What’s Your New Year’s Resolution?

Welcoming in the New Year is usually a joyful event filled with anticipation and hope. Often this is an opportunity to look forward and determine ways that life can be improved. A resolution is a promise you make to yourself, usually personal goals or objectives set with the hope that our lives will be enriched. Many resolutions involve life changes, the more dramatic the change the more challenging it is to keep the resolution. However, 4-H families have a definite advantage when making resolutions. Some of the more common resolutions made are in keeping with the 4-H objectives.

1. **Learn something new!** Education is one of the most motivating and easiest resolutions to keep. Learning something new makes you a more interesting person. Ever notice how easy it is to drum up interest in children when you are enthusiastic about something new you have learned? Learn a new skill and turn it into your hobby and then share it! You may get a double dividend, as it may help develop into more family time. (Now that’s using your **HEAD**!) (Continued on page 5)
Council News

The next council meeting will be:

**Tuesday, January 5th**
7:00 pm
UCCE Office Multi-purpose Room

Host Club: Kings River 4-H

Topics for discussion will include: County Presentation Day, Food Olympics, 4-H Fair Planning, Incentives & Recognition Committee etc.

Please plan to attend!

Did You Know?

The State 4-H Office has appointed a Transition Committee that will head up the reorganization efforts of closing down the Sectional and State Leader’s Council and establish a Statewide Management Board. The state will be divided into 4 regions. Our region will grow from 12 counties to 19 counties. This change may have some impact on LCORT. Questions and concerns can be addressed to the Transition Committee Chairman, Cole Breck at colebreck@gmail.com.

State Record Book Winner

Kings County 4-H is proud to announce that we have a State Record Book Winner! Congratulations to

**Ashley Olson, Oakvale 4-H**

for receiving top honors on her Record Book. Ashley devoted a lot of time to fine tuning her Record Book in order to receive this honor.

Record Books at the State level are evaluated and given recognition using the following categories:

* State Record Book Winner
* State Record Book Medalist
* Merit
* Participation

Congratulations Ashley!

Incentives & Recognition Committee Mtg.

There will be a brief I & R Committee meeting on:

**Tuesday, January 5th**
6:00 PM
UCCE Office– Ste. G

The purpose of the meeting is to make certain the committee is in agreement with the information that will be presented to Council beginning at 7 pm the same evening.

NEW Countywide Public Speaking Project

Want to become a confident, articulate public speaker? If yes, then this new countywide project is a perfect fit for you. The countywide Public Speaking Project will focus on good communication skills and preparing for Presentation Day. (Learn about all the new guidelines for Presentation Day and receive help in putting together a presentation!) It is open to all regular 4-H members. Meeting dates will be on Thursdays at 6:30 p.m. at the UCCE Office.

- January 7th
- January 21st (Ste. G)
- February 4th
- February 18th
- March 10th (Ste. G)
- April 14th
- May 12th

If you are interested in joining, please contact:
Melanie Curtis at (559) 250-3839 or melaniea.curtis@gmail.com

Important Kings Fair Dates

Please be aware that contracts are required for many of the livestock species shown at the Kings Fair. Contract due dates are:

- Feb. 12: Dairy Heifer Replacement Springer & Yrlings
- Feb. 12: Market beef
- April 11: Market Swine, Market Feeder Calves & Market Sheep & Goats

Additional information and contracts can be found at: http://www.kingsfair.com/fair/
Food Olympics  
Saturday, February 20th  
Hanford West High School Cafeteria

Here’s What’s Happening!

The Food Olympics will be held in conjunction with County Presentation Day and will include the following contests:

* Favorite Foods (including Healthy Living)  
* Place Setting Contest  
* Cupcake Decorating Contest  
**NEW!** *Food Photography Contest*

**Categories**
- Healthy Living  
- Favorite Food  
- Farm to Fork (Sequence)

Any time is a perfect time to focus on a Food Olympics entry! Get that camera out and take some foodie pictures of your favorite food or create a sequence for the Farm to Fork category. Try your hand at decorating some cupcakes with ideas you found on Pinterest or try out some new recipes to see if they are tasty enough to win the Favorite Food competition. And of course, you can always develop a Place Setting entry using a fun theme. There are even more ways to participate this year!

For detailed information, please click here: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/)

FYI: Washington Focus Delegates are planning a Take-Out Dinner, so you can leave the Food Olympics/Presentation Day with dinner in hand—no worries! More details soon....

Kings County Presentation Day  
February 20, 2016  
Hanford West High School  
9:15 AM – Check-in  
9:30 AM – General Assembly  
10:00 AM – Presentations Begin

Public speaking is one of the greatest fears that most adults will face during their lifetime. If these adults had been 4-H members, chances are they would have conquered their fears as a youth while giving a presentation. 4-H encourages every member to develop and polish their public speaking skills by participating in County Presentation Day. There are many ways to participate in Presentation Day. Participants may give a traditional demonstration or illustrated talk where they show “how-to-do” something using visual aids or posters to a prepared speech or interpretive reading or an impromptu speech etc. The ways to participate are explained in the **NEW** California 4-H Presentation Day Manual. Be sure to read the **NEW** manual as some of the requirements have changed. For example, a Demonstration requires a minimum of 4 Posters/Slides and an Illustrated Talk requires a minimum of 3. And yes, you need to know the difference between an Illustrated Talk and a Demonstration because new this year, they have different Evaluation forms.

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that “practice makes perfect” is especially true for presentations. Then, enter Presentation Day!

The **NEW** Presentation Manual is available by clicking: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/)

To enter County Presentation Day, you may enter on-line at [http://ucanr.edu/survey/survey.cfm?surveynumber=16743](http://ucanr.edu/survey/survey.cfm?surveynumber=16743) or access the paper entry form at [http://cekings.ucanr.edu/files/226079.pdf](http://cekings.ucanr.edu/files/226079.pdf). Entries are due to the UCCE Office **February 5th, 2016**.

Schedule

8:45 AM: Set-up & Showmanship  
9:30 AM: Assembly– general info for the day  
10:30 AM: Cupcake Decorating Contest Begins
County Dog Care Group in Lemoore Parade

The Kings County 4-H Dog Care Project participated in the Lemoore Christmas parade. We dressed up our dogs in Christmas costumes and Christmas lights. We also demonstrated a courtesy turn, sit, and stay commands at the judging table. Our Kings County 4-H Dog Care group won first place in the animal division. Avery Cummings and her dog Bea also made it into the newspaper! We had a lot of fun! The trophy is on display at the Kings County UCCE Office.

Submitted by: Reilly Nava, Dog Care Junior Leader

E.M. Tharp & World Ag Expo
"We Believe in Growing Scholarship"

DEADLINE: FRIDAY, JANUARY 15, 2016 - 5:00 P.M.

World Ag Expo and E.M. Tharp Inc. team up again to provide the "We Believe in Growing" scholarship, created to further support agriculture education. High school seniors from Madera, Fresno, Tulare, Kings and Kern counties are encouraged to apply.

Two $10,000 scholarships will be awarded to students who attend a four-year university to major in an agricultural field. The scholarships will be disbursed over four years at $2,500 per year, per student. For more information: http://www.worldagexpo.com/-we-believe-in-growing-scholarship

Etiquette When Asking for A Letter of Recommendation

Letters of recommendation are normally an important part of a scholarship or job application process. When asking for a letter of recommendation ask someone that is the most familiar with your work and achievements. Don't wait until the last minute to ask for a recommendation. As deadlines near, many recommendation providers are swamped. If you ask your writer in plenty of time, you will avoid putting him or her under additional pressure. As the deadline approaches, you can always send the writer a friendly reminder of the impending deadline. (Hint: You may also want to include a self-addressed stamped postcard and ask the writer to mail the postcard to you when the recommendation is mailed.) When asking for letters of recommendation, it's to your advantage to ask the person face-to-face. This conveys just how important this letter is to you. Along with the letter of recommendation form and materials, include your resume. This keeps important information about you at the writer's fingertips. Also, make sure the writer is aware of your plans and future goals. Always provide your writer with stamped envelopes. Remember to include envelopes of the appropriate size, and overestimate the amount of postage (the writer might add extra pages to the form.) Some applications require the writer to return the letter to you in a sealed envelope. Ask the writer to sign the flap of the envelope. If given the opportunity, it is highly recommended that you waive your rights to read the recommendation. This reassures the reader that the writer has been very candid. Always send your writer a thank-you note after you know the letter has been sent out. Don't wait too long to do this; a week or two is a good timeline. Taken from: http://www.petersons.com/college-search/letter-recommendation-how-ask.aspx
Kings County Farm Day
Kings Fairgrounds
Morning of Tuesday, March 1, 2016

Farm Day brings approximately 2,300 Kings County third-graders together to learn about agriculture in order to gain an increased awareness of the positive contributions agriculture makes to our local community and economy.

A partnership between the Kings County Office of Education and the Kings Fairgrounds, Farm Day helps students understand the answer to the very important question: “Where does our food come from?” Farm Day is a unique opportunity to teach students that food is not grown in the grocery store. They have the chance to interact with farm animals, explore farm equipment, and learn about various aspects of agriculture. Through educational presentations and hands-on interaction, the goal of Farm Day is to have everyone who attends walk away with an increased awareness of the positive contributions that agriculture makes to our local community and our economy. 4-H members are invited to give well rehearsed, interactive presentations at Farm Day. What do you have to share? For more information visit: http://kcfb.org/

County Fashion Revue
Saturday, March 19th
UCCE Office: 12:00 PM– Dress for Judging 12:30 Judging Begins
The Remington: 4:00 PM– Dress for Fashion Revue 4:30– Show begins

Categories to include:
1. Traditional (no change from 2015)
2. Consumer Science Purchased- $40.00 (no change from 2015)
3. Upcycled (New requirements for 2016)
4. Western Wear Challenge (New for 2016)
5. Muslin Challenge (New for 2016)
6. $100 Purchased (not eligible to advance to State)

For more detailed information regarding the categories visit: Fashion Revue

(Continued from the front page)

What are Your New Year’s Resolutions?

2. Spend more time with family. What better way to spend quality time with family than working on a project that is enjoyable to everyone? The types of activities to share as a family are vast and varied, but the quality time spent together provides long term dividends in making wonderful family memories, and providing a caring and nourishing environment for family members. (That’s filled with a lot of HEART!)

3. Help others. There are so many needs in every community. Simply look around your neighborhood and a list of ways to help others is easy to compile. What a wonderful way to nourish the soul, by helping others. This also sets a wonderful example for children to model and to incorporate into their adult lives. (Put your HANDS to good use!)

4. Improve your health. Youth as well as adults need to focus on this resolution, especially with the ever growing obesity problems. Get out and get moving! Exercising is always more fun with a friend, a 4-H exercise project could be the answer—and of course there is the well established Foods and Nutrition project! (There it is, another leaf on the 4-H Clover– HEALTH!)

Who would have thought the four H’s could so readily assist in supporting the most common New Year’s resolutions? Good luck in keeping your resolutions and HAPPY 2016!
As 2016 unfolds and the piles of cards and papers received during the holiday are dispersed, you may find that you received several 2016 calendars. If you are like me, I find that the good old fashion paper, hard copy calendar is my lifeline. I am a calendar snob and I am very particular about the type of calendar that works for me. I like to be able to touch my calendar and turn the pages and take pen in hand and enter important dates on the calendar. Thus, those electronic calendars don’t attract my attention.

Hopefully you received your 4-H Family Calendar when you went to your first or second Community Club meeting. The format of the calendar was designed by leaders and yes, that calendar design works for me. Please note that the 4-H calendar begins in July and ends on June 30th. (There are complimentary pages that include July and August 2016). This mirrors the 4-H year and the time period that is included in the 4-H Record Book. The 4-H Year is like the school year, or fiscal year as opposed to the calendar year.

Calendars help to keep us organized. Use only 1 calendar to avoid doublebook or missing meetings. Utilizing a calendar will keep your head clear knowing that you aren’t forgetting anything because it is all written on the calendar. Jot down everything on your 4-H Family Calendar. Hopefully the first part of the 4-H year in your calendar already is filled with notes about meetings attended, project reports given, items purchased for projects such as craft supplies or feed for the animals. If the first half of your calendar doesn’t look well used, it is not to late to put the calendar into use. You may even want to give each 4-H member in your family a different color pen, so the notes on the calendar can easily be identified as who they belong to. 4-H members can be encouraged to add their own notes to the calendar or circle the meetings they attended.

The notes kept on the 4-H Family calendar will be a great asset when it comes to working on the 4-H Record Book. 4-H members will not have to rely on memory to determine what meetings were attended or when purchases were made or project reports given. The calendar aids in completing the Personal Development Report (PDR) as well as the Annual Project Report (APR). The notes kept on the calendar will help to make the entire 4-H Record Book experience easier. The information on the calendar may also inspire examples of growth that can be included in the 4-H Story. (Like the time your goat managed to unlock the gate and you searched for hours around the neighborhood to locate her.)

Look at your calendar every evening so you have a plan of what is going to take place the next day. Using your calendar will get you organized and you will have the piece of mind knowing that you didn’t forget an important event, or purchase that was made.

Staying organized is an important life skill. Children need to learn ways to manage their lives to help reduce stress, and keeping a family calendar is a great way to begin.

Happy Calendaring!

Georgene Diener
Apply to Be a 2016-2017 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 youth service-learning opportunities and recognitions 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 service learning, and have been selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service.

4-H State Ambassadors are selected to:

♦ Plan, Promote, Teach, Mentor, Advocate and Advise

Click here to read the role description for 2016-2017 4-H State Ambassadors: [http://4h.ucanr.edu/files/223932.pdf](http://4h.ucanr.edu/files/223932.pdf)

**Term:**

4-H State Ambassadors are expected to make a 14-month commitment to the program beginning June 1, 2016 and ending August 31, 2017. State Ambassadors are required to commit significant time to the work of being a State Ambassador. In general, Ambassadors spend 10-40 hours per month, not including travel time, performing the tasks of their role.

**Eligibility Requirements:**

4-H State Ambassador candidates must have completed at least one year as a California 4-H member. 4-H State Ambassador candidates must be at least 16 years old on June 1, 2016 and no older than 18 years old as of December 31, 2016. Applications are due February 16, 2016.

For more information visit: [http://4h.ucanr.edu/files/201381.pdf](http://4h.ucanr.edu/files/201381.pdf)

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**4-H Equine Field Day**

February 20, 2016
10:30 am—3:30 pm
Fresno State Agriculture Pavilion
Cost: $10/$15

The Equine Field Day is an educational event, that offers three concurrent presentations for each of the five 45 minute sessions. Past presentation topics have included saddle fitting, equine nutrition, equine chiropractic treatment, and 4-H equine educational contests.

More information can be found on this link:
[http://4h.ucanr.edu/4-H_Events/4H_Equine_Field_Day/](http://4h.ucanr.edu/4-H_Events/4H_Equine_Field_Day/)

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**State Animal Science Symposium**

May 23-25, 2016 (Tentative)
UC Davis

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

Registration and further information can be found here:
[http://4h.ucanr.edu/4-H_Events/Symposium/](http://4h.ucanr.edu/4-H_Events/Symposium/)

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**State 4-H Horse Classic**

August 3-7, 2016
Murieta Equestrian Center
Rancho Murieta, CA

The State Championship Horse Show provides the opportunity for 4-H riders to compete at a level beyond local, county or regional events, while the educational contests allow members to showcase their equine knowledge.

For more information click on this link:
[http://4h.ucanr.edu/4-H_Events/Horse_Classic/](http://4h.ucanr.edu/4-H_Events/Horse_Classic/)

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**Small Animal 4-H Field Day**

March 19, 2016
Santa Ynez Equestrian Center
Santa Ynez, CA
Rabbit-Cavy-Poultry-Pygmy Goat

Breed shows, Showmanship, Knowledge Bowl, and more...

Click here for more information:
[http://4h.ucanr.edu/4-H_Events/Small_Animal_Field_Day/](http://4h.ucanr.edu/4-H_Events/Small_Animal_Field_Day/)
Presentation Help Available

If you have never given a Presentation before, the idea of standing in front of an audience and speaking for 5 to 10 minutes on a specific topic may seem overwhelming. BUT, once you understand the basic framework for a presentation and how to tackle putting a presentation together, you will soon become an expert.

A Presentation Workshop hasn’t been scheduled for this year, but if you are in need of some help in putting together a presentation, or would like someone to critique what you already have, you may call the UCCE Office and make an appointment. Appointments can be made on the following days:

January 11-12 or 13th or January 19 or 20th

You may call 852-2731 or email: gldiener@ucanr.edu.

All Star Candidate Spotlight

Meet Kayla McCalvy!

Favorite Movie: “Inside Out”
My Hero: My mother, Michelle White
What does 4-H mean to you: To me 4-H is all about helping others and learning important life skills in the process.
Favorite 4-H Project: Arts & Crafts
Most Memorable 4-H Experience: Completing my Emerald Star Project, Cancer Care Packages
Favorite place to visit: A T & T Park in San Francisco to watch the Giants
In my free time I enjoy: Arts and Crafts projects and watching my favorite TV Shows
Favorite Inspirational Quote: “Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind.” Dr. Seuss
Words to live by: “The only person you should try to be better than is the person you were yesterday.

4-H Club News

Island 4-H

The meeting started at 7:10. Then we started with old business. Then the people talked about the Christmas parade if they were in it. Then new business. Then after that for a health report we did 3 stretches. Then we did the most best part of the meeting the activity. The leaders for the activity would pick 7 people for the activity. Then the leaders for the activity gave one of those people a wrapped gift so then we sing jingle bell and when we do that the picked people pass the gift around when we stop singing who ever has the gift got it. Who ever participated got a candy cane. The meeting ended at 7:45.

Jordon Coelho, Reporter

♦ The deadline for the Youth Talk is the third Friday of each month. Submit your article to gldiener@ucanr.edu.

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  (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.
MAKE HEALTH YOUR RESOLUTION

Make 2016 your healthiest year yet! Find ways to boost your health, fitness and well being, and be an inspiration to others!

EAT HEALTHY: Make healthy food choices
- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.
- Grab a healthy snack on the go.

BE ACTIVE: Be active for at least 2-1/2 hours a week.
- Include activities that raise your breathing and heart rates and strengthen your muscles.
- Help kids and teens be active for at least 1 hour a day.
- Park farther away and walk.
- Physical activity helps to:
  - Maintain weight
  - Reduce high blood pressure
  - Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
  - Reduce arthritis pain and associated disability
  - Reduce risk for osteoporosis and falls
  - Reduce symptoms of depression and anxiety

PROTECT YOURSELF AND YOUR FAMILY: Put on a helmet, sunscreen, or insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people’s or second hand smoke.
- Build safe and healthy relationships with family and friends.

MANAGE STRESS: Don’t overschedule or overcommit. Take short breaks throughout the day.
- Balance work, home and play.
- Get support from family and friends.
- Stay positive.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.

UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education
Choose MyPlate.gov
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.