Food Olympics

February 21, 2015
8:45 AM – Set-up begins
Hanford West High School

The Food Olympics refers to the Favorite Foods Fair, the Place Setting Contest and Cup Cake Decorating. Plan to participate in 1, or 2 or all 3 contests! You can even earn showmanship credit!

For detailed information on how to participate in this event and to view pictures of previous entries, access the schedule and score sheets please visit: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/

Pre-entry is required. Entry forms are available at the above website, or you may enter on-line at: http://ucanr.edu/survey/survey.cfm?surveynumber=14357. Entries are due February 6th to the UCCE Office.
Council News
The next council meeting will be:
**Tuesday, January 6th**
7:00 pm  
UCCE Office– Multi Purpose Room  
Hosted by Kings River

Plan to attend, your presence is important. Topics of discussion include—Presentation Day, Food Olympics, 4-H Fair Planning, Record Book Committee Report etc.

Member Tip of the Month
Starting a new project? Check out project sheets for ideas on how to start: [http://4h.ucanr.edu/Programs/Projects/Project_Sheets/](http://4h.ucanr.edu/Programs/Projects/Project_Sheets/).

Do you know a 4-H adult volunteer that would be great at writing a project sheet? The State 4-H Office is looking for people to help write and develop the content for project sheets. Project sheets serve as descriptors and guides for project leaders as well as assist parents and youth in project selection.

If you are interested in developing one or more sheets, or know of volunteers that could help, please contact Steven Worker at smworker@ucanr.edu.

Thrive Meeting
**Thursday, January 27, 2015**
6:30 PM  
UCCE Office

4-H offers opportunities for youth to realize their true and full potential through the Step-It-Up-2-Thrive curriculum. By incorporating the Step-It-Up-2-Thrive process, 4-H will:
- Develop youth self-reflection skills.
- Teach a common language for thriving.
- Provide a holistic view of personal development.
- Inspire youth to create visions for their futures.
- Motivate youth to work toward meaningful goals.

Spark surveys will close January 31, 2015. Go to ORB for survey link.

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

**Tuesday, January 6, 2015**
6:00 pm (prior to Council)  
UCCE Office– Library

New committee members are needed!

Kings County 4-H Fashion Revue  
Saturday, March 21, 2015

4-H Fair Planning Meeting
**Thursday, January 15, 2015**

*Indoor*—6 pm in the UCCE Library  
*Livestock*—7 pm in the Multi-purpose Room

It is time to begin planning for the 4-H Fair! Your ideas and input are very important. Everyone is welcome to attend. Department chairmen are needed. Please bring your ideas to the Fair Planning meeting and consider volunteering.

Countywide Shooting Sports Meeting Rifle & Pistol
**Saturday, January 31st**
9:00 am to 12 noon  
Lemoore Sportsmen’s Range  
23310 Elgin Ave, Lemoore

Bring warm clothes, a hot drink and a chair. Mr. Chrissakis will have rifles and pistols for members to work with. Feel free to contact him with any questions or concerns.

Shooting Sports Leader-Rifle & Pistol  
Gregg Chrissakis  559-816-6352

COUNTYWIDE PYGMY GOAT MEETING
**Saturday, January 17th**
12 noon  
Garcia Residence– 16517 Jackson Avenue in Lemoore

Come and learn more about the Pygmy Goat project. The group participated in the Lemoore Christmas Parade and received 3rd place. Congratulations!! For more information contact Yvette Garcia at 381-0165.
E.M. Tharp & World Ag Expo
"We Believe in Growing Scholarship"

DEADLINE: January 16, 2015

World Ag Expo and E.M. Tharp Inc. team up again to provide the "We Believe in Growing" scholarship, created to further support agriculture education. High school seniors from Madera, Fresno, Tulare, Kings and Kern counties are encouraged to apply.

Two $10,000 scholarships will be awarded to students who attend a four-year university to major in an agricultural field. The scholarships will be disbursed over four years at $2,500 per year, per student.

Send Applications to:
International Agri-Center, Inc.
Attn: We Believe in Growing Scholarship
4500 South Laspina Street
Tulare, CA 93274

For more information:
http://www.worldagexpo.com/-we-believe-in-growing-scholarship

Kings County Presentation Day

February 21, 2015
9:15 AM – Registration Begins
10:00 AM – Presentations Begin
Hanford West High School

4-H encourages every member to develop and polish their public speaking skills by participating in County Presentation Day. There are many ways to participate in Presentation Day, from giving a traditional demonstration or illustrated talk where a 4-Her shows “how-to-do” something using visual aids or posters to a prepared speech or interpretive reading or an impromptu speech etc. (The ways to participate are explained on line at http://www.ca4h.org/files/2193.pdf.)

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that “practice makes perfect” is especially true for presentations. Then, enter Presentation Day!

A comprehensive 4-H Presentation Manual is available online at http://cekings.ucanr.edu/files/18996.pdf or at the UCCE Office. Please review the manual so your presentation is entered in the correct category. Entering your presentation in the correct category insures the proper evaluation form will be used by the judges.

To enter County Presentation Day, you may enter on-line at https://ucanr.edu/survey/survey.cfm?surveynumber=11982 or access the paper entry form at http://cekings.ucanr.edu/files/202598.pdf.

Entries are due to the UCCE Office February 6th, 2015.

Presentation Day is held in conjunction with the Food Olympics. You may enter both the Food Olympics and Presentation Day. Please call the UCCE Office with any questions at 852-2731.

Volunteers are needed to assist with Presentation Day. Judges are needed (adults) as well as Room Monitors and Master of Ceremonies (youth). If you would like to volunteer, you may sign up at http://ucanr.edu/survey/survey.cfm?surveynumber=14358.

2015 Kings Fair Dairy & Beef Contracts

Dairy Replacement Springer & Yearlings along with market beef contracts are available from the Kings Fair office or the Fair website. Contracts must be completed and returned to the Kings Fair Office by February 13, 2015.
Emerald Star Project Update

Hygiene Helpers

Thank you for all the donations that have been made to our Emerald Star project. We have donated almost 150 kits and donations continue to come in, so we are well on our way of reaching our goal of 200 kits by the end of February. If you are interested in helping the less fortunate you can donate items at your club meetings, the CE Office or by contacting us via email at hygienehelpers2014@gmail.com to arrange for pick up. The Hygiene Helper Kits include: shampoo, conditioner, soap, lotion, toothbrush, toothpaste, chap stick, tissue, and personal cleaning wipes. We appreciate your support! Payton McConnaughy and Tara Fry

Valley Animal Haven Improvement Project

Please help with the project at the Valley Animal Haven by collecting recyclable cans and bottles so we may raise extra money to help VAH. Please drop off any donations to the UCCE Office or email me at hrs2579@gmail.com. If you can’t get the cans and bottles to the UCCE Office, I can pick them up. You can also find the VAH wish list for other essential items on their website, http://www.valleyanimalhaven.org/.

Thank you so much! Haley Smith

Cancer Care Packages

Items are still needed for Cancer Care Packages. Items in greatest need are:

• unscented hand sanitizer
• unscented antibacterial wipes
• unscented tissues
• Udderly Smooth body cream
• hard candy
• flavor packets for water

All of these items are available at your nearest drug store. Items can be dropped off at the UCCE Office or please contact me at kaylacakes29@gmail.com to arrange for pick-up.

Thank you! Kayla McCalvy

State Record Book Results Announced

Congratulations to Ashley Olson from Oakvale 4-H. She submitted her 4-H Record Book for judging at the state level and was selected as a Medalist!

State Make it With Wool Contest Results

Congratulations to Lilly Barcellos from Mid Valley 4-H for placing 2nd in the pre-teen division at the State level of the Make it With Wool Contest. Way to go!

Looking for a Home...

A 4-H leader is looking for a home for her surplus supply of plastic beads. If you need them for a project, please contact the UCCE Office at 852-2731.

Western Classic Jr. Dairy Show

February 28 – March 1st

Kings Fairgrounds

The Western Classic is quickly approaching. This great Dairy Show is in Kings County! Be sure to take advantage of participating in a show that is so close to home! Entries are due and/or must be postmarked by February 18th. For more information click here:

Western Classic Junior Dairy Show information

4-H Food Science Curriculum Available

What’s on your Plate, Exploring Food Science is a comprehensive curriculum set with hands-on experiments for grades 5 to 12. Check out the curriculum at http://www.4-hmall.org/Product/food-science/whats-on-your-plate-set-of-8/01419S.aspx

Kings County Farm Day

March 12, 2015 at the Kings Fairgrounds

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

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

**Archery**

- **Saturday January 17, 2015**  
  9am-4pm  
  Livermore-Pleasanton Rod & Gun Club
- **Sunday January 18, 2015**  
  9am-1pm  
  4000 Dagnino Rd., Livermore, CA

A 4-H Archery Training for Volunteers and Junior/Teen leaders will be held in Alameda County. You must be an enrolled 4-H leader or 4-H member (12 or older) and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a slideshow lecture, review of equipment, practice shooting, practice teaching, and a written test. The cost is $25 per person to cover the range fees. Overnight RV parking, water & power only, is available for an additional fee.

To register, complete and mail the “4-H Shooting Sports - Application for Certification” available at [http://4h.ucanr.edu/files/4785.pdf](http://4h.ucanr.edu/files/4785.pdf), an adult or youth 4-H medical release form and a $25 check payable to “De Arroyo 4-H Club”. Registration is due Friday, January 9th and space is limited. For more information call Jenny at 925-321-6009 or email her at jsiders@gmail.com. Return forms and check to: Jennifer Siders, 4967 Erica Way, Livermore, CA 94550

**Shotgun**

- **Saturday, January 17, 2015**  
  9am-6pm  
  Stockton Trap & Skeet Club
- **Sunday, January 18, 2015**  
  9am-3pm  
  4343 North Ashley Lane, Stockton, CA

A 4-H shooting sports workshop for the shotgun discipline will be held in San Joaquin County. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a shotgun trainer and can lead a shotgun project at the club level or serve as county trainer to certify other leaders. The cost for the course is $40 and includes class materials, 20 and 12 gauge ammunition used during the course of the class. To register for the course or receive more information, contact Jason Rivers (209)640-2614 or via email k9miles@sbcglobal.net.

**Rifle**

- **Saturday, February 7, 2015**  
  8am-6pm  
  Safety First Association - River Oaks Range
- **Sunday, February 8, 2015**  
  8am-4pm  
  Winton, CA

A 4-H shooting sports workshop for the rifle discipline will be held in Merced County. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu


Participants will be required to fill out a facility waiver to participate. To view the language of the waiver or to download it and sign it prior to the meeting you can go to: [http://www.safetyfirstshooting.org/SFSA_Risk_Agreement_rev1a.pdf](http://www.safetyfirstshooting.org/SFSA_Risk_Agreement_rev1a.pdf).

MORE INFORMATION ON THESE CERTIFICATIONS CAN BE FOUND ON THE STATE WEBSITE: [http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/](http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/)
Apply to Be a 2015-2016 4-H State Ambassador!

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest youth service-learning opportunities and recognitions attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and service learning, and have been selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service.

**4-H State Ambassadors are selected to:**
- Act as State 4-H representatives to various local, sectional and statewide programs and activities; including public presentations, workshops and leadership development opportunities.
- Coordinate, plan and implement the 4-H State Leadership Conference.
- Provide donor stewardship support to the California 4-H Foundation.
- Identify needs in the 4-H Youth Development Program and develop or recommend strategies for improvement through participation in a variety of Advisory Committees.
- Advance positive youth development through the adoption of a significant service learning project that makes statewide impact over the course of the service term.

**Term:**
4-H State Ambassadors are expected to make a 15-month commitment to the program beginning May 1, 2015 and ending August 31, 2016. State Ambassadors are required to commit significant time to the work of being a State Ambassador. In general, Ambassadors spend 10-40 hours per month, not including travel time, performing the tasks of their role.

**Eligibility Requirements:**
4-H State Ambassador candidates must have completed at least one year as a California 4-H member. 4-H State Ambassador candidates must be at least 16 years old on May 1, 2015 and no older than 18 years old as of December 31, 2015.

For more information, visit: [http://4h.ucanr.edu/files/201381.pdf](http://4h.ucanr.edu/files/201381.pdf). Application deadline **February 16, 2015**.

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**California Focus**

**June 19-23, 2015**

Sacramento

For Youth 14-19 years old by trip date
Registration deadline: March 31, 2015
Total Cost: $665.00- due in 2 installments

For more information and registration link visit: [http://4h.ucanr.edu/4-H_Events/CF/](http://4h.ucanr.edu/4-H_Events/CF/)

**Kings County 4-H Leaders Council Scholarship:**
The Leaders Council offers 6 scholarships of 1/3 of the conference fee to those members who wish to attend California Focus. The member must be between 14 & 19 years old, have completed 2 years in 4-H and one year in the citizenship project and turned in a completed record book from the previous year. The scholarship is available only once per member. Contact the UCCE Office for more information on the scholarship.

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**Leadership Washington Focus**

**July 13-17, 2015**

National 4-H Youth Center, Chevy Chase, MD

The Leadership Washington Focus Conference is designed for those 4-H members entering the 7th-9th grade by the conference date. 4-H’ers learn civic and leadership skills that are essential for the future. For more information contact Jenna Colburn at jcolburn@ucanr.edu.

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**Check out the 4-H Mall!**

Need some swag? Check out the 4-H Mall! You can shop for branded clothes, products, gear and curriculum. Click here: [http://www.4-hmall.org/Home.aspx](http://www.4-hmall.org/Home.aspx)

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**State Leadership Conference 2015**

**July 23-26, 2015 at UC Irvine**

For youth 13-19 years old
Registration will open the week of Feb 1st!
ALL STAR CANDIDATE SPOTLIGHT

Meet Jacob Willhite

Favorite Movie: “X-Men Days of Future Past
Best Book Read: Rick Riordan’s Percy Jackson Series
Favorite Musical Group: I am a big fan of most alternative music
My Hero: John F. Kennedy
What does 4-H mean to you: I believe that 4-H is a program that provides children with life skills that will help them grow as people.
Favorite 4-H Project: Thrive
Most Memorable 4-H Experience: State Leadership Conference 2014
Favorite Inspirational Quote: “Life is like a door, you’ll never get through it with your hands in your pockets.”
Words to live by: Yolo.

What is the Sponsoring Committee?

Kings County 4-H is very fortunate to have the assistance of the Sponsoring Committee which helps to raise money to support the activities and needs of the 4-H program locally. The committee is made up of business people, 4-H alumni, and some 4-H leaders. The committee heads up a yearly mail campaign soliciting support for the program.

While 4-H families work hard to make the BBQ fundraiser a success, without the added support from the Sponsoring Committee the 4-H Program would operate in a deficit. The Sponsoring Committee recognizes that 4-H leaders spend their precious time working directly with the youth and are committed to help relieve some of the burden of fundraising.

The committee normally meets once or twice a year. If you know of any good candidates for this committee, people that care about youth development and 4-H and have lots of good community contacts, please contact Georgene at 852-2743.

Club News

Kings Harvest

The Kings Harvest 4-H club held their monthly meeting on Monday December 8th at 7 pm. The meeting was called to order by our president Mary Rosa. Our members reported on their projects and also reported on the past events they attended. We discussed upcoming events such as: 4-H Fair Planning meeting in January, Presentation Day on February 21 and in March there will be a record book workshop. We enjoyed games from our Song and Rec leaders. And enjoyed our little Christmas party. Next month, we will meet on Monday January 12th at 7 pm.

Kings Harvest Reporter---Colten Palomino

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 Mgr. (full time)
852-2730 connie.egger@co.kings.ca.us

OFFICE HOURS: 8am-12 noon and 1pm-5pm Monday—Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
Give Your Plate A Taste Lift

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. Beginning with this new year experiment with new flavors and flavor combinations in healthy meals and Enjoy the Taste of Eating Right.

Taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most, so make taste a priority when preparing nutritious meals.

To maximize food’s flavor and nutrition, choose high-quality ingredients at their peak quality, and be sure to store and handle foods properly. Proper food handling and storage can enhance the natural flavors of food and keep nutrient loss to a minimum. Overcooking can destroy both flavor and nutrients so be sure to cook foods properly to retain nutrients and enhance flavor, color, texture and overall appeal.

Try some of these simple techniques to enhance flavor while experimenting with flavor combinations:

- Intensity the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
- Pep it up with peppers. Use red, green and yellow peppers of all varieties—sweet, hot and dried.
- Try grilling or roasting vegetables in a very hot (450°) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don’t dry out. Sprinkle with herbs.
- Caramelize sliced onions to bring out their natural sugar by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
- Simmer juices to make reduction sauces. Concentrate the flavors of meat, poultry and fish stocks. Reduce the juices by heating them—don’t boil.
- For fuller flavors, incorporate more whole grains such as brown rice or quinoa.
- Add small amounts of ingredients with bold flavors like pomegranate seeds, chipotle pepper or cilantro.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange.
- Enhance sauces, soups and salads with a splash of flavored balsamic or rice vinegar.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees and salsas of all kinds.

These simple cooking steps can really transform your favorite meals and foods, but keep in mind the average adult has 10,000 taste buds and people sense the same foods differently. Don’t be afraid to try new foods, flavors and taste combinations.

Contributed by University of California, CalFresh Nutrition Education Program