s) at County Achievement Night held in the fall. Books competing for the Brazil (sheep), Toledo (dairy) and Perreira (photography) awards are due to the UCCE Office on Friday, August 8th. The criteria for Record Book awards, Project awards and for the Brazil, Toledo and Perreira awards are on the Kings County 4-H website at http://cekings.ucdavis.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/.

Kings County guidelines for record books differ some from the State guidelines. The exceptions are:

* There are no formal formatting guidelines (i.e.– no font, margin, spacing etc.)
* Title page, table of contents and section dividers are optional
* In the PDR-
  - ~ ***Farm Day:*** each presentation given is counted for separate presentation under category "6"- Communication Skills/4-H Presentations, due to the consideration that each class of 3rd graders attending is a new audience.
  - ~ ***Presentation Day/Favorite Foods Fair/Table Setting Contest:*** three separate events being held on the same day. They each can be counted under category "3"- 4-H Events Attended, if the member attended each of the separate events.
  - ~ ***State Field Day:*** This event incorporates multiple events into one day, these events include but are not limited to the State Fashion Revue, State Presentation Day, Logo Design Contest. These events may be counted under category "3"- 4-H Events Attended, if the member attended each of the separate events.

If you are interested in submitting your Record Book for competition at the State level, please be sure to read the guidelines on the CA State 4-H website http://4h.ucanr.edu/files/190839.pdf for the most current information on procedures, requirements and due dates. (The format for Kings County differs from the State Guidelines.)

ANIMAL SCIENCE EDUCATION

New 4-H Curriculum Available!

Sheep - From the Animal's Point of View: What Does It Mean to Be a Sheep?
http://anrcatalog.ucdavis.edu/Details.aspx?itemNo=8507

Swine - From the Animal's Point of View: What Does It Mean to Be a Pig?
http://anrcatalog.ucdavis.edu/Details.aspx?itemNo=8506

Veterinary Science, Rabbits, and Bio-Security -
http://4h.ucanr.edu/Projects/Curriculum/FREE/

Other Beef & Swine - http://www.4-hmall.org/Category/animalscience.aspx

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.

CALIFORNIA STATE FAIR

July 11-27, 2014
Sacramento

Celebrate California 4-H at the State Fair in July. Check out the full list of activities at http://www.ca4h.org/Programs/Events/CountyFairs/ .

Ways to participate in the State Fair include:

1. Give your Gold Seal Presentation from the State Field Day.
2. STEM Presentations July 20 & 23
3. 4-H Cooking Throw Down Junior teams-July 22 Senior teams-July24
4. Project exhibits

State 4-H Horse Classic

June 25th—30th

Brookside Equestrian Show Park, Elk Grove, CA

More information on the State 4-H Horse Classic can be found at:

http://4h.ucanr.edu/Programs/EventsHorse_Classic/

JOIN | THE REVOLUTION OF RESPONSIBILITY

http://4h.ucanr.edu/Support/RofR/
2014 Application dates:
July 15, 2014
September 15, 2014
November 15, 2014

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/.

Club News…

Guernsey 4-H

Guernsey 4-H would like to thank Mr. & Mrs. Barbeiro for allowing Guernsey 4-H to hold our annual yard sale at their home. We also want to congratulate Will Pepe and Mara Lewis on completing their Emerald Star project. Also a big congratulations to Mara Lewis for becoming an All-Star for the 2014-15 year. We are very proud of both of you. Guernsey also wants to congratulate all 4-H members who competed in Fashion Revue this year and we wish all Kings County State delegates best of luck on May 31st while competing at UC Davis.
On May 12th, 2014 we had our club's annual Cookie Cook-Off. There were a lot of yummy cookies brought in by our club members and we would like to thank each member who participated.
The winner of our Annual Cookie Cook-Off were as follows: Presentation Award: Brandy Garcia, Third Place: Megan Borba, Second Place: Mara Lewis, First Place and Grand Champion: Rory Valov. Congratulations to each of you! We now want to take a moment and THANK Mrs. Gay Hooper for being a 4-H leader for 25 years. Your dedication to us members is appreciated in so many ways. You are an AMAZING woman and we are all happy to have you in our lives. Congratulations on 25 years!!
Submitted by Rory Valov, Reporter

Island 4-H

Island 4-H had a wonderful May meeting. We chose our new officers, and we are pleased to announce our 2014-2015 officers: Kennedy Baker-President, Reed Tompkins-Vice President, Mary Cummings-Secretary, Joseph Felipe-Treasurer, Paige Clarke-Corresponding Secretary, Alisa Cuthbertson and Jared Evangelho-Sergeant of Arms, Susannah Day, Anna Felipe and Skyla Yates-Healthy Living Officers; Kylie and Katelyn McCord-Activities Directors; and Megan Clarke-Reporter. Sounds like we will have a great year! Several members reported results from recent 4-H Events. Susannah Day, Reilly Nava, Paige and Megan Clarke all received gold medals on their Sectional Presentations and will be going to UC Davis to the State Presentation Day. Anna Felipe will be a State Delegate for her apron submission at Fashion Revue.
Submitted by Megan Clarke, Reporter

Grangeville 4-H Club

In April and May, Grangeville 4-H participated in several fundraising projects. We had our annual tamale and enchilada fundraiser to raise money for our club. Some members also participated in a Washington focus fundraiser. Kayla McCalvy and Jacob Willhite along with other members from other clubs are planning on attending Washington Focus. We had a concession stand at the 4-H fair and at Sectional Presentation Day. Grangeville 4-Hers we're also hard at work getting their projects ready for the 4-H fair and they also turned in their entries for the Kings County Fair. Our own Isabella Cawley decorated the UCCE office display window with a spring theme. At our May meeting, we also had our officer elections. The newly elected officers are, Healthy Living Officers: Jillian Willhite and Lilly Gutierrez, Reporter: Audrey Glynn, Sergeant at Arms: Christopher Ordonez and Jack Goddard, Historian: Isabella Cawley, Treasurer: Kavn Aulakh, Corresponding Secretary: Grace Bell and Gabriela Ordonez, Secretary: Grace Herman, Sunshine/Recreation: Jasleen Aulakh, Macyn Cawley, and Anna Rioux, Vice-president: Kayla McCalvy, and President: Payton McConnaughy.
Submitted by Kayla McCalvy, Reporter

Kings Harvest

Kings Harvest 4-H Club held its monthly meeting on Monday, May 12, 2014. The club is responsible for providing the meat for the Leaders Luncheon, and volunteers were needed to assist Mr. Avila with the task. The Club elected to not hold a record book workshop this year. Record books are due in July and should include Kings Fair information. The Club is hosting a Feature Booth at the Fair. There will be two work days for the Booth on May 14, 2014 at 1:30 p.m. and on May 25, 2014 at 1:30 p.m., both at the Junior Fair Board building. Please bring scissors. Volunteers are needed for the 4-H Madness event and the 4-H County Window Display. There will be no June meeting due to the Kings Fair being in full swing. Healthy living officers presented information regarding a sugar/carb free diet. More information is available at: http://www.yummly.com/recipes/sugar-free-carb-free . The meeting ended with two marshmallow games/ challenges. Submitted by Meghan Chrissakis, Reporter

University of California Cooperative Extension Kings County 4-H Contacts

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

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

Connie Egger 852-2730 — UCCE Office Manager (full time) — 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.

RELAY FOR LIFE

Kings County 4-H Relay Team October, 11, 2014

4-H Clubs/Members can help in the following ways:

- **Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).**
- **Members sign-up as a team member.**
- **Purchase and/or sell luminaries.**
- **Donate items such as water, Gatorade, juice, snacks, etc. to sell the day of the event.**
- **Adult Leaders are needed to help supervise youth team members during the event.**

To join our team go to: http://main.acsevents.org/goto/kingscounty4-H_2014

For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net

4-H for Hope

RELAY FOR LIFE American Cancer Society

County Fair Food: How to Make Healthy Food Choices

Posted on July 26, 2013 by Leutte Byrd, Michigan State University Extension

Fair season is here and for health conscious fair-goers finding healthy food choices are next to impossible. Michigan State University Extension recommends the following tips that can help you make better fair food choices:

- Don't arrive hungry. Eat before you go so you can limit your food to a few treats instead of grazing on food all day.
- Go early in the morning, when you may be less likely to be enticed by the aromas of food.
- Drink plenty of water and stay hydrated, especially when the weather is hot.
- Check out all the offerings first, then choose three items over the course of the day.
- Ask for an extra plate and share your food choices. This way, you can taste a variety of food without doing too much damage.

According to the Calorie King website, fair food can range from 400 to 1,300 calories and 20 to 60 grams of fat per serving. Fair food is deep fried prepared in high amounts of butter, cheese, whipped cream and too much salt. Iowa State University Extension experts say a 150-pound person must walk one mile to burn off calories from consuming cotton candy; three miles for cheese on a stick; four miles for a corn-dog; five miles for a fried candy bar and 11 miles for a gigantic turkey leg.

There are a few healthier food options among corn dogs, funnel cake, cheese nachos, french fries, etc. Look for grilled foods like chicken, leaner cuts of meats like Philly steaks (without the cheese sauce), sandwich wraps, kebab's, corn on the cob and sweet treats like fresh fruit, frozen yogurt, bananas, small portions of ice-cream and lemonade. Consider bringing your own healthy snack food as most fairs allow people to bring food. Pack water, unsweetened and low calorie beverages and include fresh fruit and veggies to nibble on. Remember to split and share those extremely large specialty fair items (like elephant ears!) with friends. Planning and having a strategy in place can help you make healthier choices as you walk the fair midway.

Here are more frightening nutritional figures, from the Calorie King web site, about fat and calories in food at the fair or festival:

- Fried Snickers (5 oz.): 444 calories and 29 grams (g) fat
- Fried Twinkie (2 oz.): 420 calories/34 g fat
- Funnel cake (1): 760 calories/44 g fat
- Twinkie Dog Sundae: 500 calories/14 g fat
- Cotton candy: 171 calories/0 fat
- Fried cheesecake (6 oz.): 655 calories/47 g fat
- Foot-long hot dog and bun: 470 calories/26 g fat
- Giant turkey leg: 1,136 calories/54 g fat

Provided by the University of California CalFresh Nutrition Program