**YOUTH TALK**

October 2015

<table>
<thead>
<tr>
<th>OCT</th>
<th>EVENT/DEADLINE</th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>State Record Book Evaluators Applications DUE to State Office</td>
<td>Sept. Issue</td>
</tr>
<tr>
<td>3</td>
<td>Dinner &amp; Achievement Night @ Sierra Pacific Cafeteria</td>
<td>Insert</td>
</tr>
<tr>
<td>4</td>
<td>4-H Sunday</td>
<td>Page 3</td>
</tr>
<tr>
<td>4-10</td>
<td>National 4-H Week - 4-H Grows Here</td>
<td>Page 3</td>
</tr>
<tr>
<td>6</td>
<td>Board of Supervisors Meeting 9 am (Proclaiming 4-H Week)</td>
<td>Page 3</td>
</tr>
<tr>
<td>7</td>
<td>4-H Relay for Life Meeting @ UCCE Office 6:30 pm</td>
<td>Page 2</td>
</tr>
<tr>
<td>9</td>
<td>State Record Books due to the UCCE Office</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Relay for Life 9 am to 9 pm Hanford High School</td>
<td>Page 2</td>
</tr>
<tr>
<td>11</td>
<td>All Star Meeting @ UCCE Office 1 pm</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>LCORT Youth Chair Application DUE</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>WA Focus Chaperone Application open</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Leadership Training @ Hanford High School Ag Dept. 1 pm</td>
<td>Page 2</td>
</tr>
<tr>
<td>17</td>
<td>Countywide Dog Care Meeting @ Valley Animal Haven 11 am</td>
<td>Page 5</td>
</tr>
<tr>
<td>20</td>
<td>Food Olympics Planning Meeting @ UCCE Office 6:30 pm</td>
<td>Page 5</td>
</tr>
<tr>
<td>20</td>
<td>Countywide Rabbit Project Meeting @ UCCE Office 6:30 PM</td>
<td>Page 5</td>
</tr>
<tr>
<td>23</td>
<td>Record Books DUE to State Office</td>
<td>Page 2</td>
</tr>
<tr>
<td>24</td>
<td>Future of 4-H Task Force Meeting @ UC Davis or via Webinar 10 am</td>
<td>Page 6</td>
</tr>
<tr>
<td>26</td>
<td>CA Focus District Leader Applications open</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Countywide Pygmy Goat Meeting @ Garcia Residence 12 noon</td>
<td>Page 5</td>
</tr>
</tbody>
</table>

**4-H– Way to Go!!!!!**

Thanks to the many 4-H members and families that helped to organize & participated in the Color Me Green Run and 4-H Madness. It was a fun-filled morning! Special thanks to Chairmen– Kelley Medeiros (Run) and Angela Loogman & Alicyn Cawley (Madness).

**Also in this edition.....**

- Council News
- 4-H Council BBQ
- Program Fees
- Relay for Life
- Did you Know?
- Do You Need?
- Leadership Day
- 4-H Calendars
- National 4-H Week
- Emerald Star Program
- Incentives & Recognition Comm.
- Summer Camp
- Fall Paper Clover
- Impt. State 4-H Dates
- County Judging Day
- County wide Project Meetings
- LCORT
- America’s Farmers Grow...
- Future of 4-H Starts Today!
- State Fashion Revue News
- New Record Book Manual
- 4-H Club News
- UCCE Office Contacts

**Deadline**

4-H News articles due for *Youth Talk* – October 16th

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](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 4-H Program Fees for the coming year are:

$10.00 per leader
$30.00 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 applying for a fee waiver.

Enrollments are continuing. Please enroll as soon as possible. Click here to enroll.

Council News
The next council meeting will be:

Tuesday, October 6th
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.
This is an important meeting and everyone is welcome. Please plan to attend!

Kings County 4-H Relay for Life Team Meeting
Wednesday, October 7th
6:30 pm
UCCE Office

Relay for Life
Saturday, October 10th
9 am—9 pm
Hanford High School Neighbor Bowl
For more information contact Team Captain-Michelle White at mwhite2465@sbcglobal.net.

4-H Council BBQ
Saturday, November 14
Kings Fairgrounds– Dairy Pavilion
11:00 AM to 2:00 PM
Take-out also available
Tickets: $10.00/person
Entrée: Pork Loin

All 4-H families are encouraged to sell barbecue tickets. The proceeds support the Kings County 4-H Council which sponsors county events, awards and so much more. This is the only fundraiser sponsored by the Council. Tickets are available from your Community Club Leader or the UCCE Office. The meal is delicious! Please make check payable to: Kings County 4-H Council.

The top 3 tickets sellers will be awarded a prize! 1st place: $75, 2nd place: $50 and 3rd place: $25! Let’s make this a record event for ticket sales! This meal is a bargain!

Club Assignments
Meat-Kings Harvest
Bread-Island
Green Beans-Oakvale
BBQ Sauce-Mid Valley
Rice-Kings River
Butter-Grangeville
Sweet Shop-Lemoore

Leadership Day
Saturday, October 17th
1 pm
Hanford High School
Leadership Training Day will include training for club officers, Junior and Teen Leaders, Project Leaders and parents. This event will be jam-packed with useful information for all 4-H members, parents and leaders. Plan to attend.

Did You Know?
The NEW 4-H Presentation Manual is available.
Click on this link: 4h.ucanr.edu/files/2193.pdf for access to the manual.
To view examples of presentation types follow this link: http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/

Do You Need?
The new 4-H year is underway. Need a club newsletter template? Letterheads? Certificates? Designing a new club t-shirt? Want 4-H bookmarks? This and much more can be found at: http://4h.ucanr.edu/Resources/Branding_Toolkit/

4-H Calendars
The Kings County 4-H calendars were so well received last year that the 4-H Leader’s Council voted to pay for the publishing of a 2015-2016 4-H calendar. If you haven’t received your new 4-H Calendar be sure to check with your Community Club Leader. Enough calendars were printed for one per family.
Celebrate National 4-H Week  
October 4-10th

The first week in October is National 4-H Week, a time to celebrate the nation’s largest youth organization and how 4-H helps to create responsible kids, strong families and connected communities. Share your 4-H spirit by posting your 4-H pictures on Facebooks, Twitter or Instagram with #4Hgrowshere hashtag. For more information on National 4-H Week visit the National 4-H website at: http://www.4-h.org/4hweek/.

4-H Week Window Display

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. 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.

All Star Candidates, Hayden Costa (not pictured), Kayla McCalvy and Kennedy Baker created a window display showcasing Kings County 4-H in the Kings County Administration Building. If you are in the area, be sure to check it out. The display will be up all month.

4-H Sunday

All 4-H members are invited to join in the celebration of 4-H Week by attending services at any of the churches below.

<table>
<thead>
<tr>
<th>St. Brigid’s Church</th>
<th>St. Peter’s Church</th>
<th>Kingsburg Community Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>1001 N. Douty, Hanford</td>
<td>870 N. Lemoore Ave., Lemoore</td>
<td>1590 Smith St., Kingsburg</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>10:00 a.m.</td>
<td>8:30 a.m.</td>
</tr>
</tbody>
</table>

Board of Supervisors Presentation

Tuesday, October 6th  
9:00 am

Kings County Admin Building  
The Kings County Board of Supervisors will be presenting to the 2015-16 4-H All Star Candidates a proclamation declaring October 4-10th as 4-H Week in Kings County.
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, November 13th and Interviews will take place on November 19. 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/

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 16th. The first meeting will be held in November.

Fall Paper Clover

Shop at Tractor Supply in Hanford during the week of October 7-18 and participate in the Paper Clover Fundraiser. When you checkout, donate a $1 and support 4-H! 100% of each dollar goes to 4-H with 60-65% staying in our local county.

Important State 4-H Dates

Please add the following information to your 4-H calendar.

Week of November 8th:
2016-17 State Ambassador applications open
2016 Citizenship WA Focus registration opens
2016 Leadership WA Focus registration opens

Week of December 6th:
State Leadership Conference Program Assistant applications due

Week of December 13
2016 CA Focus registration opens

December 15
2016 WA Focus & Leadership WA Focus deposit due

February 16
State Ambassador applications & references due

March 19
State Ambassador interviews

March 31
CA Focus registration ends

California Focus– June 17-21 in Sacramento
Leadership WA Focus– July 11-15
WA Focus– Heritage Trail July 10-16
Global Journey– July 10-19

4-H Summer Camp

Tulare County 4-H has graciously invited Kings County 4-H members to summer camp again this year. The dates are June 26– July 1st.
Kings County 4-H Judging Day  
*Saturday, November 14, 2015*  
*Kings County Fairgrounds*

Judging Day helps 4-H’ers to become good decision makers, enabling them to justify their decisions by giving oral reasons (for one judging class). A judging class consists of four items. The 4H’er is asked to evaluate and rank the class in the order from the best to the worst. For example, a judging contest may consist of 4 plates of tomatoes, and they are to be placed based on how they look. (You may ask yourself, which plate of tomatoes would I purchase first to take home to eat?) Points are given on how close the participant comes to matching the placing an expert gives the class.

Participants will also be given the opportunity to give oral reasons for one class. Oral reasons enable the participant to explain to a judge why they placed the class the way they did. Points are given for how convincing the reasons are. Even if the class wasn’t placed correctly, if good reasons are given for the placing, the points will reflect that.

Judging classes will be in the following categories: Livestock, Home Economics and General. Plan to judge all three!

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Registration Begins</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Mandatory Orientation Assembly</td>
</tr>
</tbody>
</table>

**Countywide Project Meetings**

<table>
<thead>
<tr>
<th>Rabbit Project:</th>
<th>Dog Care Project:</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 20th</td>
<td>October 17th</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>UCCE Office Suite F</td>
<td>Valley Animal Haven</td>
</tr>
<tr>
<td>Kathy Lugo 582-4760</td>
<td>Maureen Tompkins 707-5150</td>
</tr>
</tbody>
</table>

**Pygmy Goat Project:**

The countywide Pygmy Goat Project will be hosting Goats & Goblins, a costume contest where you & your goat will dress as a duo. It will be on Saturday, October 31 at 12 noon at 16517 Jackson Ave., Lemoore. Look for the big green sign. Come and have fun with your goat. If you have any questions, call Yvette Garcia at 559-381-0165

**LCORT in Wonderland**  
*(Leadership Conference of Regional Teens)*

*January 29-31, 2016*  
*Wonder Valley Ranch—Sanger, CA*  
*Cost: $150.00*

Open to 4-H members ~ 12-14 years old  
(as of December 31, 2015)

Applications are due to the UCCE Office by December 1st

The purpose of LCORT is to define and develop your leadership abilities; to have an opportunity to meet and share ideas with other 4-H youth and adults; to expand your perspective on the world around you and to have an enjoyable time.

**Scholarships available:**

Kings County 4-H Leaders Council offers scholarships to attend LCORT. Eight scholarships of 1/2 of the conference fee are available to those 4-H members who meet the qualifications. For adults wanting to attend the council pays the entire fee for the number of adults required by the conference.

For more information on LCORT, see the Kings County 4-H website—[LCORT](http://4h.ucanr.edu/files/217853.pdf).

*Interested in serving as the Youth Chair for the 2017 LCORT? To learn more visit: [http://4h.ucanr.edu/files/217853.pdf](http://4h.ucanr.edu/files/217853.pdf)*  
*Applications for Youth Chair are due November 3, 2015.*
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.

The Future of 4-H Starts Today!

October 24, 2015
10:00 am—4:00 pm
UC ANR Building, 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.

Great news! The meeting will also be available via a webinar, use the link below to register for the meeting.

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

(If you are interested in attending the webinar at the UCCE Office—please call 852-2731)

For more information visit: http://4h.ucanr.edu/Get_Involved/4-H_Futures_Task_Force/

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. 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/. Start saving your feed bags! If you have any feedbacks to donate to the cause, please call the UCCE Office at 852-2731

2015-2016 Record Book Manual Available

2015-2016 edition of the 4-H Member’s Record Book Manual is now available. 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/
4-H Club News

Island 4-H

Our first meeting started at 7:08. Then we all stood up and said what we did in Kings Fair and what we entered in the fair. Then they passed out a reward for whoever did a good job on their Record Book. After the meeting we did an activity. The activity as a game where you were given 2 plates, a straw and smarties. You had to suck a smartie on the straw and move it to the other plate. Whoever got the most smarties on the other plate in 30 seconds won. Everyone won a prize. The prize was a 4-H pencil and a sticker and the rest of the smarties. The meeting ended at 7:56. After the meeting there was a board for people to pick what they want to do and cookies in the back.

Jordon Coelho, Reporter

Kings Harvest 4-H

Our club conducted its installation for new officers at our September meeting. They are: President-Tyler Dunn, Vice President-John Avila, Secretary-Mary Rosa, Treasurer-Wyatt Ward, Sergeant at Arms-Thomas Rosa & Kendra Ward, Reporter-Garrett Bell, Song & Recreation Leader-Shyanna Ward, Historian-Anna Dooley, and Healthy Living Officer-Thomas Bell.

Our club would like to thank Mrs. Cheryl Avila. She is teaming up with Loretta Toledo leading us in our 4-H activities. We talked about all of the activities going on for 4-H Madness and Achievement Night. The Dooley and Ward families will be doing our 4-H window display at Gonsalves-Fasso Floral.

Our October club meeting will also be our Halloween Party. Members decided that decorated pumpkins will go to a local retirement home after our pumpkin contest.

Garrett Bell, Reporter

Lemoore 4-H

Lemoore 4-H held their first monthly meeting on September 9, 2015 at the Cinnamon Elementary School Cafeteria where our officers for the 2015-2016 year were installed by All Star, Kennedy Baker. We also welcomed in our new Community Leader Donna Eller. We hope to have a large group of new members at our next meeting slated for October 14th at 6:30. During our meeting we discussed Relay for Life, Emerald Star project, 4-H Madness and Color Me Green Run as well as Achievement Night. Lemoore 4-H would like to thank the Sponsoring Committee for the generous donation which all 4-H members were able to utilize, of lowering our tuition for the year.

Tyler Eller and Maddison French, Reporters

Kings River 4-H

Kings River 4-H would like to welcome all new and returning 4-H members, leaders and parents to the 2015-16 4-H year. Congratulations to our 2015-2016 club officers, who were installed on September 14, 2015.

President: Ashley Avila
Vice-President: Gavin Pimentel
Secretary: Jenna Searcy
Treasurer: Nathan Bellamy
Reporter: Rory Valov
Historian: Steven Loogman
Sargent of Arms: Noah Magnia & Garrett Martin
Recreation Leaders: Moriah Sumaya & Jake Pimentel
Healthy Living: Chloe Olivas

Rory Valov, Reporter

★ The deadline for the Youth Talk is the third Friday of each month. Submit your article to gldiener@ucanr.edu.
Typically, when parents think about their children's health, they don't think about their bones. But building healthy bones by adopting healthy nutritional and lifestyle habits in childhood is important to help prevent osteoporosis and fractures in life. Osteoporosis, the disease that causes bones to become less dense and more prone to fractures, has been called a "pediatric disease with geriatric consequences" because the bone mass attained in childhood and adolescence is an important determinant of lifelong skeletal health. The health habits your kids are forming now can make, or literally break, their bones as they age.

WHY IS CHILDHOOD SUCH AN IMPORTANT TIME FOR BONE DEVELOPMENT? Bones are the framework for your child's growing body. Bone is living tissue that changes constantly, with bits of old bone being removed and replaced by new bone. You can think of bone as a bank account, where (with your help) your kids make "deposits" and "withdrawals" of bone tissue. During childhood and adolescence, much more bone is deposited than withdrawn as the skeleton grows in both size and density. Up to 90% of peak bone mass is acquired by age 18 in girls and age 20 in boys, which makes youth the best time for your kids to "invest" in their bone health. Building your children's "bone bank" account is a lot like saving for their education: The more they can put away when they're young, the longer it should last as they get older.

WHAT IS OSTEOPOROSIS? Osteoporosis is a disease that causes bones to become fragile and break easily. When someone has osteoporosis, it means his/her "bank account" of bone tissue has dropped to a low level. If there is significant bone loss, even sneezing or bending over to tie a shoe can cause a bone in the spine to break. Hips, ribs and wrist bones also break easily. There is no cure for the disease. Osteoporosis is most common in older people but can also occur in young and middle-aged adults.

HOW CAN I HELP KEEP MY KIDS' BONES HEALTHY? The best way to help your kids develop healthy habits for life is to be a good role model. Research suggests that active children have active parents. If you make physical activity a priority and try hard to maintain a healthy diet, including plenty of calcium, chances are your positive lifestyle will "rub off" on them along the way.

Here are some things you can do:

2. Serve fat-free or low-fat milk with meals and snacks.
3. Stock up on calcium-rich snacks that are easy for hungry children to find, such as:
   - Cheese cubes and string cheese  
   - Calcium-fortified orange juice  
   - Yogurt and frozen yogurt  
   - Cereal with low-fat milk  
   - Broccoli with yogurt dip  
   - Almonds
4. Limit access to soft drinks and other snacks that don't provide calcium by not keeping them in the house.
5. Help your kids to find a variety of physical activities or sports they enjoy participating in.
6. Establish a firm time limit for sedentary activities such as TV, computers and video games.
7. Teach your kids to never start smoking, as it is highly addictive and toxic.

Talk to your children about their bone health, and let them know it is a priority for you. Your kids may not think much about health, but they are probably attracted to health benefits like energy, confidence, good looks and strength.

Provided by the University of California, CalFresh Nutrition Education Program
Valley Animal Haven
KINGS COUNTY’S NEWEST NO-KILL ANIMAL SHELTER
NEEDS YOUR HELP!

Can you make a difference?
Yes you can! Please help Raine Palomino and Tyler Dunn with their 4-H emerald star project by making a difference in sheltered animal lives. Pam Brasil dreams came true when she founded Valley Animal Haven & Adoption Center. Their mission is to provide animals with the help that they so desperately need and deserve. Pam’s hope is that, one day, no animal will have to suffer at the hands of abusive owners. They work hard to take care of all of the animals at Valley Animal Haven & Adoption Center. But unfortunately, they can’t do it without help from people like you.

What they need:
• Dry dog/puppy food
• Dry cat/kitten food
• Puppy pads
• Cat litter (clumping type preferred)
• Collars and leashes
• Toys (dog and cat)
• Treats (dog and cat)
• Cleaning supplies
• Bath towels

• Laundry detergent
• Stainless steel food & water bowls
• Pooper scoopers
• Litter boxes and scoops
• Paper towels
• Trash bags (33 gal & 13 gal)
• Copy paper
• Envelopes

Other items:
If you are unsure what items to donate, gift cards to Petsmart, Target, Walmart, Home Depot, Lowes, or K Mart.

Where to donate:
Please drop off all donation at 4-H office - UCCE Kings County 680 Campus Drive Suite A Hanford, CA 93230.

Or call (559) 816-2134 or (559) 816-1956 to schedule a pick-up.
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
KINGS COUNTY 4-H

ACHIEVEMENT NIGHT

DRESS WITH FAVORITE SUPER HERO SHIRT OR CAPE!

SPARK THE INCREDIBLE IN YOU!

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