Let’s Spread the Word about 4-H!

Young people in 4-H are uniquely prepared to step up to the challenges of a rapidly changing world. 4-H members choose among hundreds of hands-on projects with focuses on science, engineering, and technology; agriculture and natural resources; animal science education; nutrition and healthy living; citizenship and service-learning; and leadership and public speaking. Through experiential learning and leading together with adult mentors, youth focus their energy into their passions while also giving back to the community.
NO JUNE COUNCIL MEETING
Due to end of the school year activities and the quickly approaching Kings Fair, there will not be a June Leaders Council meeting. Lemoore 4-H is responsible for the window display during the month of June. And Kings Future Promise has the month of July.

The next council meeting will be:
Tuesday, August 4th
7:00 p.m.
UCCE Office Multi-purpose Room

Topics for discussion will be: 2015-2016 4-H calendar, budget, and Record Book Judging.

Council News

Member Tip of the Month
The State 4-H Office has just launched a new branding toolkit, complete with guidelines, logos, and templates for club use. Get newsletter templates, T-shirt and other apparel designs, event flyers and more from the toolkit! UC ANR 4-H Branding Toolkit: http://4h.ucanr.edu/Resources/Branding_Toolkit/

New Year Planning Meeting
Tuesday, July 21, 2015
6:30 p.m.
UCCE Office Multi-purpose Room

It is time to set the calendar for the new 4-H year and determine the budget to implement the activities and programs on the calendar. In addition, let’s discuss the events and see how to make them even better! Bring any important dates to the meeting that may influence the decisions to be made.

Council Officers Elected
The newly elected Kings County 4-H Leaders Council Officers for the term 2015-2017 were installed at the Leaders Recognition Dinner by Georgene Diener, 4-H Program Representative. They are-

President - Lilly Pimentel
1st Vice President - Michelle White
2nd Vice President - Stacey Daniel
Secretary - Alicyn Cawley
Treasurer - Kelley Medeiros
Director - Loretta Medeiros
Director - Carl French

Special thanks to the retiring Council officers for their 2 years of outstanding service to the Kings County 4-H Program.

President - Loretta Toledo
2nd Vice President - Michelle White
Secretary - Stacey Daniel
Treasurer - Alda Silva (completing 6 years)
Director - Lilly Pimentel
Director - Jennifer Sheldon

Thank you

2015-2016 4-H Program Fees
The Sponsoring Committee works hard each year to raise funds to help support the Kings County 4-H program. Their fundraising is via a mail campaign. For the 2015-2016 4-H Club year, the Sponsoring Committee has decided to supplement each 4-H members and leaders program fees.

The 4-H Program Fees will be:

$10.00 per leader (instead of $14.00)
$30.00 per member (instead of $38.00)

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.

We are forever indebted to the wonderful contribution the Kings County 4-H Sponsoring Committee makes to the well-being of the 4-H Program.
All Star Rank Achieved!

Congratulations to the 2014-2015 All Star Candidates for completing the requirements needed to attain the rank of Kings County 4-H All Star. A BIG thank you to Kelley Medeiros for serving as the All Star Advisor.

From Left to right:
Reed Tompkins – Island 4-H
Ashley Olson – Oakvale 4-H
Ashley Daniel – Kings Harvest 4-H
Adam Daniel – Kings Harvest 4-H
Macey Pearson – Kings Harvest 4-H
Mara Lewis – Kings River 4-H
Jacob Willhite – Grangeville 4-H

50 Year Leader Honored

Lil Draxler was recognized for her 50 years of service to the 4-H Program at the recent Leaders & Sponsors Recognition Dinner. Lil has mentored over 40 members in the Clothing & Textiles project. She has spearheaded the Fashion Revue and Favorite Foods Contests for many years as well as chairing the Indoor Exhibits building at the 4-H Fair. Lil has also been a Food Preservation leader for 34 years.

Her years in 4-H have spanned 3 generations of members beginning when her children started 4-H and continuing now with the grandchildren of her previous members. Thank you for your devoted service to the Kings County 4-H Program!

Shooting Sports Match

The 4-H Fair Archery Match was held on April 12th at Barry’s Archery Range. The placings are:

Recurve:
Junior – 1st place—Tyler Eller
Intermediate – 1st place—Xavier Czerewko
2nd place—Wyatt Ward
3rd place—Thomas Bell
Senior – 1st place—Christian Czerewko
2nd place—Cecelia Czerewko
3rd place—Regina Czerewko

Bow Hunter Free Style:
Intermediate – 1st place—Colby Mello
Senior – 1st place—Riley Cunning
2nd place—Riley Currie

Free Style:
Senior – 1st place—Kirsten Weas

Congratulations!

The Handwritten Thank You Note

The 4-H Year is drawing to a close and the Kings Fair is quickly approaching. Chances are, there are a number of people in your life that have contributed to the lessons and opportunities you have experienced in 4-H this year. In addition, fair participants, especially those participating in the auction, will have additional people that have contributed to the success of a project. Expressing thanks to those special individuals needs to be a top priority.

In this age of quick emails, texts, insta-everything, a hand-written note sends a clear message: You are worth my time. And it works! Your gesture will be remembered. The act is simple. It takes a few short minutes and is the cost of a stamp – but the value is immeasurable. Sending a thank you note through the mail shows effort. It shows that you took the time to put pen to paper, addressed an envelope, and bought a stamp. It’s tangible; the recipient can touch it, hold it and display it. It makes your thank you far more sincere.
Let’s Hear it for Record Books!

With the 4-H Year ending June 30th, it is time to think about completing your 4-H Record Book. There are a few changes this year. Record Books will be submitted at the club level to be reviewed for achievement of star ranks. Record Books that show potential for receiving a Record Book and/or a Project medal will be submitted to the County for judging. Please check with your Community Club leader for the record book due date for your club. Record Books submitted for project and/or record book medal judging and for the Brazil (sheep), Toledo (dairy) and Perreira (photography) special Record Book awards are due to the UCCE Office by **Friday, August 14th**. Club officer books are due at this time also.

Record Books submitted for County judging will follow the guidelines in the 4-H Record Book Manual, available at [http://4h.ucanr.edu/files/204755.pdf](http://4h.ucanr.edu/files/204755.pdf). There is one exception, for the 4-H year ending 2014-2015, in the PDR, 4-H Star Ranking: Each presentation given at Farm Day may be counted as a separate presentation under category “6” Communication Skills/4-H Presentations. In the 4-H Year 2015-2016, presentations given at Farm Day will comply with the state guidelines which state- to receive credit each presentation must be presented before a new audience at a new event. Repeating the 4-H presentation at the same event does not count as two credits.

Formatting of Record Books for County Record Book Competition:

Section 1: Preliminary Information
- Title page
- Table of Contents

Section 2: Personal Development Report Form

Section 3: 4-H Story
- Minimum length:
  - Junior: 1-2 pages
  - Intermediate: 2-4 pages
  - Senior: 3-6 pages

Section 4: Projects
- One project report form for each project completed by the 4-H member
- One expression page for each project completed (expression pages need to teach the reader something about the project.)
- Junior /Teen Leadership Development form- if serving as a Jr/Teen Leader
  
  *Each project should have materials grouped together, for example all Rocketry project forms should be grouped together.*

Section 5: Collection of 4-H Work
- These materials support the previous sections in showing growth and experience in 4-H during the current project year. They may include -
  - Newspaper or newsletter articles (2 page maximum)
  - Flyers or brochures (2 page maximum)
  - Letters or certificates (2 page maximum)
  - Photographs (5 page maximum)

Section 6: Leadership Reports (not part of a project)
- One leadership report form may be included for each leadership role.
  - For example: All Star, State Ambassador, Club Officer etc.

For 2014-2015: Previous years records are placed behind Section 6- Leadership Reports.
Shooting Sports - Save the Dates!

A once in a blue moon event is about to take place in California, a National 4-H Shooting Sports Workshop. This event will be held September 29 – October 3, 2015 at Camp San Luis Obispo (San Luis Obispo County). For those counties that want to strengthen their shooting sports programs or counties that want to start one, this is the event you need to attend. It is open to staff and volunteer leaders who are at least 21 years of age. This training allows the participants to become certified in one of six different disciplines: archery, hunting, muzzle loading, pistol, rifle, or shotgun. A coordinator course will also be offered for those who want to learn more about administering a county program.

Please note, this is not for leaders who are interested in running a project or summer camp program. This is for leaders who want to become instructors to strengthen the county and state programs. Successful completion of this course allows these participants to hold certification workshops.

The projected cost for this event will be about $200 per person. This fee includes all course material and meals and housing for the duration of the course! The course will end on the evening of October 2nd and participants can spend the night and depart on the morning of the 3rd after breakfast.

Additional information will follow. If you have leaders who are interested, be sure they sign up for email updates by entering their names and email addresses at: http://ucanr.edu/maillists/joinlist.cfm?listnum=1926

They can also get updates by “liking” the California 4-H Shooting Sports Facebook page at:


County Record Book Judges Needed!

This year at County Record Book Judging, a new evaluation form will be used. The form is geared to promote consistency among judges. The State 4-H Office has sponsored a 2– phase webinar to educate potential judges on how to use the form. If you were unable to participate in the webinars, you can participate in phase one at your convenience. Phase one is posted at: https://ucd.adobeconnect.com/_a841422360/p69j671kiw/ Phase 2– or the Calibration portion will be given at the UCCE Office in Tulare the last part of July. The date is yet to be determined.

Clubs that submit Record Books to County level judging will be required to send judges that have participated in the Record Book Webinar. The new County Record Book Evaluation form is available at: http://4h.ucanr.edu/files/207540.pdf.

Kings Fair ~ June 11-14, 2015

Come and bring the family for fun, view exhibits, animals, great music and more!!!

Ag-Hort, Floriculture, Foods and Cake Decorating are to be received for judging on Wednesday, June 10 between 7am and 9 am.

Fashion Show & Indoor Awards: The Fashion Show and Home Arts awards will be on Sunday, June 14th at 4pm in the Rose Room.

Exhibits released: Indoor Exhibits will be released on Monday, June 15 between 7am and 12 noon.

IMPORTANT!

Adults are needed to provide security for the Indoor Exhibits Building. Each 4-H Club is asked to work a 2 hour shift during the fair. The building is open from 3 pm to 10 pm Thursday-Sunday. Please call Shirley Blancett at 816-8334 or email at shirleyblancett@yahoo.com to request a shift.

If you have questions regarding the Kings Fair, please call the Fair Office at 584-3318.
State Leaders Forum 2015

November 6-8, 2015
Crowne Plaza-Mission Valley
San Diego

It’s all about YOU - California Leaders! Enjoy a weekend at the beautiful Crowne Plaza – Mission Valley in San Diego. Save the date! SLF 2015 – Nov. 6-8, 2015. Visit the State Leaders Forum Website and watch the video: http://4h.ucanr.edu/4-H_Events/SLF/. Lots of opportunities to listen to speakers, attend a wide selection of workshops, and even enjoy a night on your own in Old Town San Diego! There will be activities to fit the needs and interest of every 4-H leader, staff or parent, including friendly competition at the Silent Auction.

Spark Score Surveys are open!

Surveys opened May 1st and close July 31st!

Ever wonder why we ask you to take surveys once or twice a year? It’s so that we can make statements like these and share with everyone the thing that 4-H does for you, and what you do for our communities! You are constantly growing and changing, and you may not answer questions the same from one point in time to the next. By doing the surveys once or twice a year, we can see how youth in 4-H are developing and changing. These surveys are our way to find out about you and how the California 4-H Youth Development Program is doing overall! Thank you to everyone who has completed their surveys so far. A list of previous survey winners can be found here.

State 4-H Horse Classic

June 24-28
Brookside Equestrian Center, Elk Grove

Registration Deadline: June 8th

The state championship horse show and education contests provides the opportunity for 4-H riders to compete at a level beyond local events.

More information: http://4h.ucanr.edu/4-H_Events/Horse_Classic/

NEW 4-H Animal Science Curriculum

FREE Download @ http://4h.ucanr.edu/Resources/Curriculum/FREE/

- Sheep from the Animal’s Point of View
- Swine from the Animal’s Point of View
- Pre-Harvest Food Safety in 4-H Animal Science
- Youth Development through Veterinary Science
- Rabbits from the Animal’s Point of View
- Bio-Security in 4-H Animal Science

Purchase$ @ http://www.4-h.org/resource-library/curriculum/

- Exploring Beef Health & Husbandry
- Exploring Swine Health & Husbandry

The recent Animal Science Symposium held at the UC Davis Veterinary School was attended by Lilly Pimentel and Georgene Diener. The theme of the symposium was Bio-Security. The participants were walked through the new Bio-Security curriculum which can easily be incorporated into any livestock project. Lilly and Georgene will be happy to discuss the curriculum with you.

Revised State Presentation Manual

The fourth edition of the 4-H Presentation Manual was adapted by a Task Force of staff, volunteers, and youth. This Task Force is requesting your feedback on the newly revised manual before it is released. They will meet in June to review your feedback and make additional modifications to the manual before the scheduled release on July 1, 2015. Please review this draft of the Presentation Manual. http://4h.ucanr.edu/files/211341.pdf

If you have any comments or feedback to the draft they can be made on this survey: http://ucanr.edu/survey/survey.cfm?surveynumber=15252. Respond by June 10 with your comments.
4-H Throwdown at State Fair

Senior Division—July 15
Themes: Everything Sandwich, Final Round-Outdoor Movie Night

Junior Division—July 22
Themes: Pack a Picnic, Final Round-Le Tour de France

All 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 3 youth members. Each round will have a secret ingredient. Each team must prepare an appetizer, main course, and desert. Each course must include and focus on the secret ingredient. Each team will have 15 minutes to prep and then 60 minutes to cook a three course meal. A panel of judges will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily 4-H Throwdown Champion!
Read rules and register: http://4h.ucanr.edu/4-H_Events/CountyFairs/

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:
- 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 due to County UCCE 4-H Office
- June 30: Complete Record Book Quick Start Course (must be completed each year—deadline is NEW)

Misc. News and Information

- Are you in need of some whites for the Kings Fair? They are several tubs of recycled white pants and shirts for you to look through at the UCCE Office. Be sure to check it our before purchasing new!
- The 4-H Year officially ends on June 30th. You may begin re-enrolling for the new 4-H year beginning July 1st!
- A friendly reminder that ALL fundraising activities need prior approval. The Fundraising Request form can be located at http://4h.ucanr.edu/files/19878.pdf. The form must be signed by the County Director. Be sure to plan ahead!

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener 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.
TIPS FOR WORKING OUT IN THE SUMMER HEAT

It is essential to take the necessary precautions while exercising during the summer months. The average person can take from one to two weeks to adapt to warmer temperatures. Here are some helpful safety tips to follow while exercising during the summer.

REHYDRATE YOUR BODY. While exercising in hot weather you can easily lose up to a quart of water an hour. Drink water before, during and after exercising. Since your body can only absorb 8 ounces of cold water every 20 minutes, continue to drink fluids even after you no longer feel thirsty. Sports drinks may be popular among intense exercisers, but they are not necessary and may actually absorb more slowly than plain water.

AVOID WORKING OUT DURING PEAK HOURS. Very hot and humid weather hampers perspiration’s ability to cool your body. Try exercising in the morning or evening to avoid the most intense heat as well as the times when smog and pollution levels are highest. Consider exercising indoors at the local health club or shopping mall.

TRY WALKING. Walking is considered the most popular exercise among Americans. Invest in a good pair of walking shoes with flexible soles and good heel and arch support. It may be the only equipment you’ll need. Gently stretch for five minutes before starting your walk. When you are finished walking, cool down by gently walking and stretching for another five minutes to prevent soreness.

BE OPEN TO NEW IDEAS. Try a new exercise or activity every two weeks, such as hiking, canoeing, rollerblading or biking. These activities will allow you easy access to water or rest.

COOL OFF IN WATER. Swimming is an excellent way to exercise during the summer months. There is no need to be a good swimmer to benefit from water exercise. Performing strokes such as the backstroke or doggie paddle at the shallow or deep end still counts as aerobic exercise.

DON’T FORGET YOUR SUNSCREEN. Apply SPF 15 sunscreen at least 30 minutes before exercising outdoors. Protect your eyes with sunglasses that block the sun’s UV rays. Exposure to direct and indirect sunlight over many years increases your risk of developing skin cancer.

CHOOSE THE APPROPRIATE CLOTHING. Wear loose-fitting clothing to allow circulation of air between your skin and the environment. Also, light-colored clothing will reflect sunlight, while darker clothing will absorb the heat. Cotton and linen are natural fabrics that may absorb moisture (sweat). However, synthetic fabrics that have a mesh-like weave will allow moisture to be whisksed away from your skin.

Provided by the University of California CalFresh Nutrition Program
Saturday, October 10, 2015
9:00 am to 9:00 pm
Hanford High School

4-H Clubs/Members can help in the following ways:

- **Members and adults sign-up as team members. (see information below)**
- Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).
- 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/KingsCo4-H](http://main.acsevents.org/goto/KingsCo4-H)

For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net