# YOUTH TALK

**September 2015**

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- Emerald Star applications DUE to the UCCE Office
- All Star Meeting @ UCCE Office  1 pm
- Sectional Council Meeting @ UCCE Office Stanislaus  10 am to 1 pm
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- Emerald Star Interviews @ UCCE Office (time to be determined)
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## SEPT  EVENT/DEADLINE  INFO

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### 4-H Madness & Color Me Green Run

**September 26th**  
**Kings Fairgrounds**

8:00 am Registration for Run  
9:00 am Run Begins  
10:00 am Madness begins  
11:30 am Free hotdog lunch  

Help is still needed with our Run and Madness.  
~ If you would like to help with the run, please contact chairman, Kelley Medeiros at kelley.medeiros@farmcreditwest.com  
~ Sign up to be a presenter to share project information about your favorite project or lead a hands-on activity:  sign up at [http://cekings.ucanr.edu/files/218821.pdf](http://cekings.ucanr.edu/files/218821.pdf)  
~ If you wish to help in other ways, contact co-chairman. Angela Loogman at loogman79@yahoo.com or Alicyn Cawley at alicyn2003@yahoo.com  
~ Stop by the UCCE Office & pick up flyers to leave with businesses to help spread the word!  

**4-H will spread the word at the Thursday Night Marketplace on September 3rd!**

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**Deadline**  
4-H News articles due for *Youth Talk* – September 18th  
Please send all articles to ~gldiener@ucanr.edu

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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](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.
The next council meeting will be:
Tuesday, September 1st
7:00 p.m.
UCCE Office Multi-purpose Room
Kings Harvest will be the host for the meeting.
Topics for discussion will include: Record Book Judging, Color Me Green Run, Madness, Council BBQ, Achievement Night & Committee needs. Calendars will be ready for distribution to CCL’s as well as BBQ tickets.
This is an important meeting and everyone is welcome. Please plan to attend!

Kings County 4-H Relay for Life Team Meetings
Wednesday, September 2nd, 16th & 30th
6:30 pm
UCCE Office
Join the Kings County 4-H team at: http://main.acsevents.org/goto/KingsCo4-H
Relay for Life will be October 10th at Hanford High School. For more information contact Team Captain-Michelle White at mwhite2465@sbcglobal.net.
See flyer insert for more information.

Did You Know?
As a statewide program delivered locally, there are now common standards across the state for what it means to be a member in good standing, project completion requirements, how members earn a year stripe and pin, and much more.
See Steps to Success in 4-H.

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.
4-H offers a very unique experience and is the premier youth development program. Don’t keep this great organization a secret! Spread the word and invite your friends to join! Let’s enable this organization to benefit even more youth! Click here to enroll.

Leadership Day is Coming!
Please reserve Saturday afternoon, October 17th for a newly revised Leadership Training event for club officers, jr./teen leaders, project leaders, and parents! This event will be jam-packed with useful information for all 4-H participants, parents and leaders. More information will be available in the October issue of the Youth Talk! Stay tuned.....
**Achievement Night Dinner**

*October 3, 2015*

*Sierra Pacific high School 5:30 PM to 6:30 PM*

WA Focus delegates will be selling dinners served before Achievement Night on Saturday, October 3rd, 2015. We will be serving pasta with bread, salad and a drink and cookie. We would greatly appreciate your support in our efforts to earn our way to Washington Focus. The cost is $10.00 per plate. Reservations for the dinner can be made on-line at: [http://ucanr.edu/survey/survey.cfm?surveynumber=16106](http://ucanr.edu/survey/survey.cfm?surveynumber=16106). Cost: $10/person.

**Kings County 4-H Incentives & Recognition Committee Forming**

Kings County 4-H is in need of an Incentives and Recognition Advisory Committee. The Committee will review, formulate and evaluate the 4-H Youth Development Incentives and Recognition program here in Kings County, including:

- Emerald Star program
- All Star selection
- Record Books (education & evaluation)
- Pins, medals and certificates for countywide events

Three to 4 meetings per year will be scheduled by the committee based on member availability. The Committee will facilitate the Awards and Recognition Program and will report back to Council with updates and recommendations.

The Council would like to have a representative from each club serve on the committee. Leaders working specifically with Record Books at the club level could be potential committee members, or other leader(s) that express interest. The Committee will be co-chaired by the Council Vice Presidents.

If you are interested in representing your club, please let your Community Club leader know, so your name can be submitted to the UCCE Office by October 1st.

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**Achievement Night**

*Saturday, October 3*

*Sierra Pacific High School Cafeteria*

*7:00 PM: Achievement Night*

*8:00 PM: Family Movie Night (It’s Free!)*

The Kings County All Star Candidates have a fun evening planned for all who attend. Come dressed in your favorite super hero shirt or cape! Members will be recognized for Record Book & Project Medal awards, Officer Books, Toledo, Perreira, Brazil awards, Emerald Star etc.

Also remember to bring blankets or chairs for outdoor seating to watch the movie the Incredibles! There will be a popcorn bar for your enjoyment.

Reservations for the Spaghetti Dinner can be made online at: [http://ucanr.edu/survey/survey.cfm?surveynumber=16106](http://ucanr.edu/survey/survey.cfm?surveynumber=16106). Cost: $10/person.

**The Future of 4-H Starts Today!**

*October 24, 2015*

*10:00 am—4:00 pm*

*UC ANR Building– San Joaquin Room*

2801 Second Street, Davis, CA

Plan to attend the roll-out meeting to learn about the new state level Volunteer Management Organization, This will also be an opportunity to ask questions and help contribute to the communication and continuous improvement plan.

Register by October 16th: [http://ucanr.edu/survey/survey.cfm?surveynumber=15768](http://ucanr.edu/survey/survey.cfm?surveynumber=15768)

For more information visit: [http://4h.ucanr.edu/Get_Involved/4-H_Futures_Task_Force/](http://4h.ucanr.edu/Get_Involved/4-H_Futures_Task_Force/)

Interested in attending? Let’s get a carpool organized and be represented at this important meeting!
Emerald Star Program

Attention 4-H members intending to apply to become a Kings County All Star in the future, completing an Emerald Star project is a requirement for those applying for All Star.

**Purpose:** The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H Members.

**Eligibility:** Members who have completed two years of 4-H and will be at least 14 years of age by December 31, 2015 are eligible to apply for the Emerald Star Program.

**Project Requirements:** Emerald Star projects must demonstrate the member’s leadership ability, the ability to work with others, and the ability to plan and conduct a successful program of work. The project must have an adult advisor and must provide service to the Kings County 4-H program and/or community.

Applications are due to the UCCE Office by **Friday, September 18th** and Interviews will take place on **September 29.** Click on this link for more information about the Emerald Star Program: [http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

4-H Week Activities

**4-H Display-Plan to Enter!**

Celebrate National 4-H Week (October 4-10th) by creating a display to advertise 4-H. Clubs may enter as a club or as individual project groups. The purpose is to promote 4-H and your club! Displays may be window, poster, booth etc. and must be **set-up by October 2nd.** Once your display is in place, take pictures and submit to the UCCE Office via email to **gldiener@ucanr.edu** by October 16th. Be sure to include the location of the display and the viewing hours. Judging will be based on creativity, information/educational value, accessibility to the general public and overall look of the display. Prize money will be awarded to the clubs/project groups with the top three displays– 1st place- $75: 2nd place-$50: 3rd place- $25.

**4-H Sunday**

**Sunday, October 4, 2015**

**8:30 AM**

**St. Brigid’s Church**

**1001 N. Douty Street, Hanford**

All 4-H members are invited to join in the celebration of 4-H Week by attending services at St. Brigid’s Church.

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

The Science of Healthy Baking– BREAD!

**Saturday, September 26th**

**1 pm—4 pm**

**UCCE Office Multi Purpose Room**

Bread is one of humanity’s oldest foods, dating back 30,000 years, with good reason: bread is delicious! A single slice of bread, however, masks its complexity. Using scientific practices and an understanding of nutrition, participants in this session will mill their own grains to make flour; select a leavening agent (like baking soda or baking powder), and bake a small loaf of bread. How will the grain, leavening agent, or other ingredients (like milk, eggs, sugar) affect the nutrition, taste, and other properties of the bread?

4-H promotes youth learning by doing and utilizes a methodology called experiential learning which engages learners:

- through direct, hands-on activities or projects.
- by using open-ended questions that invite further discussion and interaction.
- through the use of active reflection and discussion.
- by making connections to real-world examples of learned concepts or skills by applying learning to one or more independent situations.

This workshop is a great example of experiential learning. The experiential learning techniques presented can be transferred to other project areas. Plan to participate in this fun learning experience. This workshop is open to Jr/Teen leaders and adult volunteer leaders. Space is limited, reserve your spot as soon as possible. You may call 852-2731 or email **gldiener@ucanr.edu.**
2015-2016 Record Book Manual Available

2015-2016 edition of the 4-H Member’s Record Book Manual is now available. This edition has some distinct changes in the manual format and a few of the forms. The 2015-2016 edition of the Record Book Manual is located at http://4h.ucanr.edu/files/218972.pdf. Record Book forms are located at: http://4h.ucanr.edu/Resources/Members/RecordBook/About_4-H_Record_Books/

The Parents/Leaders Record Book Manual has not yet been released.
America's Farmers Grow Communities

Community support is a vital part of funding projects and learning opportunities for our members. America’s Farmers Grow Communities, sponsored by the Monsanto Fund, gives farmers in our area the chance to direct a $2,500 donation to an eligible rural nonprofit organization of their choice. For the past five years, participants have continued to support ag youth organizations. Since 2010, more than $5.1 million in donations has helped send students involved in ag youth organizations to conferences, update fairgrounds and provide community service opportunities.

Help our organization receive a $2,500 donation by encouraging farmers you know to visit www.GrowCommunities.com or call 877-267-3332 to enroll today. Enrollment runs until November 30 and winners will be announced in January 2016.

The purpose of Grow Communities is to support rural America by partnering with farmers to support the causes that are most important to them. In 2016 more than $3.3 million in donations will be awarded to nonprofit organizations in 1,326 counties across 40 states.

Share this opportunity with the farmers in your life on the Grow Communities Facebook page www.Facebook.com/AmericasFarmersGrowCommunities. This page provides program updates, posts about advocating for ag and information about winners. You can also join the conversation on Twitter using #GrowCommunities. The program is part of the America's Farmers initiative, which has awarded more than $29 million to farming communities in the past five years. For eligibility requirements and more information go to www.AmericasFarmers.com.

State Record Book Competition

Evaluators/Judges Needed

Evaluators Needed!! Have you evaluated Record Books at the County level? Do you really enjoy reading about how young people are growing through their 4-H involvement? If you answered “Yes!” to both questions, then consider applying to be an evaluator for State Record Book Competition. State Competition will be held in Davis on November 13 - 15, 2015. Evaluator applications are due by October 1, 2015. Find out more about the evaluation process on the State website and judge’s application here.

State Fashion Revue News

The theme for the State Fashion Revue (SFR) 2016 is, “Hoe Down, Sew Down.” SFR is May 28, 2016, as part of the State Field Day at UC Davis. Participant categories returning for 2016 are Traditional, Upcycled, and Consumer Science Purchased $40 limit. The rules for the Upcycled have been modified to place more emphasis on the transition. There are two new challenge categories. In the Western Wear Challenge, sewing project members make a western shirt and add other sewn or purchased garments to complete an outfit. For the Muslin Challenge, members create a garment out of at least 2 but not more than 3 yards of cotton muslin fabric. It must be made as part of a member’s project work but the Clothing & Textiles/Sewing project isn’t required. Members are encouraged to decorate or embellish the garment. Additional garments may be handmade or purchased. The first service project announced is reusable tote bags made of feed bags, leftover sturdy fabric, canvas or even denim. The second service project will be announced next month. For more information visit the follow website: http://4h.ucanr.edu/4-H_Events/SFD/SFR/.

4-H Healthy Living Event/Club Assessment

4-H Clubs are encouraged to use the Healthy Living Event Assessment for 4-H events and activities to ensure members are the healthiest they can be! The checklist is available at: http://4h.ucanr.edu/files/213332.pdf.
2016 Salute to Excellence 4-H Volunteer Awards

Don’t miss the opportunity to nominate exemplary 4-H Volunteers for the 2016 Salute to Excellence Awards Program. The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H, while promoting service through voluntarism as both an opportunity and a privilege. California will be nominating two volunteers to be considered as regional honorees. The regional honorees become nominees for the national award, and one volunteer in each category will be named the national honoree.

Selection Criteria
◊ The Volunteer of the Year Award (VOY) is for currently serving 4-H volunteers who have served as 4-H volunteers for less than 10 years at the local, county, district or state level.
◊ The Outstanding Lifetime Volunteer Award (OLV) is for current or former 4-H volunteers who have served 10 or more years at the local, county, district or state level.

Please take the time to nominate outstanding individual volunteers using the Nomination Application. Mail completed nomination packet(s) to the UC ANR, State 4-H Office, Attn: Shannon Horrillo, 2801 Second Street, Davis, CA 95618. Nomination Packets must be received by September 25th.

If multiple nomination packets are received they will be reviewed by the 4-H Incentives and Recognition Advisory Committee who will recommend one nominee for each category to the Associate Director of 4-H Program and Policy for final approval. Please note there is no limitation on the number of nominees from each county. For more information visit: http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence/program-information/

4-H Day at the Oakland Raiders

Sunday, December 6, 2015 | 1:05 pm Kickoff

Don’t miss it! $20 from each ticket sold benefits 4-H in your community! See more info and submission form: http://4h.ucanr.edu/files/216614.pdf

Club News Needed!

Articles submitted by club reporters are gladly accepted for the Youth Talk. The article can include news about a community service activity your club has participated in, special club events such as fundraising or celebrations, project activities, members receiving special recognition. Share what your club is doing with others in our county.

News articles are quick and to the point. The articles should include WHO?, WHAT?, WHEN?, WHERE? and WHY?. Proof read your article and edit where needed. Check the spelling of all words, especially names.

The deadline for the Youth Talk is the third Friday of each month. Submit your article to gldiener@ucanr.edu or mail to Kings County 4-H, UCCE Office, 680 N. Campus Dr., Ste. A, Hanford, CA 93230

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 4-H Program Representative  (50% time)  Teresa Evangelo  4-H Support Staff  (full time)
852-2743  gldiener@ucanr.edu  852-2731  tlevangelo@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)
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.
September is Whole Grains Month so “Make Half Your Grains Whole!" 

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases like heart disease. Grains provide many nutrients that are vital for the health and maintenance of our bodies including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate) and minerals (iron, magnesium and selenium). The amount of grains you need to eat depends on your age, sex and level of physical activity. As a general rule it’s approximately 6-one ounce servings.

What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into 2 subgroups. Whole Grains and Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgar, oatmeal, whole cornmeal and brown rice. Refined grains have been milled, a process that removes the bran and germ. While this process give grains a finer texture it removes dietary fiber, iron and many B vitamins.

How can you tell if you are buying whole grains?

Consumers searching the grocery aisles for whole grain foods have an effective search tool – the WHOLE GRAIN STAMP. These stamps feature a sheaf of grain on a golden-yellow background with a bold black border. This eye-catching design makes the Whole Grain Stamp easy to spot on food packages. This shortcut makes it easier to find products that offer at least a half serving of whole grains.

There are two different varieties of the stamp – The basic stamp and the 100% stamp.

- If a product bears the 100% stamp, then all its grain ingredients are whole grains. There is a minimum requirement of 16g (16 grams) a full serving of whole grain per labeled serving for products using the 100% stamp.

- If a product bears the Basic stamp, it contains at least 8g (8 grams) a half serving of whole grain, but it may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc) it will use the Basic stamp if it also contains extra bran, germ or refined flour.

Each stamp also shows a number, telling you how many grams of whole grain ingredients are in a serving of the product. With the Whole Grain Stamp you don’t need to study ingredients or count grams and ounces to meet the whole grain goals. The stamp makes it easy to get your recommended three servings or more of whole grains each day.

Contributed by the University of California, CalFresh Nutrition Education Program
Kings County
4-H Relay Team
"4-H for Hope"

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.

You are invited to the 4-H Relay Team Meetings!

August 19,
Sept. 2, 16, 30 Oct. 7
All meetings will be held at the UCCE Office at 6:30 PM

To join our team go to: http://main.acsevents.org/goto/KingsCo4-H
For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net
Color Me Green 5K run and 1K walk aims to provide youth and community members a learning opportunity for improving their health through a fun event. Participants will run 5 kilometers or walk 1 kilometer with other members of their community and will be showered with green powder throughout the course, leaving them colored in green by the end of the run!

4-H Madness is a great opportunity for families interested in learning about 4-H as well as returning 4-H families to learn more about available projects. 4-H is a community of young people** across America who are learning leadership, citizenship and life skills.

Registration for Color Me Green Run
ucanr.edu/survey/survey.cfm?surveyid=16062
4-H Families - $15 ($7 for each additional runner in the family)
Non 4-H families - $20 ($10 for each additional runner in the family)
Register by September 11th to be guaranteed a t-shirt!
KINGS COUNTY 4-H

ACHIEVEMENT NIGHT

DRESS WITH FAVORITE SUPER HERO SHIRT OR CAPE!

SPARK THE INCREDIBLE IN YOU!

DINNER FUNDRAISER PROVIDED BY WASHINGTON FOCUS DELEGATES

Record Book AWARDS PRESENTATION

FAMILY MOVIE NIGHT under the stars

OCTOBER 3, 2015 - 5:30pm - 10:00pm

Sierra Pacific High School Cafeteria
1259 13th Avenue  Hanford, CA

BRING: BLANKETS or CHAIRS to sit outside for movie.

Kings County 4-H 559-852-2730