### 4-H MADNESS FUN!

Plan to attend and/or participate in the “4-H Madness” Event! 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**!

**Saturday, September 13, 2014**

5:00 pm to 7:30 pm  
*Kings Fairgrounds*

The event will include a free hot dog dinner.

Making Marshmallow Shooters at last year’s Madness!!

There are several ways to participate! You may have a project that you wish to share with others or plan a hands-on activity to engage those who attend.

Go to the  Kings County 4-H website to learn more about attending this event. To sign up as a presenter complete this survey:  [http://ucanr.edu/survey/survey.cfm?surveynumber=13469](http://ucanr.edu/survey/survey.cfm?surveynumber=13469).
Council News
The next council meeting will be:

**Tuesday, August 5th**
7:00 pm
UCCE Office
Hosted by Leader’s Council

Plan to attend, your presence is important. Topics of discussion include—End of Year reports, Record Book Judging, Event calendar and Budget for 2014-15 program year. Your input is needed and appreciated.

Club Officer Books Due!
Officers Books are due to the UCCE Office by **Friday, August 8.** Treasurer and Secretary books are required from every club. Historian and Reporter books are optional.

Treasurer Books must have a Peer Audit Review completed before books are turned in.

Kings County 4-H Relay for Life Team Meeting

Wednesday, August 20th
6:30 pm
UCCE Office

Join the Kings County 4-H team at: [http://main.acsevents.org/goto/kingscounty4-H_2014](http://main.acsevents.org/goto/kingscounty4-H_2014).

Relay for Life will be October 11 & 12 at Hanford High School. For more information contact Team Captain-Michelle White at [mwhite2465@sbcglobal.net](mailto:mwhite2465@sbcglobal.net).

Youth Talk News

The **Youth Talk** is a great way to publicize your club’s activities. Club reporters are welcome to submit articles for publication in the **Youth Talk.** Simply write your article in news worthy fashion including the important information of who, what, when, where, why and how and submit it to the UCCE Office by the monthly deadline. The deadline for the September issue of **Youth Talk** is August 21st. For more information visit: [http://cekings.ucanr.edu/files/194987.pdf](http://cekings.ucanr.edu/files/194987.pdf).

New Treasurer’s Manual Available
For those of you that have the very important job of keeping track of your club’s financial records, a new 4-H Treasurer’s manual has been developed for your use. The Treasurer's job is one that develops very useful life skills, by learning about budgets, how to write checks, and balancing checking account statements etc. You may check out the new manual by clicking here: [http://4h.ucanr.edu/files/14647.pdf](http://4h.ucanr.edu/files/14647.pdf).

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).

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](http://cekings.ucanr.edu/files/192323.pdf).

CCL Meeting Set
Community Club Leaders will meet before the Council meeting on:

**Tuesday, August 5th**
5:30PM
UCCE Office

Beginning of the year information will be handed out.

4-H Madness Fun to Return!

**Planning Meeting**
Thursday, August 7th
6:30 pm
UCCE Office

Each club should be represented at this important planning meeting. 4-H Madness is designed to help explain 4-H to new families and potential members. Plan to attend and make this event better than ever!
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/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

**Emerald Star applications due:** September 19th to the UCCE Office.

**Interviews:** Evening of Tuesday, September 30th at the UCCE Office.

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Second Annual Postal Archery Match Results

_Congratulations_ to the following members who participated in the 2nd Annual Postal Archery Match.

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Category</th>
<th>Score</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shelby Currie</td>
<td>Lemoore 4-H</td>
<td>Intermediate-Compound 20</td>
<td>Gold Medal</td>
<td></td>
</tr>
<tr>
<td>Shelby Currie</td>
<td>Lemoore 4-H</td>
<td>Intermediate-Compound 30</td>
<td>Bronze Medal</td>
<td></td>
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<tr>
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<td>Intermediate-Compound 40</td>
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<td>Lemoore 4-H</td>
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<tr>
<td>Riley Cunning</td>
<td>Lemoore 4-H</td>
<td>Senior-Compound 40</td>
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<tr>
<td>Kirsten Weas</td>
<td>Island 4-H</td>
<td>Senior-Compound 30</td>
<td>Silver Medal</td>
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<td>Kolbie Mello</td>
<td>Island 4-H</td>
<td>Junior-Traditional 10</td>
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<tr>
<td>Christian Czerewko</td>
<td>Lemoore 4-H</td>
<td>Senior-Traditional 30</td>
<td>Silver Medal</td>
<td></td>
</tr>
</tbody>
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State Record Book Competition

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, goal management skills, and leadership and citizenship development are selected as state medalists and/or state winners.

**Age Eligibility:** Senior 4-H members (at least 14 years of age and no older than 19 years old by December 31 of the program year for which the book is being entered) are eligible to enter state competition.

**Quick Start Course:** To be eligible for 2014 State Competition, members must complete the [California 4-H Quick Start Record Book Course](http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/) between January 1, 2014 and October 1, 2014. The course must be completed each year. Once you open the Prezi site, just click on the Play icon (arrow) and the course will start. At the end of the course, follow the link to complete the quiz.

More information on completing a State Record Book can be found on this website: [http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/](http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/).

**RECORD BOOKS FOR STATE COMPETITION MUST BE TURNED INTO THE UCCE OFFICE BY FRIDAY, OCTOBER 17TH.**
4-H Display Contest– Plan to Enter!

Celebrate National 4-H Week– October 5-11th

Plan to join in celebrating National 4-H Week by hosting a display to advertise 4-H. Clubs may enter as a club or as individual project groups. The purpose is to promote 4-H and your club! Displays may be window, poster, booth etc. and must be set up by October 6th. Once your display is in place, take pictures and submit to the UCCE Office via email to gldiener@ucanr.edu by October 17th. Be sure to include the location of the display and the viewing hours. Judging will be based on creativity, information/educational value, accessibility to the general public and overall look of the display. Prize money will be awarded to the clubs/project groups with the top three displays—1st place- $75: 2nd place- $50: 3rd place- $25.

Government Center Window Display

Kings County 4-H has a chance to inform the public of the great opportunities offered in 4-H by decorating the display window in the Administration Building at the Government Center for the month of September.

Are you creative? Do you have any ideas to spark interest in the 4-H Program? Share your talents by serving on this committee.

A planning meeting has been scheduled for:
Monday, August 4
6:00 PM
UCCE Office– Library

Bring your ideas!

4-H Sunday

Sunday October 5, 2014
10:00 am Mass
St. Brigid’s Church
1001 N. Douty St, Hanford

All 4-Hers are invited to join in the celebration of 4-H week by attending services at St. Brigid’s Church. Your help is needed to serve as:
*Altar Servers  * Readers  *Gift Bearers

More information contact Kristen Blancett at 816-8334.

If anyone would like to organize 4-H Sunday at additional church(es), please feel free. Contact the UCCE Office with the information so the word can be spread.

Spread the Word...

As the new 4-H year gets underway, it is time to think about ways to share the 4-H Program with other families in the community.

Why not encourage each of your veteran families to invite a new family to join 4-H? The veteran 4-H family can serve as a mentor for the new family. 4-H can be overwhelming to new families because there is so much to learn about 4-H.

Back-to-School Nights are another way to help spread the word about 4-H. Check with your local school and see if your 4-H Club can advertise to the parents and students attending. Let’s not keep this great organization to ourselves, help spread the word!

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 Surveys are open until August 31, 2014. Complete the survey for a chance to win $50.00. So make sure you log in to ORB and complete your surveys!
Science Inquiry Workshop

Join the fun and plan to attend this workshop and learn to incorporate engineering education into your existing projects or form new projects through tinkering and interactive activities. During this workshop leaders and junior and teen leaders will become familiar with new curriculum focusing on engineering including Design It!, TechXcite, Junk Drawer Robotics, introduce the National Youth Science Day activity.

Steven Worker, from the State 4-H Office will be on hand to facilitate the workshop. The date to reserve is Saturday, September 27 from 9:30 AM to 3:00 PM at the UCCE Office. Please register by September 22 at the following site: http://ucanr.edu/survey/survey.cfm?surveynumber=13468.

4-H Water Policy

As of July 1, 2014 drinkable water, without anything added, must be available at all 4-H meetings, activities and events. In addition, any 4-H fundraisers that include the sale of beverages must include water as an option.

The health and safety of 4-Hers is a priority at all activities and events. Drinking water is crucial for good health and will help prevent dehydration and heat illness. Having water available ensures a healthy beverage choice.

2015 State Fashion Revue- Through the Looking Glass

Incorporating participants suggestions, the two challenges for 2015 will be Costumes and Jackets. The Costume Challenge uses any technique, any materials, and any pattern, with no project requirement.

The Jacket challenge represents the sewing project and has tiered requirements: Juniors make a jacket using any pattern, Intermediates make a jacket and one other garment for the outfit, Seniors make a complete outfit including the jacket. The Traditional, Upcycled, and Consumer Science Purchased $40 will all return for 2015. 4-H age divisions statewide for 2014-2015 are Juniors 9-10 years, Intermediates 11-13 years, and Seniors 14-19 years. The first meeting of the State Fashion Revue Committee is on Saturday, October 4th in Stockton. All are welcome to join this dynamic committee and help design a positive event.
4-H National Youth Science Day (NYSD)

On October 8, 2014, millions of young people will become scientists for the day during the sixth annual 4-H National Youth Science Day (NYSD). This event, which takes place in urban, suburban and rural communities all across the nation, seeks to spark an early youth interest and leadership in science, technology, engineering and math (STEM) careers in an effort keep America competitive in those fields.

The 2014 NYSD is titled, Rockets to the Rescue, where youth will be tasked with the mission: design and build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. The focus of 4-H NYSD is to encourage youth to experience science in a fun, constructive manner, increase interest in the sciences and encourage participation in support of 4-H programs.

More information is available at: http://4h.ucanr.edu/Projects/SET/NYSD/. To order NYSD kits click here.

State Leaders Forum

November 14-16, 2014
Crowne Plaza Hotel in Sacramento
"101 WAYS 4-H THRIVES"

The 2014 California State Leaders' Forum aims to rekindle our capacity for inspiration and innovation. 4-H volunteers and staff from throughout the state, involved in all parts of 4-H, are invited to be inspired and strengthen our vision for the future of 4-H. State Leaders' Forum is a networking opportunity and a fun weekend too. Join us to refresh your 4-H commitment!

More information is available at: http://4h.ucanr.edu/Programs/Conferences/SLF/.

The registration for SLF can be found using this link: http://4h.ucanr.edu/files/191477.pdf. Early bird registration ends September 1st. The cost increases after that date.

Kings County 4-H Council will pay $100 per leader for up to 5 leaders who would like to attend the conference. The only requirement is that you must have completed at least two years as a leader at the time of application and have not previously received funds to attend.

Great Conference Opportunities!

California Focus  June 19-23, 2015 in Sacramento, CA

Citizenship Washington Focus  June 28-July 4, 2015
Extended travel days to Gettysburg, Philadelphia & Baltimore– July 5-7, 2015

Leadership Washington Focus  July 14-18, 2015 in Washington D.C.
(for 7th-9th graders)

For more information regarding these outstanding programs, please visit: http://4h.ucanr.edu/Programs/Conferences/

If you are interested in joining the countywide fundraising group to help finance your conference experience, please contact Michelle White at 381-2975 or email her at: mwhite2465@sbcglobal.net.
A Bugsalicious Adventure: Insect BioBlitz At Elkus Ranch
September 13    10 am-4 pm
Elkus Ranch, Half Moon Bay, CA

A Bugsalicious BioBlitz is a great hands-on learning event that engages the public about the life that lives in your backyard. At Elkus Ranch in Half Moon Bay, come help collect and identify your six legged friends at their mini Insect BioBlitz. Experts will be on hand, so no experience is needed. Bug-related crafts and snacks will be available as well. UC San Mateo will have a celebration of past, present, and future contributors to the UC Cooperative Extension, highlighting Hank Sciaroni.

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/.

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 4-H Program Representative  (50% time)  852-2743  gldiener@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

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

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

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/
Mr. & Mrs. John Camara, Jr.  
Mr. Myron Dutra  
Mr. Roger Dutra  
Mr. & Mrs. Albert Duyst  
Mr. Roger Feaver  
Mr. & Mrs. Gerald Fry  
Mr. & Mrs. Jim Gregory  
Dr. Robert Junell  
Mr. & Mrs. Floyd Kanagawa  
Dr. Michael Mayer  
Mrs. Elsie Oliveira  
Mr. & Mrs. John O'Rourke  
Mr. Clarence Santos  
Mr. & Mrs. Dennis Sargent  
Mr. & Mrs. Gerald Theodore  
Mr. & Mrs. Fred Wing  
Avila Dairy Equipment  
Bacome Insurance Agency  
Bressler & Company  
Calarco, Inc.  
California Dairies, Inc.  
D & E Dairy  
Danell Brothers  
DeGroot Dairy  
Delta View Farms  
Dias Law Firm, Inc.  
Dooley Ranch  
Draxler Land Company  
Evangelho Seed Co., Inc.  
Farm Credit West  
Fred & Don Giacomazzi Farms  
Gar Tootelian, Inc.  
Gary V. Burrows, Inc.  
Grabow Farms  
Hacienda Angus  
Hakker Dairy  
Hanford Equipment Co.  
J.G. Avila Farms  
Jensen Aircraft Service, Inc.  
Kings County DHIA  
Kings County Farm Bureau  
Kings Dairy Supply Inc.  
Kingsburg Federal Land Bank  
Kingsburg Federal Land Bank  
Land O’ Lakes  
Leprino Foods  
M. F. Rosa Dairy  
Netto Ag Inc.  
Pacific Ag Insurance Agency  
Raven Farms  
R-n-R Welding  
Royal Car Care  
Safarjian Farms  
Silva's Welding  
South Fork Ranch  
Sullivan Farming  
Supervisor, District 1 Joe Neves  
Supervisor, District 4 Tony Barba  
Tos Farms, Inc.  
Tri T Farms  
Valentine Herefords  
Willow Grove Farms  
Workingman's Store  
World Wide Sires, Ltd.
Kings County 4-H Relay Team

Upcoming team meetings:
Wed., July 23rd
Wed., August 20th
Wed., September 3rd and 17th
Wed., October 1st and 8th

All meetings will be held at 6:30 p.m. at the UCCE Office Multi-purpose room.

Help us Paint the Town Purple:
Sept. 6th from 9 a.m. to 1 p.m.
Location TBD

Our team will be assigned a corner here in town where we stand and collect money. Team members are asked to wear purple. Once our location has been determined, an announcement will go out.

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 and adults sign-up as team members. (see information below)
- 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
BACK TO SCHOOL ALREADY?

While parents prepare to send their children back to school, they need to remember that nutrition plays a huge role in academic success. Multiple studies have shown that poor nutrition adversely effects school performance and overall achievement.

The best way parents can help their children nutritionally is by making sure they have a healthy breakfast. Suggestions about their breakfast, consists of a variety of foods, especially high-fiber and nutrient-rich whole grains, fruits, and dairy products. This may include:

• Fiber rich and whole-grain cereals with low fat milk
• Yogurt and berries
• Toast, eggs and 100 percent fruit juice
• Whole wheat bagels and cheese or eggs with low fat milk
• Be careful about what children drink. Even 100 percent juice is loaded with sugar. Encourage children to drink low fat white milk, or plain or sugar-free flavored water. Children should avoid drinks containing added supplements like herbs and caffeine.

In the rush to get your children to school, it’s important not to forget the value of preparing them a healthy lunch. Many studies have shown that children who eat healthy, balanced breakfasts and lunches aren’t just more alert throughout the day, they also earn better grades than those who don’t eat healthy. It isn’t as time consuming as it seems. You can follow these easy tips:

Switch white bread for whole grain: If sandwiches are a staple in your child’s lunch, the easiest way to make a change is to substitute whole grain bread for white. There are many varieties out there to please even the pickiest eater. You can also substitute flour tortillas with wheat ones and white pita with whole grain. Fill them with proteins like turkey slices and cheese. If your child prefers warm food in a thermos, you can fill it with brown rice, whole grain pasta and even oatmeal.

Pack a rainbow: Fruits and vegetables are great sources of nutrition. Make fruits and vegetables more interesting. Pack green and purple grapes or colorful berries, dried apricots, mangos, cut red and orange peppers into strips and send them with a fun dipping sauce like hummus or yogurt and send oranges already peeled and sliced. The prettier the presentation, the higher the chances are your child will reach for it.

Water, water, water: Juice may seem harmless, especially since the labels read things like “packed with fruit.” But juice adds a lot of unnecessary sugar and calories to your child’s diet. Consider rethinking what they drink and send a bottle of water along with, or instead of, the juice box. Not only does drinking water eliminate extra sugar from their diet, but it also keeps children from getting dehydrated throughout the day. Low-fat milk is also a good idea since it provides calcium and protein.

Think about temperature: Would you eat warm yogurt or cold rice? The temperature inside your child’s lunchbox is just as important as what is inside. Keep hot foods warm by sending them in a thermos, it helps if you first fill it with boiling water for two minutes to retain some heat. Keep cold items like cheese or hardboiled eggs cool by using ice packs. You can also use a refillable water bottle filled with ice cubes to keep things fresh, plus it will provide drinking water at the same time!

Plan ahead: Making a healthy lunch does take some thought, but the morning rush, when everyone’s trying to get out the door, isn’t the best time to get creative. Try to make a routine of packing some items the night before. Cutting up fruit, pre-making sandwiches, boiling whole grain pasta are all time-saving steps.

Provided by the University of California CalFresh Nutrition Program