2015-2016 All Star Candidates Announced!

All Star is the highest Star Rank that can be achieved at the county level. It is an honor to be selected to serve Kings County as an All Star Candidate. Along with the honor, comes a year of service promoting 4-H as good will ambassadors for the Kings County 4-H Program.

All Stars are seen at all the countywide events as well as planning leadership training to present at the Leadership Conference of Regional Teens for 7-9th graders.

The All Star Candidates for the 2015-16 4-H Club Year are:

Kennedy Baker * Island 4-H    Hayden Costa * Kings Harvest 4-H
Kayla McCalvy * Grangeville 4-H

Congratulations!

<table>
<thead>
<tr>
<th>May</th>
<th>EVENT/DEADLINE</th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4-H Fair Rifle &amp; Pistol Match @ Lemoore Sportsmans Range  8:45 am</td>
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<tr>
<td>5</td>
<td>4-H Fair Follow-Up meeting @ UCCE Multi-purpose Room  6:00 PM</td>
<td>Page 2</td>
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<tr>
<td>5</td>
<td>Council Meeting @ UCCE Multi-purpose Room  7:00 pm</td>
<td>Page 2</td>
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<tr>
<td>7</td>
<td>Leaders/Sponsors Recognition Dinner @ Kings Fairgrounds  7pm</td>
<td>Page 3</td>
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<tr>
<td>13</td>
<td>Orientation: County Record Book Evaluators Training (Webinar) 6:30-7:30 PM</td>
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<tr>
<td>17</td>
<td>Sectional Council Meeting @ UCCE Tulare 10 am</td>
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<tr>
<td>19</td>
<td>Countywide Rabbit Meeting @ UCCE Office 6:00 pm</td>
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<tr>
<td>21</td>
<td>Orientation: County Record Book Evaluators Training (Webinar) 6:30-7:30 PM</td>
<td>Page 4</td>
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<tr>
<td>25</td>
<td>Memorial Day UCCE Office closed</td>
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<td>26</td>
<td>Thrive Project Meeting @ UCCE Office 6:30 pm</td>
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<tr>
<td>25-28</td>
<td>Calibration: County Record Book Evaluators Training (Webinar) 6:30-7:30 PM</td>
<td>Page 4</td>
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<tr>
<td>27-29</td>
<td>4-H Animal Science Symposium @ UC Davis</td>
<td>April Issue</td>
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<td>30</td>
<td>4-H State Field Day @ UC Davis</td>
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<tr>
<td>30</td>
<td>Kings Fair Workday @ Kings Fairgrounds  8 am-1 pm</td>
<td>Insert</td>
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2 - Council News
2 - Member Tip of the Month
2 - 2015-2016 - Program Fees
2 - Scholarship Recipients
2 - Sectional Presentation Results
3 - Leaders & Sponsors Dinner
3 - All Star Advisor Needed
4 - 4-H Record Books
4 - Blood Drive Results
5 - 4-H Fair Results
6 - 4-H Fair Results
6 - Congrats! 4-H State Ambassador
7 - State Field Day
7 - State Record Book Competition
7 - CA 4-H Scholarships
8 - Emerald Star Project
8 - Club News
8 - UCCE Contacts
Insert: Healthy Living Tips
Insert: Kings Fair Clean Up Day

Deadline
4-H News articles due for Youth Talk – May 15th
Please send all articles to ~ gldiener@ucanr.edu

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.
2015-2016 4-H Program Fees
The Program Fees for the upcoming year will be:

$14.00 per leader
$38.00 per member

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval. Click here for information about the fee waiver.

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

Brazil Memorial All Star Scholarship
Eric Dias, Haden Lawton, Lauren Pepe, Natalie Starich, Haley Smith, Reed Tompkins

Feaver Memorial Scholarship
Julien Bernal, Delta View 4-H
Haley Smith, Lemoore 4-H

McCUTCheon Memorial Scholarship
Lauren Pepe, Kings River 4-H

Member Tip of the Month
Although it’s not required for membership, the 4-H program has a long history of record keeping. Record books encourage members to set goals, pursue strategies to meet those goals, and to shift gears in the face of challenges and obstacles.

Also, by completing your record book you could be eligible to receive 4-H participation awards (such as star ranking, medals or pins based on 4-H Record Book achievements).

Did you know you can fill out your record book online through ORB?
More information: http://4h.ucanr.edu/Resources/Members/RecordBook/

South Central
Sectional Presentation Day Results
Congratulations to the following 4-H members who participated in Sectional Presentation Day!

The Gold Medal winning presentations are now eligible for State Presentation Day-

May 30, 2015 at UC Davis.

Registration deadline is May 19, 2015. Go to the State 4-H website to register: http://ucanr.edu/survey/survey.cfm?surveynumber=13511.

Gold Awards
Isabella Cawley—Grangeville 4-H
Macyn Cawley—Grangeville 4-H
Amanda Curtis—Corcoran 4-H
Ashley Eller—Lemoore 4-H
Anna Felipe—Island 4-H
Trista Fry—Oakvale 4-H
Steven Loogman—Kings River 4-H
Elia Nava—Island 4-H
Riley Nava—Island 4-H
Kendra Ward—Kings Harvest 4-H
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Kings County 4-H Leaders & Sponsors Recognition Dinner

**Thursday, May 7, 2015**

**7:00 PM**

*Rose Room, Kings County Fairgrounds*

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. 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.

**Parking Instructions:** Please park in the main (front) parking lot. It is a short walk to the Rose Room. Handicap parking spaces are available near the main entrance. If additional assistance is needed, please call the UCCE Office.

**Leaders to Be Recognized**

The following leaders will receive special recognition for their service to the Kings County 4-H Program at the Leaders Recognition Dinner on May 7th.

**One Year**

- Courtney Bell
- Steve Berry
- Jared Bracy
- Alicyn Cawley
- Amada Clemente
- Jackie Glynn
- Yvonne Jessup
- Andrew Kling
- Cassandra Kling
- Shamra Meek
- Mark Mendes

- Robin Neves
- Wendi Nolta
- Aaron Revisious
- Bruce Rhoades
- Michelle Rhoades
- Mike Rossi
- Kristin Schakel
- Pat Simas
- William Smith
- Tiffany Valov

**Five Years**

- Neil Bellamy
- Renee Creech
- Stephanie Fry
- Travis Fry
- Allison Smith
- Daniel Sozinho

**Ten Years**

- Cheryl Avila
- Melanie Blomquist
- Michael Gingles

**Fifteen Years**

- Lucinda Caetana
- Elaine Edwards
- Paul Silva
- Yvonne Silva

**Twenty Years**

- David Lafferty

**Fifty Years**

- Lil Draxler

**THANK YOU for your service to the youth in Kings County!**

Kings County All Star Candidate Advisor Needed

Kings County 4-H is searching for an adult advisor to lead the All Star Candidates through the 2015-2016 4-H year. An All Star Advisor has the privilege of working with the 4-H youth leaders in Kings County. The Advisor assists the All Star candidates with county-wide events and activities. Why is an adult advisor needed? The youth need an adult who will work with them, advise and guide them, and keep them on track in accomplishing their tasks. The advisor also serves as a go-between the youth team and the county leaders and staff. The advisor helps to coordinate meetings with the group and maintain accountability within the team.

Does this sound like something you would be interested in? If so, click here for more information:

- All Star Advisor Criteria
- All Star Advisor Application-paper application
- Online All Star Advisor Application

If you are interested, please respond by May 15th. Questions? Please call the UCCE Office at 852-2731.
4-H Record Books
County Record Book Evaluators Training

The 4-H State Incentives and Recognition Committee is hosting a webinar series to orient and calibrate county evaluators (judges) to use the state approved Record Book Evaluation Form for County judging. This form has been adopted for use in Kings County. This training consists of 2 one-hour sessions.

Orientation- will cover basic record book judging process information, how to use the new form and how to write comments. There will be a homework assignment to read and score a Record Book using the approved form.

Webinar dates are: May 13 or May 21 from 6:30 to 7:30 PM

Calibration- evaluators scores will be compared with discussion on how to narrow the gap between scores.

Webinar dates are: May 25, 26, 27 or 28 or June 1, 2, or 3 from 6:30 to 7:30 PM

Pre-registration is required. To register on the CA 4-H State Website:

http://ucanr.edu/survey/survey.cfm?surveynumber=15152

This webinar is excellent in explaining the new Evaluation Form and promoting consistency in scoring among evaluators. Participation in this webinar is essential for the success of County Record Book Judging. This webinar will eventually be available for viewing on the Kings County 4-H website (date is not yet available). If you have poor internet connection, or would prefer to view this webinar with other 4-H leaders, you may come to the UCCE Office for viewing and discussion on:

Kings County- UCCE Multi-purpose Room

Wednesday, May 13th- Orientation Webinar will begin promptly at 6:30 PM

Wednesday, June 3rd- Calibration Webinar will begin promptly at 6:30 PM

(B Participation in the Orientation Webinar is required to attend the Calibration Webinar. No pre-registration is required to attend the webinar at the UCCE Office.)

Blood Drive Results

The blood drive held at the 4-H fair was very successful. 29 leaders and volunteers registered to donate which was a great turnout according to the Central California Blood Bank staff members who worked the event. There were healthy snacks and boards with extremely valuable information about the blood donation process, the different components and types of blood, as well as the different statistics regarding who needs blood and who donates.

Thank you to everyone who supported this event and remember donating blood saves lives.

Submitted by: Ashley Olson
Washington Focus-Service Learning Project
CONGRATULATIONS TO ALL 4-H FAIR EXHIBITORS
The following members earned special awards at the 4-H Fair.

OUTSTANDING EXHIBITORS
INDOOR EXHIBITS

General Projects
Ashley Olson – Oakvale 4-H
Wyatt Ward – Kings Harvest 4H
Steven Loogman – Kings River 4H

Photography
Anna Dooley – Kings Harvest 4H
Angelina Raulino – Lemoore 4H
Denise Brewster – Island 4H
Kayla Mc Calvy – Grangeville 4H
Jasmine Guzman – Corcoran 4H

Clothing & Textiles
Ashley Olson – Oakvale 4-H
Lilly Barcellos – Mid Valley 4-H
Raine Palomino – Kings Harvest 4-H

Mary Oliveira Bezerra Award -
1st Year Clothing Member
Lilly Barcellos – Mid Valley 4-H

Home Arts & Crafts
Brett Hair – Corcoran 4H
Ashley Olson – Oakvale 4H
Steven Loogman – Kings River 4H
Noah Magnia – Kings River 4H

Foods & Nutrition
Rory Valov – Kings River 4H
Kendra Ward – Kings Harvest 4H
Shyanna Ward – Kings Harvest 4H

Food Preservation
Ashley Olson - Oakvale 4-H

Beginning 4-H
Lilly Barcellos – Mid Valley 4H

Cake Decorating
Jenna Dragt - Kings Harvest 4-H

Scrapbooking
Anna Rioux – Grangeville 4H

Place Setting
Ashley Olson - Oakvale 4-H

OUTSTANDING EXHIBITORS
LIVESTOCK

BEF

Best Exhibit
Marshall Kling - Kings River 4-H

Int. Showmanship
Morgan Spiro - Kings Harvest 4-H

Sr. Showmanship
Marshall Kling - Kings River 4-H

Grand Champion Market Steer
Marshall Kling - Kings River 4-H

Res. Grand Champion Market Steer
Kent Sheldon - Kings River 4-H

Champion Female Breeding
Morgan Spiro - Kings Harvest 4-H

SHEEP

Best Exhibit
Taytum Neves - Oakvale 4-H

Jr. Showmanship
Bailey VanVelson - Corcoran 4-H

Int. Showmanship
Taytum Neves - Oakvale 4-H

Sr Showmanship
Hannah Ellberg - Delta View 4-H

Grand Champion
Taytum Neves - Oakvale 4-H

Reserve Champion
Bailey VanVelson - Corcoran 4-H

Champion Breeding
Haley Nolta - Corcoran 4-H

SWINE

Best Exhibit
Blac Gonzalez - Corcoran 4-H

Junior Showmanship
Shyanna Ward - Kings Harvest 4-H

Intermediate Showmanship
Dalton Armbruster - Corcoran 4-H

Senior Showmanship
Steven Allison - Island 4-H

Grand Champion
Blac Gonzalez - Corcoran 4-H

Reserve Grand Champion
Annalie Mahill - Corcoran 4-H

Champion Breeding
Paige Clarke - Island 4-H

DAIRY GOATS

Best Exhibit
Trista Fry - Oakvale 4-H

Jr. Showmanship
Trista Fry - Oakvale 4-H

Int. Showmanship
Steven Loogman - Kings River 4-H

Sr. Showmanship
Brock Hamilton - Kings Harvest 4-H

Grand Champion Dairy Goat
Brock Hamilton - Kings Harvest 4-H

Res. Grand Champion Dairy Goat
Trista Fry - Oakvale 4-H

Junior Grand Champion
Steven Loogman - Kings River 4-H

Junior Reserve Champion
Trista Fry - Oakvale 4-H

MEAT GOATS

Best Exhibit
Aiden Hair - Corcoran4-H

Int. Showmanship
Aiden Hair – Corcoran 4-H

Sr. Showmanship
Baylee Gallegos - Kings River 4-H

Grand Champion Meat Goat
Aiden Hair - Corcoran 4-H

Reserve Grand Champion Meat Goat
Ethan Hansen - Corcoran 4-H

PYGMY GOAT

Best Exhibit
Katelin Nava - Corcoran 4-H

Jr. Showmanship
Chelsea Flood - Oakvale 4-H

Int. Showmanship
Katelin Nava - Corcoran 4-H

Sr. Showmanship
Hadley Garcia - Lemoore 4-H

Grand Champion Pygmy Goat
Katelin Nava - Corcoran 4-H

Reserve Grand Champion Pygmy Goat
Ashley Eller - Lemoore 4-H
### DAIRY CATTLE

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
<th>Exhibit</th>
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<tbody>
<tr>
<td>Best Exhibit</td>
<td>Aimee Walker - Grangeville 4-H</td>
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<tr>
<td>Jr. Showmanship</td>
<td>Thomas Rosa - Kings Harvest 4-H</td>
<td></td>
</tr>
<tr>
<td>Int. Showmanship</td>
<td>Audrey Glynn - Grangeville 4-H</td>
<td></td>
</tr>
<tr>
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<td>Audrey Glynn - Grangeville 4-H</td>
<td></td>
</tr>
<tr>
<td>Grand Champion</td>
<td>Aimee Walker - Grangeville 4-H</td>
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<tr>
<td>Reserve Grand Champion</td>
<td>Bailee Mello - Grangeville 4-H</td>
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<tr>
<td>Jr. Dairy Champion</td>
<td>Tyler Dunn - Kings Harvest 4-H</td>
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<td>Jr. Dairy Reserve</td>
<td>Jack Goddard - Grangeville 4-H</td>
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<tr>
<td>Sr. Dairy Champion</td>
<td>Aimee Walker - Grangeville 4-H</td>
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<td>Sr. Dairy Reserve</td>
<td>Bailee Mello - Grangeville 4-H</td>
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</tbody>
</table>

**Replacement Heifer Champion**
- Holstein – Mary Rosa - Kings Harvest 4-H
- AOB – Emma Martella - Kings River 4-H

**Yearling Heifer Champion**
- Holstein – Grace Herman - Grangeville 4-H
- AOB – Jack Walker - Grangeville 4-H

### POULTRY

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<thead>
<tr>
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<tr>
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<td>Trista Fry - Oakvale 4-H</td>
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<td>Int. Showmanship</td>
<td>Haley Nolta - Corcoran 4-H</td>
<td></td>
</tr>
<tr>
<td>Best in Show</td>
<td>Trista Fry - Oakvale 4-H</td>
<td></td>
</tr>
<tr>
<td>Reserve Best in Show</td>
<td>Courtney Rhoades - Mid Valley 4-H</td>
<td></td>
</tr>
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</table>

### ROUND ROBIN COMPETITION

**LARGE ANIMAL**

**Junior Division**
- 1st—Bailey Van Velson – Corcoran 4H
- 2nd—Trista Fry – Oakvale 4H
- 3rd—Shyanna Ward – Kings Harvest 4H
- 4th—Thomas Rosa – Kings Harvest 4H

**Intermediate Division**
- 1st—Aiden Hair – Corcoran 4H
- 2nd—Audrey Glynn – Grangeville 4H
- 3rd—Steven Loogman – Kings River 4H
- 4th—Taytum Neves – Oakvale 4H
- 5th—Morgan Spiro – Kings Harvest 4H
- 6th—Dalton Armbruster – Corcoran 4H

**Senior Division**
- 1st—Steven Allison - Island 4H
- 2nd—Hannah Ellberg - Delta View 4H
- 3rd—Marshall Kling - Kings River 4H
- 4th—Baylee Gallegos - Kings River 4H
- 5th—Brock Hamilton - Kings Harvest 4H
- 6th—Amie Walker - Grangeville 4H

### SMALL ANIMAL

**Junior Division**
- 1st – Trista Fry – Oakvale 4H
- 2nd – Megan Clarke – Island 4H
- 3rd – Chelsea Flood – Oakvale 4H
- 4th – Elia Nava – Island 4H

**Intermediate Division**
- 1st – Haley Nolta – Corcoran 4H
- 2nd—Katelin Nava – Corcoran 4H
- 3rd—Reilly Nava – Island 4H
- 4th—Shelby Currie – Lemoore 4H

**Senior Division**
- 1st—Sydney Gallegos - Kings River 4H
- 2nd—Kayne Gallegos – Kings River 4H
- 3rd—Hadley Garcia – Lemoore 4H

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**Thank You!!!**

To all the facilities and department chairs, clerks, leaders and parents who helped make the fair successful.

**Indoor Exhibits:** 437  
**Livestock Exhibits:** 234

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**Congratulations!!!**

**Ashley Olson, Oakvale 4-H selected as a 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 service opportunities and recognition 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 community service. They are selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service.
State Field Day
May 30, 2015  8am-6pm
UC Davis Campus—Wellmann Hall

The event is open to all 4-H members, volunteers, staff and parents. Between 1,000 and 1,400 people attend the event. The event has a “picnic” feel as people bring chairs and socialize for the day on the Quad. More information is available on the state website at: http://4h.ucanr.edu/4-H_Events/SFD/.

Those members who received a gold medal/seal at the local-sectional Presentation Day and Fashion Revue qualify to enter the State competition. There are other contests that you can participate in as well such as:

- Plant Science Contest-no preregistration is required.
- 4-H Film Festival-videos must be submitted by May 8th.
- MyPlate Challenge-Photo of a Healthy Plate must be submitted by May 15th.
- Photography Contest-pre-register and submit your work by May 8th.
- Logo Contest-Design a logo for the 2016 State Field Day
- Entomology Contest –no preregistration is required.
- Judging Contest-no preregistration is required.

Check the state website for more information on these contests.

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/

Form Revisions:
- Optional county judging evaluation form
- Updated 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 due to County UCCE 4-H Office
- June 30: Complete Record Book Quick Start Course (must be completed each year—deadline is NEW)

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.

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
Thank you to everyone who donated to my Emerald Star Project, Cancer Care Packages. With your generosity, I was able to exceed my goal of 100 bags and make 115 bags. With the help of fellow 4-H members, I delivered the bags to California Oncology of the Central Valley, Sequoia Regional Cancer Center, and the Children’s Hospital. This project was a great learning experience for me and I really enjoyed assembling the care packages. I would like to thank Catholic Daughters, Jefferson Charter Academy’s READY Program, the Evangelo family, and all the 4-H families who helped support my project. Your generosity is greatly appreciated!

Submitted by: Kayla McCalvy, Grangeville 4-H

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Club News

Lemoore 4-H
The Lemoore 4-H Club met on Wednesday, April 8, at Cinnamon Elementary School. Nominations for election of next year's officers were taken. The nominees will be able to make brief remarks at the May meeting before elections are held.

A last call was made for sign-ups for the county wide 4-H Archery Match, to be held at Barry's Archery on Sunday, April 12. Fallon and Shelby Currie, the Healthy Living Officers, gave a presentation on why it's important to be healthy. They discussed various forms of physical activity that promote healthy living.

The next meeting of the Lemoore 4-H Club will be held on Wednesday, May 13, at Cinnamon Elementary School.

Submitted by: Regina and Xavier Czerewko, reporters

Kings Harvest 4-H
Kings Harvest's April meeting was held in Monday April 13, at 7 pm. Our meeting was called to order, followed by flag salutes, roll call, last months minutes and treasurer's report. We gave our project reports, our club had a great 4-H fair. We were reminded that Kings Fair entries are due on Monday, May 4. Also, Leaders dinner will be on May 7. Next month's meeting will be held on Monday, May 11 at 5 pm. Our next meeting will be at an earlier time, because we plan to have a wiffle ball game to celebrate the end of the year. And remember, to wear your 4-H T-shirts, we hope to take pictures.

Colten Palomino---Kings Harvest 4-H reporter

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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.
# HEALTHY LIVING TIPS - FOOD GROUPS

Are you interested in healthy eating and having a balanced diet? If so, you'll want to learn more about food groups. The food groups are based on the Dietary Guidelines for Americans, 2010. There are five groups consisting of vegetables, fruits, grains, dairy, and a protein group which includes meat, poultry, fish, and nuts. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>Description</th>
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<tr>
<td><strong>VEGETABLES</strong></td>
<td>The vegetables you eat may be fresh, frozen, canned or dried and may be eaten whole, cut-up, or mashed. You should eat a variety of dark green, red and orange vegetables, as well as beans and peas. Examples include broccoli, carrots, collard greens, split peas, green beans, black-eyed peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes, and kidney beans. Any vegetable or 100% vegetable juice counts in this group.</td>
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<tr>
<td><strong>FRUITS</strong></td>
<td>The fruits you eat may be fresh, canned, frozen or dried and may be eaten whole, cut-up, or pureed. Examples include apples, apricots, bananas, dates, grapes, oranges, grapefruit, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines, and 100% fruit juice.</td>
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<tr>
<td><strong>PROTEIN FOODS</strong></td>
<td>Choose a variety of lean meats and poultry, seafood, beans, and peas, eggs, processed soy products, unsalted nuts, and seeds. Make sure to eat at least 8 ounces of seafood each week.</td>
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<td><strong>GRAINS</strong></td>
<td>There are two types of grains—whole grains and refined grains. At least half of the grains you eat should be whole grains, such as whole-wheat bread, whole-grain cereals, and crackers, oatmeal, bulgur, and brown rice. Refined grains include white bread, white rice, enriched pasta, flour tortillas, and most noodles.</td>
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<tr>
<td><strong>DAIRY</strong></td>
<td>Most of your choices should be fat-free or low-fat milk and milk products, but all milks and calcium-containing milk products count in this category. Examples include milk, cheeses, and yogurt as well as lactose-free and lactose-reduced products and soy beverages. Foods that are made from milk but have little or no calcium are not included, such as butter, cream, sour cream, and cream cheese.</td>
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For more information about food plans visit: Food Plans at MyPlate.gov (http://www.choosemyplate.gov/supertracker-tools/daily-foodplans.html). Provided by the University of California, CalFresh Nutrition Education Program.
KINGS FAIRGROUNDS CLEAN UP DAY!
SATURDAY, MAY 30

Help spruce up our fairgrounds and earn community service hours too! Lunch will be provided for all volunteers!
Bring your shovels, work gloves, closed toed shoes, sunscreen and a positive work ethic! Projects will include painting and outdoor yard work.

WHEN: Saturday, May 30th
8:00 a.m. – 1:00 p.m.
WHERE: Kings Fairgrounds
801 10th Ave., Hanford

For more info call Lauren @ 707-338-5247