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<th>APR</th>
<th>EVENT/DEADLINE</th>
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<tr>
<td>3</td>
<td>Applications due for NEW All Star Candidates to UCCE Office</td>
<td>March Issue</td>
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<td>4</td>
<td>Goat Clinic/Workshop @ Tulare COS Campus 9 am</td>
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<td>7</td>
<td>Council Meeting @ UCCE Multi-purpose Room 7:00 pm</td>
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<tr>
<td>9-11</td>
<td>4-H Fair @ Kings Fairgrounds</td>
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<tr>
<td>11-18</td>
<td>National 4-H Conference @ National 4-H Center, Chevy Chase, MD</td>
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<td>12</td>
<td>4-H Fair Archery Match @ Barry’s Archery Range 8:30 am</td>
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<tr>
<td>13</td>
<td>“Purple Up! For Military Kids” - wear purple today</td>
<td>March issue</td>
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<td>16</td>
<td>Interviews for NEW All Star Candidates @ UCCE Office Suite G</td>
<td>March Issue</td>
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<td>18</td>
<td>Countywide Dog Care Meeting</td>
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<td>20</td>
<td>Entries due for Sectional Presentation Day hosted by Kern County</td>
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<tr>
<td>21</td>
<td>Countywide Rabbit Meeting @ UCCE Office 6:30 pm</td>
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<td>25</td>
<td>Sectional Presentation Day—Thomas Jefferson Middle School in Wasco</td>
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<td>26</td>
<td>Countywide Pygmy Goat Meeting @ Garcia’s 3:00 pm</td>
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<td>27</td>
<td>4-H Leaders/Sponsors Recognition Dinner RSVP deadline</td>
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<tr>
<td>28</td>
<td>Thrive Project Meeting @ UCCE Office 6:30 pm</td>
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**Color Me Green Run– Big Success!**

Kings County 4-H All Stars sponsored a very successful Color Me Green Run. There were 216 runners participating in the run. Thank you to our generous sponsors: CMAB, Stoney’s Sand & Gravel, Medeiros & Son Dairy, Kings Fair & UCCE-4-H Development Program. Congratulations to the All Stars and their Advisor Kelley Medeiros for an awesome event.

Back row: Ashley O., Ashley D., Adam, Jacob, Reed.
Front Row: Advisor-Kelley Medeiros, Mara & Macey

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It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/sites/anrstaff/files/176836.doc). Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.
**Council News**

The next council meeting will be:

**Tuesday, April 7th**

7:00 pm

UCCE Office– Multi-purpose Room

Hosted by Grangeville 4-H

Plan to attend, your presence is important. Topics of discussion include– 4-H Fair, Record Books, Council Elections, Leader’s Dinner, All Star Selection etc.

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**Member Tip of the Month**

Did you know that the 4-H program offers many opportunities to practice and develop your public speaking skills? Why are public speaking skills important? Public speaking skills are ranked number one among the skill sets of professionals.

4-H members can present at project meetings, community club meetings and local events. Youth can also present at County Presentation Day. Winners from County Presentation Day may advance to Sectional Presentation Day. After sectional competitions, winners compete at State Presentation Day.

Check out more information on 4-H public speaking and connect with your project or club leader to see how you can start to sharpen your public speaking skills!

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**Youth Talk Articles**

The *Youth Talk* is the major provider of information for the Kings County 4-H Program. Clubs and groups are encouraged to submit articles to promote fundraisers, activities and events.

When submitting an article, please have it ready by the 3rd Friday of the month. Be sure your article includes all the important information— who, what, when, where, why and how. Contact information is essential if a club is selling a product, or questions need to be answered. Articles should arrive ready to print. Please submit articles to gldiener@ucanr.edu.

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**Record Book Update**

The Record Book Committee has been working diligently to bring County Record Book Judging back to the County level. Soon you will be receiving some updated tools to help your members fill out their Personal Development Report Form.

The format of the Record Books will follow the State 4-H guidelines. (This can be found on the State 4-H website).

Record Books will be due to the UCCE Office on Friday, August 14th, and judging will be scheduled for the following week. Each club will be required to send a set number of “qualified” judges based on the number of books that have been sent on for county judging. The State 4-H Office is working on a County Record Book Judging webinar that will train and qualify volunteers to judge the books.

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**Sectional Presentation Day**

**Saturday, April 25, 2015**

*Thomas Jefferson Middle School*

*305 Griffith Avenue Wasco, CA*

County Presentation Day participants receiving a gold medal or gold seal are eligible to advance to Sectional Presentation Day hosted by Kern County 4-H. Kings County has 16 gold medal/gold seal presentations! Entries are due by April 20th via on-line registration. Show your support of our presenters by volunteering to serve as a Presentation Day Judge! Judges attend an orientation at 9:15 AM and presentations will begin promptly at 9:45 AM.

Each county is required to send one volunteer judge for every 3 presentations. You may sign up to be a judge at: [http://ucanr.edu/survey/survey.cfm?surveynumber=15125](http://ucanr.edu/survey/survey.cfm?surveynumber=15125)

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**4-H Fair Archery Match**

**Sunday, April 12th**

*Check-in: 8:30 am*

*Barry’s Archery Range*

*21134 Grangeville Blvd., Lemoore*

**Entry Form**

Registration Deadline is April 4th and space is limited to the first 76 shooters. Entry Fee is $20.00.

If you have any questions, contact Stan Barry at 974-2551 or barrysarchery@outlook.com
Kings County 4-H Fair News
April 9th—Indoor Exhibits Judged  3:30-6:30 pm  
April 10th-11th—Livestock Shows  
Kings Fairgrounds

The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer. Leaders and parents, please encourage your members to participate in this event!

Indoor Exhibits:

Thursday, April 9
12 noon Indoor Exhibit Building opens for table set-up for clubs
3:30-6:30 PM Judging of Indoor Entries

Friday, April 10
4:00-7:00 PM Viewing of Indoor Exhibits

Saturday, April 11
9:00-12 noon Viewing of Indoor Exhibits
12:00-1:00 PM Release of Indoor Exhibits

Livestock Exhibits:

Friday, April 10
Poultry, Rabbit & Cavy, Goats & Beef Show
Dairy Replacement & Dairy Yearling Inspection
Beef, Meat Goat, Sheep & Swine weigh-in

Saturday, April 11
Dairy, Swine, Sheep & Market Goat Show
Large & Small Animal Round Robin
Awards Assembly

Entry forms, Fair Booklet, and a complete schedule are available from your CCL and are on the 4-H website: [4-H Fair](#).

Please refer to your 4-H Fair Booklet for parking instructions. Plan to camp at the fairgrounds, details are available in the 4-H Fair Booklet.

Is there a Photography group or a Photography member that would like to be the Official 4-H Fair photographer?

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4-H Fair Concessions
A Washington Focus Fundraiser
April 10 & 11, 2015

The WA Focus delegates will be running the concession stand at the 4-H Fair again this year! The booth will be open Friday, April 10th from 4:30 pm to 9:00 pm. On Saturday, the booth will be open from 7:00 am until the Fair closes in the afternoon.

On Friday, there will be a limited number of BBQ pork ribs available. It’s a great way to feed the entire family between set-up and the livestock shows! 1/2 rack and 1/2 dozen rolls are $25.00. Call 707-1916 if you would like to pre-order. There will also be all the fair favorites including Frito boats, hotdogs, chili dogs, nachos in addition to soup or Chinese chicken salad (depending on the weather)!

On Saturday, yummy breakfast burritos will be available along with hot coffee and hot chocolate! It’s a great way to start your busy day! For lunch, there will be pulled pork sandwiches, Chinese chicken salad and all the other favorites.

Your support is appreciated!
Kings County Leaders & Sponsors Recognition Dinner

Thursday, May 7, 2015

7:00 PM

Belle Bogan Building, Kings County Fairgrounds

4-H Leaders—Free   Members & Guests- $6.00

(Please make checks payable to Kings County 4-H Leaders Council)

Reservation deadline is Monday, April 27, 2015

Reservations can be made online or call the UCCE Office- 852-2731

All 4-H families are invited to attend the Leaders & Sponsors Recognition Dinner. The dinner will honor Kings County 4-H Leaders and Sponsors. The 2015-16 All Star Candidates will be announced, and the new Council officers will be installed.

Club Responsibilities are:

Food Items                                                                 Non-Food Items

Corcoran: Salad & Dressing  Kings Future Promise: Rolls & Butter  Kings River: Decorations & Table Cloths
Delta View: Green Beans  Mid Valley: Beverages  Island: Paper Products
Grangeville: Dessert  Oakvale: Rice  Clean-Up: All Clubs
Kings Harvest: Meat

The help of all 4-H Clubs makes this event a success. Each club will need to send a 4-H member to assist with serving and all clubs are needed to help with clean-up. Servers should plan to arrive by 6:45 PM.

You’re invited—plan to attend!

Emerald Star Project

Hygiene Helpers

Thank you to everyone who donated to our Hygiene Helper kits. Your generosity is greatly appreciated. We were surprised at how much support we received from our community and 4-H Clubs. With your help, we exceeded our goal of 200 and reached a total of 528 kits! The kits were donated to St. Vincent De Paul to help the homeless in our community. During our project, it was fun to see the different products that were donated and how many bags we actually assembled over the five months. Thanks again, our project wouldn’t have been possible without your support!

Tara Fry & Payton McConnaughy

Revolution of Responsibility Grant

Valley Animal Haven

Thank you!!! Thank you everyone who helped with the Valley Animal Haven Improvement project. We were able to get everything accomplished we had planned. We built a cat hut which now houses 6 cats. The dog kennels we donated now house 3 dogs each. It was amazing to work with Pam Brazil and give more animals a home. You can access a short video about our efforts at https://www.youtube.com/ by searching 4-H Delivers - Valley Animal Haven improvement project.

Haley Smith

Emerald Star Projects

Emerald Star Projects have been completed by Payton McConnaughy and Tara Fry, “Hygiene Helpers” and Kayla McCalvy, “Cancer Care Packages”. They will receive their Emerald Star award at County Achievement Night in October. The response to these projects was overwhelming!

New Emerald Star Project:

Raine Palomino & Tyler Dunn were approved for their “Can YOU Make A Difference!? project. They will be collecting items for the Valley Animal Haven.
Washington Focus Fundraiser– Enchilada/Burrito Sale

The Washington Focus delegates are selling Enchilada/Burrito vouchers for Sal’s Mexican Restaurant.....

Here is how it works...The vouchers are good for up to one year so you can use them now or save them for unexpected guests, potluck dinners, gifts, or any other special occasion. The vouchers are $18.00 and can be redeemed for one dozen enchiladas (ground beef, shredded beef, chicken, or cheese) or one dozen bean & cheese burritos. These vouchers are good for phone in, take-out orders only (be sure to tell them you have a voucher) and the best part is the food is hot and ready to eat when you pick it up! They freeze well also to save for later...

The restaurant sells ½ dozen of these yummy enchiladas or burritos for $16.99 so what a deal...stock up now for summer get togethers or even for the holidays for the rest of the year! The vouchers are redeemable at any Sal’s Mexican Restaurant located in Selma, Fresno, and Madera.

Please contact any of the Washington Focus Delegates below for vouchers to be delivered, checks may be made out to Kings County 4-H Leaders Council.

Ashley Olson text/call 559-260-5158
Ashley Daniel 559-362-1997
Jacob Willhite 559-707-1916
Kayla McCalvy 559-381-2975

Vouchers will be sold through April 12th, but deliveries are available before the end date....

I am organizing a blood drive to be held at the 4-H Fair for my service learning project for Washington Focus. My goal is 35 pints of blood to be donated during this blood drive. Donating blood is important and a way to give back to the community you live in.

**Look for us at the blood mobile by the livestock barns**

*Saturday, April 11th, 2015*  
*9 am to 1 pm*

Here are some guidelines for prospective donors:

- You must be 17 years old to donate or 16 with your parent’s permission.
- You must weigh at least 110 lbs.
- You can donate blood every 56 days or approximately 2 months.
- Please drink a lot of water the day before donating and eat a healthy breakfast the morning of the blood drive...also it is recommended you limit your caffeine prior to donating.

Some interesting statistics:

- 4.5 million Americans will need a blood transfusion each year.
- 43,000 donated units are used each day in the U.S. and Canada.
- Someone needs blood every 2 seconds.
- Less than 10% of the 37% of Americans who can give blood donate.
- One pint of blood can save up to 3 lives.
- The blood supply today is safer today than ever before because of modern technology and strict screening practices.

Please email me at jeffgigi@hotmail.com to donate or text/call 559-260-5158, to sign up for an appointment time. You can also come the day of the event, but they recommend I make the majority of the appointments in advance to make sure you won’t have to wait as long.

Even if you can’t donate please come by to learn about giving blood and the importance of it.

Submitted by: Ashley Olson
Fashion Revue Results

**STATE DELEGATES**

**CONSTRUCTED**
- Kendra Ward: Kings Harvest, Junior
- Ragan Jessup: Kings River, Intermediate
- Ashley Olson: Oakvale, Senior

**$40 PURCHASED**
- Angelina Raulino: Lemoore, Junior
- Laura Denham: Grangeville, Intermediate

**UPCYCLED**
- Amanda Curtis: Corcoran, Junior

**JACKET CHALLENGE**
- Megan Clarke: Island, Junior
- Paige Clarke: Island, Intermediate
- Raine Palomino: Kings Harvest, Senior

**COUNTY WINNER**

**$100 PURCHASED**
- Rory Valov: Kings River, Intermediate

**MEDALIST**

**CONSTRUCTED**
- Laura Denham: Grangeville, Intermediate
- Anna Felipe: Island, Intermediate
- Raine Palomino: Kings Harvest, Senior

**GOLD SEAL**

**CONSTRUCTED**
- Shyanna Ward: Kings Harvest, Junior
- Michael Coelho: Kings Harvest, Junior
- Lilly Barcellos: Mid Valley, Junior

**$40 PURCHASED**
- Katherine Nettles: Island, Junior
- Amanda Curtis: Corcoran, Junior
- Rory Valov: Kings River, Intermediate

**UPCYCLED**
- Lilly Barcellos: Mid Valley, Junior

**PRIMARY**

**$40 PURCHASED**
- Brittany Curtis: Corcoran
- Clare Curtis: Corcoran

These young ladies will be representing Kings County 4-H as State Delegates to the State Fashion Revue on May 30th at UC Davis.

Seventeen 4-H members participated in the County Fashion Revue on March 28th. After judging was completed the members modeled for the residents of The Remington Retirement Home. As part of a community service project, the residents received bracelets the members had made earlier in the day.
What are California 4-H Scholarships for Higher Education?

The California 4-H Youth Development Program is committed to promoting higher education, in part through offering financial assistance in the form of scholarships. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students. Candidates who were 4-H members in high school may now apply for funds to cover educational expenses such as tuition, books, and room and board.

Who can apply for 4-H scholarships?

Candidates must be:

- Currently enrolled or plan to be enrolled in an institute of higher education. This includes high school seniors, high school graduates, and those already enrolled in higher education.
- Between the ages of 16 and 25 as of April 30.
- Enrolled in the California 4-H Youth Development Program at the time of their high school graduation.
- Full-time students at an accredited vocational school, college or university in the United States (as defined by the applicant’s institution).

Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply.

What types of scholarships are available?

The available scholarships vary each year. Visit the scholarships categories page to get a complete list and description of this year’s 4-H scholarships. Find additional scholarship opportunities here.

Applications must be submitted no later than June 1, 2015, 11:59 p.m. All required information must be included with the application to be considered.

APPLY NOW

2015 State Animal Science Symposium
May 27-29, 2015
School of Veterinary Medicine, UC Davis
For 4-H Adult Volunteers, 4-H Staff, and FFA Teachers

The Animal Science Symposium is a train-the-trainer professional development approach for 4-H staff, key 4-H volunteers, and FFA supervisors/teachers on important topics and skills related to bio-security and animal health. (Note: The Symposium is not open to 4-H youth members.)

The central component to the symposium will provide a foundational training on the “Bio-Security Proficiencies for Beginning Producers,” a research-based education program on bio-security developed by the UC Davis Veterinary Medicine Extension. In addition, the Symposium will engage leading specialists on animal welfare, bio-security, and species-specific issues to deliver educational sessions.

The ultimate goal is to help youth develop good bio-security practices to mitigate the spread of pathogens and reduce the risk of potential animal and zoonotic disease outbreaks.

County Teams of Two: Limited funding is available for California 4-H county teams of two people. We suggest a partnership of a 4-H staff and key volunteer. More information is available on the registration survey (link below).

Individual Registration: Counties may register additional participants at the cost of $382. Limited funding is available for 4-H professionals outside of California. Registration is $75, travel & lodging is not covered.

Animal Science Symposium Registration
Due by May 1, 2015

Please call the UCCE Office at 852-2731, if you are interested in attending.

Youth Talk-April 2015 Page 7
**Save-the-date!**
**4-H Mindfulness Retreat**
**November 6-8, 2015**
**Camp Ocean Pines**
**Cambria, CA**

Teens ages 14 – 19 are welcome to spend the weekend developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities.

**Registration:** [http://ucanr.edu/survey/survey.cfm?surveynumber=15030](http://ucanr.edu/survey/survey.cfm?surveynumber=15030)

For more information contact Anne Iaccopucci (amiaccopucci@ucanr.edu) or Jenna Colburn (jcolburn@ucanr.edu)

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**State 4-H Horse Classic**
**June 24-28 2015**
Brookside Equestrian Center,
11120 Bradley Ranch Road,
Elk Grove, CA 95624

The State championship horse show provides the opportunity for 4-H riders to compete at a level beyond local, county or regional events, while the educational contests allow members to showcase their equine knowledge. Don’t miss it! More information: [http://4h.ucanr.edu/4-H_Events/Horse_Classic/](http://4h.ucanr.edu/4-H_Events/Horse_Classic/)

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**Tulare-Kings CWA to Award Livestock Project Grants to Local Youth**

The Tulare-Kings Chapter of the California Women for Agriculture (CWA) is excited to announce it will award 8 livestock project grants in the amount of $300 each to any Tulare or Kings County youth (4-H, FFA, Independent) exhibiting at the 2015 Tulare County Fair or Kings Fair.

Grant money may be applied toward the initial animal purchase or any costs associated with raising the animal in preparation of being shown at one of the above-mentioned fairs.

Applications are available now by contacting Tulare-Kings CWA at tularekingscwa@gmail.com. Quality applicants will demonstrate a strong leadership potential by describing their current or future livestock project, their involvement with 4-H or FFA, and by sharing their favorite part of exhibiting at their local county fair. Applicants will also be asked to write a 200-word essay explaining how they plan to use the funds and what they expect to learn from their project. A letter of recommendation by a 4-H Project Leader or FFA Advisor is required and should address financial need and student responsibility.

The application deadline is May 1st. Applications can be submitted via email to tularekingscwa@gmail.com or by mail to the CWA Project Grant Committee, P O Box 3812, Visalia, CA 93278.

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**2015 State Record Book Competition**

Members who intend to submit a Record Book to State Competition 2015, should start making plans now. It is important to review all of the requirements, process, guidelines and forms to enter the 2015 State Record Book Competition posted at [http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/](http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/)

**Form Revisions:**
- Updated county judging evaluation form
- Optional Leadership Development Report form (streamlined for youth who have multiple leadership roles within the club, county, section and state)
- Optional Summary Pages template

**Important Upcoming State Record Book Competition Deadlines:**
- June 30: NEW FORM! [Intent to Submit Form](http://4h.ucanr.edu/4-H_Events/Horse_Classic/) due to County UCCE 4-H Office
- June 30: Complete [Record Book Quick Start Course](http://4h.ucanr.edu/4-H_Events/Horse_Classic/) (must be completed each year—deadline is NEW)

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**Goat Clinic**

**Saturday, April 4, 2015**
9:00 am
Cost: $10.00 Lunch
Tulare COS Campus
4999 E. Bardsley, Tulare

[Informational Flyer](#)

Topics to be covered:
- Halter Breaking/Leading
- Chain Breaking
- Fitting
- Clipping
- Feeding
- Showmanship

For more information contact: Pam Brem at 779-7989
State Leadership Conference 2015
July 23-26, 2015 at UC Irvine
Ages 13-19 years old
Registration Deadline April 30, 2015
Registration information can be found here

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. The conference is planned by a team of high school 4-H members, key leaders and adult advisors. Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference.

2015 SLC Highlights
Dynamic Speakers ~ Fun & Educational Tours ~ County All Star Ambassador Extravaganza ~ Disneyland

Registration Options with Fees

**Legends and Lore: Thursday, July 23-Sunday, July 26 — $499.00**
Thursday arrival begins with an RA meeting, orientation, and dinner and twilight trip to Disneyland! Friday is tour day! Register for one or more Legends and Lore Tours (some at an additional fee). Most tours will be back in time to join in on the fun lawn games and activities the Recreation Committee has planned! The traditional SLC schedule begins Friday late afternoon and continues through Sunday.

**Fairytales and Fables: Friday, July 24-Sunday, July 26 — $419.00**
Friday arrival begins with fun and games provided by the Recreation Committee! The first meal served is dinner. The opening keynote speaker is Friday evening to kick off the traditional SLC schedule and educational events.

Become a Member of the SLC Support Group
The California State 4-H Leadership Conference is a tremendous undertaking. It is organized by a team of dedicated 4-H youth and adults working together in youth-adult Partnership. Support Group plays a key role in the implementation of State Leadership Conference. To become a member of the Support Group, applicants must have attended 1 State Leadership conference and be at least 14 years of age as of June 30, 2015. Applications are due April 18, 2015. For more information click here: [http://4h.ucanr.edu/4-H_Events/SLC/](http://4h.ucanr.edu/4-H_Events/SLC/).

Scholarships/Financial Assistance
On the county level, Kings County 4-H annually offers 4 scholarships to attend SLC that covers 1/3 of the conference costs. Applicants must meet age eligibility to attend SLC, completed 2 years in 4-H at the time of the conference and completed a 4-H Record Book from the previous year. This scholarship is available once per member. Applications are available at [http://cekings.ucanr.edu/files/207028.pdf](http://cekings.ucanr.edu/files/207028.pdf). Apply early, to ensure you receive a scholarship as they are awarded based on fulfillment of criteria on a first come basis.

Transportation
The State 4-H Office will be providing buses to and from the conference based on participant interest. There is a section on the registration that participants can select if they are interested. Based on the feedback that is received from the registration, buses will be organized from central locations. The locations will be announced after registration is closed. There will be a separate registration to sign up for a bus with payment options. If buses don't work for the Kings County delegation, carpools will be organized.
Farm Day

Kings County 4-H members and leaders were well represented at Farm Day on March 12th. Members gave presentations on various topics and projects as well as bringing in animals for the school children to see.

The All Stars had 2 booths at Farm Day. One booth helped to inform the 3rd graders in attendance about the many aspects of the 4-H Youth Development Program. The second booth focused on the Dairy project and where milk comes from. The school children were given an opportunity to milk a cow and also sampled some yummy chocolate milk.

Dairy Princess

The local dairy industry is now accepting applications from young women wishing to compete for the District 7 (Kings County) Dairy Princess crown.

The winner will represent the dairy industry in District 7 as a spokeswoman and will also represent the California dairy industry in appearances at schools, fairs, industry meetings, service clubs, parades, and with the media. The newly selected princess will also participate in a week of training that includes industry tours, presentation and etiquette training.

Dairy Spokesperson Handbook
District 7 Dairy Princess Application Deadline to apply is May 1st
Please contact Carolina Evangelo at (209) 777-8995 or cevangelo@ymail.com with any additional questions.

Club News

Kings Harvest 4-H club held their monthly meeting on Monday, March 9 at 7 pm. We started off our meeting by listening to a special guest speaker who talked to us about the World Link Student Exchange Program. After the speaker, our regular meeting started with flag salutes, roll call, minutes and treasures report. We then gave our club project reports. Our members have been busy with their projects and attending many events. We are getting ready for the 4-H Fair which will be on April 9-11. The Color Me Green Run will be on March 29. We ended our meeting with a game from our Song & Rec leaders. Our next meeting will be held on Monday April 13th at 7 pm.
Colten Palomino—Kings Harvest Reporter

Grangeville 4-H

Did you know that it can take approximately 400 years for one plastic bag to biodegrade? Or that there is a "plastic soup" patch that is floating in the Pacific Ocean that is twice the size of the continental United States? My name is Isabella Cawley and I am in Grangeville 4-H. Our club is selling reusable grocery bags for $5 each. I am encouraging you to buy one (or more) because plastic bags are bad for the environment. Our bags will help to not harm the environment. The bags are sturdy and a good size (13h x 15w x 8 d) made from recycled polypropylene. They are green in color and feature the 4-H logo. The bags could also be used to keep your 4-H projects in.
To place an order for the reusable bags or for more information, please contact any Grangeville 4-H member or Alicyn Cawley at 217-6201 or email her at alicyn2003@yahoo.com. The deadline to order the bags is April 14th. Orders will also be taken at the 4-H Fair.

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.
WANT TO BE INCREDIBLE? EAT INCREDIBLE!

Eggs are all-natural and are packed with a number of nutrients. One egg has 13 essential vitamins and minerals, high quality protein and antioxidants, all for 70 calories. Egg’s nutrients can help you with weight management, muscle strength, brain function, healthy pregnancy and eye health. Eggs are affordable and are the perfect choice for breakfast.

The protein in eggs helps you feel fuller longer and stay energized, which can contribute to maintaining a healthy weight. Research indicates that high-quality protein may help active adults build muscle strength and help prevent muscle loss in aging adults. Egg yolks are an excellent source of choline, an essential nutrient that contributes to fetal brain development and helps prevent birth defects. Choline also aids the brain function of adults by maintaining the structure of brain cell membranes. Lutein and zeaxanthin, two antioxidants found in egg yolks, help prevent macular degeneration, a leading cause of age-related blindness.

Having trouble boiling your eggs? Follow these easy instructions:

Step 1. Place eggs in saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling.

Step 2. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large).

Step 3. Drain immediately and serve warm, or cool completely under cold running water or in bowl of ice water. Then refrigerate.

You can keep fresh, uncooked eggs in the shell refrigerated in their cartons for at least three weeks after you bring them home, with insignificant quality loss. Properly handled and stored, eggs rarely spoil. But don’t leave eggs out. They’ll age more in one day at room temperature than they will in one week in the refrigerator.

Provided by the University of California, CalFresh Nutrition Education Program
2015 South Central Sectional
4-H Presentation Day
April 25, 2015
Thomas Jefferson Middle School
305 Griffith Ave
Wasco, CA 93280

If you are a MEDALIST from your County, you are eligible to compete at the South Central Sectional Presentation Day! Medalists MUST pre-register ahead of time at:
http://ucanrcd.edu/ecsppresentationday

Volunteer your time to be a JUDGE...we'd love to have you! Each county is required to send 1 judge per 3 presentations. For more information or to sign up, please visit:
http://ucanrcd.edu/pdayjudges

Be a ROOM HOST! For more information and to register, please visit:
http://ucanrcd.edu/ecsppdayroomhost

The day will also include:
- Community Service Activity
- 4-H SET Activity
- Craft Activities

Hosted by:
Kern County 4-H Youth Development Program
University of California | Agriculture and Natural Resources

Please contact: Veronica Slaton 661-868-6235 or vaslaton@ucdavis.edu for any questions!