### July Events/Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Deadline</th>
<th>Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Happy New Year! - 4-H year begins</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>4-H On-line enrollment opens for 2014-2015</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Independence Day—UCCE Office closed</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>New Year Planning Meeting—6:30 pm @ UCCE Office</td>
<td>Page 2</td>
</tr>
<tr>
<td>11</td>
<td>California State Fair—Sacramento opens and runs through July 27</td>
<td>Page 5</td>
</tr>
<tr>
<td>15</td>
<td>Revolution of Responsibility Grant Due</td>
<td>Page 6</td>
</tr>
<tr>
<td>19</td>
<td>All Star Workshop—9:30 am @ UCCE Office, Tulare</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Deadline for registering to attend State Leadership Conference</td>
<td>Page 6</td>
</tr>
</tbody>
</table>

### Happy New Year!

**4-H Enrollment for 2014-2015 opens on July 1st.**

July 1st marks the start of a new 4-H Year, and it is time to think about re-enrolling in 4-H! The California 4-H Online enrollment system is now open. Please click on this link to enroll for 2014-2015 Year ~

https://california.4honline.com/Login.aspx?40472F4547534E39717170733D

Returning 4-H Members and Leaders, must use the SAME EMAIL ADDRESS you have used in the past for your family. DO NOT create a new email or family. If you do not remember what email you used, contact the UCCE Office at 852-2730. Instructions for the enrollment procedure is available at~

http://cekings.ucdavis.edu/Kings_County_4-H_Program/.

If you have forgotten your password click on “I forgot my password” and a new one will be emailed to you.
NO JULY COUNCIL MEETING

Due to summer vacations there will not be a July Leader’s Council Meeting. The next meeting will be August 5th 7:00 PM UCCE Office

In the meantime, plan to attend the New Year Planning meeting on July 8th. Your input is needed and appreciated.

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.

New Year Planning Meeting Set

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 review the county events and see how to make them even better!

Tuesday, July 8th
6:30 PM
UCCE Office

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

Emerald Star Program

Attention 4-H members intending to apply to become a Kings County All Star in the future, completing an Emerald Star project is a requirement for those applying for All Star.

Purpose: The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H Members.

Eligibility: Members who have completed two years of 4-H and will be at least 14 years of age by December 31, 2014 are eligible to apply for the Emerald Star Program.

Project Requirements: Emerald Star projects must demonstrate the member’s leadership ability, the ability to work with others, and the ability to plan and conduct a successful program of work. The project must have an adult advisor and must provide service to the Kings County 4-H program and/or community.

Click on this link for more information about the Emerald Star Program: http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/

Applications will be due mid-September with interviews shortly after. Exact dates will be announced soon.

4-H Pride is Country Wide

If you would like to share what great experiences you have had in 4-H, New Hampshire 4-H would like to hear about it! New Hampshire members are collecting letters from 4-H members across the United States that tell about their 4-H Pride. Letters will be included in a fair display called “4-H Pride is Country Wide”.

If you would like to submit a letter telling about your 4-H Pride, these can be mailed to Chapel Valley 4-H, c/o Belknap County 4-H, 635 Main Street, 3rd floor, Laconia, NH 03246-3415. Letters will be collected until August 1, 2014. To ensure privacy of all CA 4-H members, please include only member’s first name and leave out any addresses and other personal identifying information from letters.
# 2014 State Field Day Results

Kings County had a record number of participants in the State Field Day and with great results! Congratulations!

## State Judging Event

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyler Clarke</td>
<td>Island 4-H</td>
<td>Primary Recognition</td>
</tr>
<tr>
<td>Susannah Day</td>
<td>Island 4-H</td>
<td>Gold Medal</td>
</tr>
</tbody>
</table>

## State Fashion Revue

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna Felipe</td>
<td>Island 4-H</td>
<td>Blue Seal</td>
</tr>
<tr>
<td>Rory Valov</td>
<td>Guernsey 4-H</td>
<td>Medalist</td>
</tr>
<tr>
<td>Laura Denham</td>
<td>Grangeville 4-H</td>
<td>Medalist</td>
</tr>
<tr>
<td>Raine Palomino</td>
<td>Kings Harvest 4-H</td>
<td>Medalist</td>
</tr>
<tr>
<td>Laney Dorrough</td>
<td>Oakvale 4-H</td>
<td>Medalist</td>
</tr>
<tr>
<td>Ashley Olson</td>
<td>Oakvale 4-H</td>
<td>Medalist</td>
</tr>
</tbody>
</table>

## State Presentation Day

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garrett Bell</td>
<td>Kings Harvest 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Paige Clarke</td>
<td>Island 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Megan Clarke</td>
<td>Island 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Hannah Costa</td>
<td>Kings Harvest 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Susannah Day</td>
<td>Island 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Shawn Dorrough</td>
<td>Oakvale 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Sarah Dorrough</td>
<td>Oakvale 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Lauren Dutra</td>
<td>Grangeville 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Hadley Garcia</td>
<td>Lemoore 4-H</td>
<td>Blue Seal</td>
</tr>
<tr>
<td>Alexis Jones</td>
<td>Kings River 4-H</td>
<td>Blue Seal</td>
</tr>
<tr>
<td>Steven Loogman</td>
<td>Kings River 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Reilly Nava</td>
<td>Island 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Colten Palomino</td>
<td>Kings Harvest 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Katie Sorensen</td>
<td>Oakvale 4-H</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>Brooklynn Young</td>
<td>Oakvale 4-H</td>
<td>Gold Medal</td>
</tr>
</tbody>
</table>

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## Bicycle Safety Curriculum

A new bicycle-safety curriculum is now available free of charge for those working with students in grades 6-12 from the Society of Health and Physical Educators (SHAPE America) and the National Highway Traffic Safety Administration (NHTSA).

The curriculum includes lessons and assessments for the skills and knowledge students need to enjoy a lifetime of safe bicycling: [http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/bicycle_curriculum.cfm](http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/bicycle_curriculum.cfm).

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## Exeter 4-H Archery Fall Classic

**Saturday, October 18  9 AM**
Buena Vista Elementary, Tulare

Registration deadline—October 3rd

Complete information is available on the Kings County website: [http://cekings.ucanr.edu/files/192323.pdf](http://cekings.ucanr.edu/files/192323.pdf)
Let’s Hear it for 4-H Record Books!

With the Kings Fair over and 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. The criteria for Record Book awards can be found at: http://cekings.ucdavis.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/.

Special Record Book Awards Possible for Sheep, Dairy and Photography Project Members:

Books competing for the Brazil (sheep), Toledo (dairy) and Perreira (photography) awards are due to the UCCE Office by Friday, August 8th. Please let your Community Club leader know if you are interested in competing for the above award(s). Record Books are reviewed by a county committee and the top applicant is selected in each project area. First year members are eligible to submit their Record Book. The winner’s name will appear on a perpetual plaque that hangs in the UCCE Office and will also be recognized at County Achievement Night. Criteria the judges look for include having given a presentation in the project area, completed Annual Project Report form, shows activity in the project such as judging contest, field days, etc., served as a junior/teen leader (if age appropriate), community service was included as part of the project etc. Additional information is available at: http://cekings.ucanr.edu/files/147064.pdf.

4-H Online Record Book (ORB)

The 4-H Online Record Book has launched a new ORB Help website at www.4horb.weebly.com/. This site will be updated regularly with “How To” directions and video helps in using the California 4-H Online Record Book.

To ask a question, report a problem or make a suggestion about the 4-H Online Record Book, please fill out the ORB Request Form which you can find at http://ucanr.edu/survey/survey.cfm?surveynumber=11078.

ORB Survey

The State 4-H Office is conducting a brief survey on user experiences with the 4-H Online Record Book (ORB).

As the ORB begins to enter its fourth year, they would like to know about your experience with ORB anytime since its launch in September 2011. The information you provide will be used to help improve ORB and inform other efforts to move processes online.

Use this link to access the survey: http://ucanr.edu/survey/survey.cfm?surveynumber=13238. Please respond by July 15th.
**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/](http://ca4hfoundation.org/).

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**2015 National 4-H Conference**

April 11-16, 2015
Washington D.C.

National 4-H Conference delegates have an opportunity to increase knowledge, resources, and skills that will empower them to make an impact on their community in a meaningful and genuine way. Delegates are senior 4-H members and are selected through a state selection process.

Applications and conference packet will be available after August 1st on the state 4-H website: [http://4h.ucanr.edu/Programs/Conferences/N4-HC/](http://4h.ucanr.edu/Programs/Conferences/N4-HC/)

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**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/](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 Jr teams-July 22 Senior teams-July 24
4. Project exhibits

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**4-H Madness Fun to Return!**

Saturday Evening, September 13th
Kings Fairgrounds

Plan to attend and/or participate in “4-H Madness”! This special evening is designed for families interested in learning more about 4-H with the possible intent of joining and for 4-H families that want to learn more about projects available in 4-H, and to have FUN!

There are several ways to participate! You may have a project or activity you wish to share in a session or you may simply come and enjoy the event. More information will soon be available on how to participate as a presenter!
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. 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.

Two registration options have been created since many 4-H members will have already returned to school before SLC begins.

Youth registration options and fees:

**Spirit of Adventure: Thursday, August 14 - Sunday, August 17, $469**
Thursday arrival begins with an orientation, dinner and a trip to the Santa Cruz Boardwalk. Friday is tour day! Register for one or more Spirit of Adventure Tours (some at an additional fee). Most tours will be back in time to join in the campus treasure hunt fun. The traditional SLC schedule begins Friday late afternoon and continues through Sunday.

**Fortune & Glory: Friday, August 15 - Sunday, August 17, $349**
Friday arrival begins with an exciting campus treasure hunt and the first meal served is dinner. The opening keynote is Friday evening to kick off the traditional SLC schedule and educational events.

**Late Registration** (between July 26 - August 7) - add $50 to base fee
No registrations accepted after August 7, 2014

**Friday Tours:** The Friday educational content is all tours. Spirit of Adventure Tours must be selected and fees paid at the time of registration.

**Parking:** Parking permit should be purchased with your registration and will be given to you at check-in. A parking permit is required each day.

**T-shirt:** Must be ordered at the time of registration.

Registration, tour details, a tentative general schedule and required forms are available at [http://4h.ucanr.edu/Programs/Conferences/SLC/](http://4h.ucanr.edu/Programs/Conferences/SLC/)

Adult registration options:

This year there are two adult volunteer roles, Chaperones and Resident Advisors. Detailed role descriptions can be found on the adult registration form [http://ucanr.edu/survey/survey.cfm?surveynumber=12882](http://ucanr.edu/survey/survey.cfm?surveynumber=12882). All adults are housed in the dorms with youth delegates. Adults will be strategically placed on dorm floors.

In the past there have been Floor Supervisors, Dorm Supervisors and a whole list of other "jobs". So while this change in structure may seem "new" it is designed to streamline adult roles and responsibilities while still ensuring a great leadership development opportunity for youth. The term Resident Advisor was chosen to mimic the titles of leadership that college students experience when they live in dorms.

*Each county needs to send 1 Chaperone or Resident Advisor for every 10 SLC youth delegates.*

**Financial Aid:**

**CA 4-H Financial Aid:** Check out the financial aid available from the State 4-H Office. You may qualify for some help in paying your conference fee. Applications are due July 14th. Apply at the link below [http://ucanr.edu/survey/survey.cfm?surveynumber=13251](http://ucanr.edu/survey/survey.cfm?surveynumber=13251).

**Kings County 4-H Financial Aid:** Four awards of 1/3 the conference fee each is available for members. For adults leaders, Kings County 4-H Leaders Council will fund the full cost for the number of adults required by the conference quota. For more information click here: [http://cekings.ucanr.edu/files/192368.pdf](http://cekings.ucanr.edu/files/192368.pdf).
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
**JULY HEALTHY LIVING TIPS**

Sunshine! Barbecues! Fireworks! Who doesn’t love a good Independence celebration? For many of us it’s not just about celebrating our great nation and proudly displaying your red, white and blue but it’s also about spending time with family and friends, being outdoors and of course seeing the fireworks?

Here are some suggestions for making your 4th of July a little healthier.

* Wear Sunscreen. Although being outside in the sun is a great way to absorb some healthy Vitamin D, make sure to use sun protection from harmful UVA and UBV rays. Studies show that sunburns increase risk of skin cancer by 12 times!

* Stay hydrated. Drink plenty of liquids throughout the day. Being properly hydrated will help you feel better and also keep you feeling full. Have healthy drink options available such as tea or water with lemon or fruits. Stay away from caffeinated and sugary drinks that dehydrate you. You can also snack on fruits and vegetables with naturally high water content like watermelon. Fresh fruit is packed with vitamins, fiber and water.

* Eat light. No one wants to eat a heavy filling meal when you’re outside in the heat. Make salads and sides your main course. Use small plates. Research shows that people who choose smaller plates eat less without even noticing it. You will probably be snacking all day, so make healthy snacks like veggie sticks readily available. Try salsa or Greek yogurt based dips.

* Start an active tradition. Be it an annual family football or basketball game, lawn game, neighborhood volleyball game or pre-dinner hike, an annual activity will be a welcome event to any July 4th celebration. Not only will it get everyone’s blood pumping but it will also give you stories to share for years to come!

* Watch out for salmonella. Fourth of July picnics and parties can provide the ideal climate for the bacteria’s growth, which can lead to food poisoning. When dealing with food in warm weather remember to refrigerate or freeze perishables immediately and cook food at recommended temperatures to kill bacteria. Wash your hands in hot, soapy water for at least 20 seconds before preparing, serving or eating food. Thoroughly wash plates, utensils, cutting boards and countertops after contact with raw meat. Avoid leaving food standing for long periods of time.

* Skip sugary desserts. This is the season when tons of fresh fruit is available from the grocery, farmers markets and fruit stands. Cut up strawberries and melon or grilled peaches will satisfy your sweet tooth without adding unnecessary processed sugar.

Provided by the University of California CalFresh Nutrition Program