### February Is HEART Month!

The month of February is really about the 4-H motto’s second “H”- heart! As you travel through the days of February, retail stores are covered in red and pink hearts to celebrate St. Valentine and his work of love and caring for others. In this tradition, we distribute cards and gifts to those we love. While this festival of Valentine occurs one month a year, and on one particular day, it is really amazing to think that 4-H members across the country make these same gestures daily— not just one day a year.

**I pledge my heart to greater loyalty**— loyalty is the basis of good character, caring for others though community service and being a friend another person can count on. Through pledging our heart to greater loyalty, as well as pledging our heads, hands, and health, our 4-H members are becoming the future leaders for our country and our world. During this month of hearts, love and caring, let’s all pledge our loyalty to continuing to “Make the BEST Better” for the youth of our county, state, and our world.

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**EVENT/DEADLINE** | **INFO**
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2 | Incentives & Recognition Committee Meeting @ UCCE Office 6:00 PM Page 2
2 | Council Meeting @ UCCE Office 7 pm Page 2
4 | Countywide Public Speaking Project @ UCCE Office 6:30 pm Jan Issue
5 | Presentation Day entries DUE to UCCE Office Page 3
5 | Food Olympics entries DUE to UCCE Office Page 3
6 | Countywide Dog Care Meeting @ Valley Animal Haven 11 am
7 | State Leadership Conference registration opens Page 10
13 | South Central Sectional Council Meeting @ Tulare UCCE Office 10 am Page 2
13 | Countywide Poultry Meeting @ Currie Residence 12 noon
15 | President’s Day UCCE Office closed
16 | Countywide Rabbit Meeting @ UCCE Office 6:30 pm
16 | State Ambassador Applications due for State 4-H Office Page 9
18 | Countywide Public Speaking Project @ UCCE Office (Ste. G) 6:30 pm Page 2
20 | Presentation Day & Food Olympics @ Hanford West High Page 3
20 | Equine Field Day @ Fresno State Page 9
21 | All Star Meeting @ UCCE Office 1 pm
27 | Countywide Poultry Meeting—Field Trip
27 | Countywide Pygmy Goat Meeting @ Garcia Residence 12 noon
Council News
The next council meeting will be:

**Tuesday, February 2**
7:00 pm
**UCCE Office Multi-purpose Room**

Host Club: Delta View

Topics for discussion will include: County Presentation Day, Food Olympics, 4-H Fair Planning, Fashion Revue, Safety issues regarding showing Beef at the Fair etc.

Please plan to attend!

Did You Know?

Primary members, 5-8 years old by December 31st of the current program year, may participate in 4-H events, but may not compete. For example, they may exhibit their poultry at the 4-H Fair and talk to the judge, but the judge may not place the bird in a competitive fashion (American/Danish). Primary members receive recognition for their participation in the event. Primary members are not eligible to participate in Junior Livestock auctions or to receive premium money. For more detailed information, please visit: [Primary Members](#) on 4-H website.

Council BBQ Financial Report

The Council BBQ held during Judging Day in November was a success. Members sold 1167 tickets.

**Income:**
- Tickets sold $11,670.00
- Leftovers sold $178.00
- Sweetshop Sales $846.00
- **Total Income** $12,694.00

**Expenses:**
- Meat $974.00
- Other Supplies $1,320.00
- Top Ticket Sellers $150.00
- **Total Expenses:** $2,443.99

**Net Profit** $10,250.01

Thank you to everyone who helped make the Council BBQ a very successful fundraiser!

Top BBQ Ticket Sellers Announced!

1st place: **Nathan Fry**—Island ~ 50 tickets
2nd place: **Mackenzie Archer**—Mid Valley ~ 48 tickets
3rd place: **Ragan Jessup**—Kings River ~ 35 tickets

Congratulations to the top ticket sellers for the Council BBQ held in November. The 4-H Council appreciates your help in making the BBQ a success!

South Central Sectional Youth Delegates

*Tara Fry and Bridgett Singleton* from Oakvale 4-H were selected as the Kings County Youth Delegates to the South Central Sectional Leaders Council. The next Sectional meeting will be:

**February 13**
10 am
**Tulare County UCCE Office**

Any adult volunteers or 4-H members ages 14-19 are welcome to attend the council meetings to become more involved in the 4-H program beyond the county level.

Kings County adult representative to the Sectional Council is *Stacey Daniel*.

More information on the council activities can be found at: [http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South_Central/](http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South_Central/)
Food Olympics
Saturday, February 20th
Hanford West High School Cafeteria
Entries due: February 5th!!!

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)

For detailed information, please click here: http://cekings.ucanr.edu/Kings_COUNTY_4_H_Program/4_H_Events/Favorite_Foods_Fair-February/

Schedule
8:45 AM: Set-up & Showmanship
9:30 AM: Assembly—general info for the day
10:30 AM: Cupcake Decorating Contest Begins

County Fashion Revue
Saturday, March 19th
Entries due: March 4th

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)

Program Cover Design Contest: All 4-H members are invited to submit a design for the program cover for the Kings County Fashion Revue. The theme is “Hoe Down, Sew Down.” Page size is 8-1/2” by 5-1/2”. Include Kings County Fashion Revue on the cover and the date of the event. Entries due to UCCE Office by March 4th.

Questions regarding Fashion Revue? Please contact chairman, Nancy Palomino at: nancenmike@yahoo.com

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

Are you planning to participate in Presentation Day? Hopefully the answer is YES! If so, be sure to read the NEW Presentation Manual available by clicking: http://cekings.ucanr.edu/Kings_COUNTY_4_H_Program/4_H_Events/Presentations/

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

Help is needed with Presentation Day. 4-H members may sign up to work as Room Monitors and MC’s. Adults are needed to serve as Judges/Evaluators. If you are interested, please sign up at http://ucanr.edu/survey/survey.cfm?surveynumber=16749 or call the UCCE Office at 852-2731.
4-H Fair News  
**April 7-9th**  
**Kings Fairgrounds**

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer, resulting in a much safer experience for the exhibitor, animal and the public. Leaders and parents, please encourage your members to participate in this event!

*For 2016:*

**Indoor Exhibits:** Entries will be available to view on Friday, April 8th from 4:00 PM to 7:00 PM, and again on Saturday, April 9th from 9 AM to 12 noon. There is *NO* early release. At 12 noon on April 9th the Indoor Exhibits will be released. Entries will need to be signed out. The building will close at 1:00 PM.

Each club will be given 2 tables covered with plastic for their club’s entries. If more tables are needed or other display items required, they will be provided by the club. Each club is invited to be creative with their display space. The Indoor Exhibit Bldg. will open at 12 noon on Thursday, April 7th for clubs to begin decorating their display space.

Food Preservation will now include the name of the item, date preserved, method & amount of time for method used.

Please note, Beginning 4-H is an ACTUAL project. First year 4-H members (not primary members) must be enrolled in the Beginning 4-H Project in order to compete in this project area. Not all clubs offer the Beginning 4-H project.

**Animal Exhibits:** Animal entries need to be pre-entered. Entries are due to the UCCE Office by March 18th. Parents and leaders, please be very respectful of all exhibitors and refrain from ringside coaching. This is very distracting to exhibitors and draws their attention away from the judge.

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**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 & Yearlings
- Feb. 12: Market beef
- April 11: Market Swine, Market Feeder Calves & Market Sheep & Goats

**New for 2016:** The Market Steer Show will be a Blow & Go Show. All market steers must be slick shorn to within ¼” of hair growth (approximately 7 days prior to fair). Entire steer must be shorn, excluding leg area from knee and hock down and tail switch. No glue or adhesive is allowed.

Additional information and contracts can be found at: [http://www.kingsfair.com/fair/](http://www.kingsfair.com/fair/)

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**4-H Uniform**

A uniform is not required for participation in any 4-H sponsored activity, event, meeting or occasion.

Based on an extensive process that included a 4-H member design contest and voting input from 4-H members and adults, the California 4-H Youth Development Program has adopted new 4-H uniform guidelines. Implementation of these guidelines will begin July 1, 2015 and is expected to take several years for full adoption. See the [California 4-H Uniform Guidelines](http://www.kingsfair.com/fair/) and [California 4-H Uniform FAQ](http://www.kingsfair.com/fair/) for complete garment details and the transition plan to the new uniform guidelines.

Fairs do *not* fall under the jurisdiction of the 4-H program and may require their own clothing for showing. To exhibit at the Kings Fair in June 2016, 4-H members must wear the 4-H hat on their head, white pants, white shirt and tie/collar and closed in shoes. All shirts/blouses must have a collar. Tank tops or sleeveless shirts are not allowed.
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/

Emerald Star Project
Applications due~ March 18th
Interviews ~ March 31st

The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H members who wish to share his/her skills and knowledge in any area of 4-H to help others.

A secondary purpose is to prepare 4-H members for All Star responsibilities should they wish to become a Kings County All Star at a later date. (Completing an Emerald Star Project is a requirement for those 4-H members interested in applying to become an All Star Candidate.)

ELIGIBILITY:
4-H members who meet the following criteria are encouraged to apply for an Emerald Star Project.

* completed at least two (2) years of 4-H
* will be at least 14 years of age by December 31st of the current 4-H year

Members wishing to participate in an Emerald Star project in the fall of 2016 are encouraged to have their entrance interview in March, allowing work to be done on the project over the summer.

For an application and more information click here:
http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/

Emerald Star Project
Cozy Pads for Pets

Hi, I am Hadley Garcia from Lemoore 4-H and I want to help the pets at Valley Animal Haven & Adoption Center. My Emerald Star Project is to make tied fleece blankets for the animals at the shelter. I will be at Kings County Presentation Day. Even if you are not presenting at Presentation Day come and help out. My goal is to have at least 2 blankets for each of the animals that need it.

I would appreciate it if members could donate anti-pill fleece or gift cards to Joann’s or Hobby Lobby. For the funding I am collecting recyclables like aluminum cans, plastic bottles and glass bottles. If you need it picked up call us at 559-924-2719. I will have kits available at Presentation Day to pass out to those who would like to make the tied fleece blankets at home. You can call the number above to pick up the blanket kits when they are finished.

Thank You very much,
Hadley Garcia
The 4-H Record Book

4-H Project Medals for 2016

Record books submitted to the County for judging can be submitted in 2 different categories—Record Books and/or Project Medals. The Record Book category involves submitting the entire Record Book as explained in the CA 4-H Record Book Manual: Youth Version-Record Book Manual or Adult Version-Record Book Manual. Project Medals are unique to Kings County and there is no advancement to state level competition.

Recently the Kings County Incentives & Recognition Committee met, and with the approval of the Leader’s Council decided to align the Project Medal award with the Steps To Success. For Project Completion, a member must be in good standing, complete a minimum of 6 hours of project instruction or more as required by the project leader and complete an Annual Project Report form (APR). Upon meeting these requirements, a member will receive a year pin and stripe.

To compete for a Project Medal, the completed Annual Project Report form (with Expression page) will be turned in and judged. The I & R Committee hopes this will enable record keeping to be more enticing for 4-H members, and may lead to doing an entire 4-H Book and compete in the Record Book category. Members will still have the opportunity to specify what project area they wish to compete in. Record Books will compete against a standard (American system of judging) and will not be ranked 1st, 2nd, 3rd (Danish system). There is not a set number of Project Medals awarded, all who meet the standard will receive medals. These awards will be presented at Achievement Night in the fall.

Members must keep in mind that the APR must be filled out completely and contain detailed information regarding what was learned, activities and experiences in the project and a complete financial record of expenses, income and value. With the APR standing alone, there will not be a 4-H Story or Personal Development Report form supplying supplemental information.

A new Project Medal Evaluation Form has been developed (insert in this Youth Talk). One major change has been in the area of required communications. Instead of requiring a member to give a presentation in the specific project (as in the past), members will be required to have a variety of Communication experiences in the specific project as outlined in the PDR—#6 Communication Skills. The requirement is based on the age of the member. Communication skills required are: 4 for Juniors (9-10 yrs.), 7 for Intermediates (11-13 yrs.) and 10 for Seniors (14 yrs. and older), all from the current project year.

There has been some confusion about what should be recorded on the APR. In the Learning Experiences portion, project meetings should be included as well as workshops, training sessions attended etc. In addition, work and activities done outside the project meeting that relate to the project can also be included. For example, if a member learned to make a picture frame at a Craft Project meeting and they come home and make 5 more and donated them to a Silent Auction or use them as gifts for friends, this should be included. The experience of making the picture frames in the project meeting, triggered a spark in the member and they demonstrated this by making more of the item for useful purposes.

As always, if you have questions, please contact the UCCE Office at 852-2731 or gldiener@ucanr.edu, so answers can be found. The next Incentives & Recognition Committee meeting will be held on-

Tuesday, Feb 2nd at 6:00 PM at the UCCE Office. Everyone is invited to attend.

Happy Record Book Keeping!

Georgene Diener
SCHOLARSHIPS For High School Seniors

Kings County Dairywomen
Deadline: March 1, 2016
Kings County Dairywomen will award up to three $500 scholarships to graduating seniors in Kings County majoring in an agricultural field. A 2.5 GPA is required for those applicants attending a community or vocational college and 3.0 GPA for a 4 year college.
Applications available from your High School Career Center.

Kings County Farm Bureau
Deadline March 4, 2016
Kings County Farm Bureau offers scholarships to students based upon academic achievement, extracurricular activities, determination, leadership skills, and a commitment to a career in agriculture. More information is available at www.kcfb.org or call 559-584-3557.

South Central Section 4-H Scholarship
The South Central Section 4-H Leaders Council will award scholarships in the amount of $300 to selected South Central Section 4-H members (that includes Kings County!) Applicants must be a graduating senior. For more information visit: http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South_Central/Scholarships_387/
Applications are due to the UCCE Office by April 1, 2016

O.D. “Mac” McCutcheon Memorial 4-H AG Scholarship
This $500 scholarship is awarded annually to a present or former Kings County 4-H member graduating from high school and planning to major in agronomy or another discipline in agriculture. Students must have completed at least three years in the Kings County 4-H program.
Applications are available at the UCCE Office or at http://cekings.ucanr.edu/files/205230.pdf. Submit it along with your biography and transcript by March 1,

Everett “Fuzzy” Feaver Memorial 4-H Scholarship
This $500 scholarship is awarded annually to a present Kings County 4-H member graduating from high school and planning additional education at a vocational school, community college or four-year college or university. The member must have already completed at least 2 years of 4-H at the time of application. Selection criteria includes leadership and community service.
Applications must submit their completed 4-H Record Book from last year along with the application.
Applications are available at the UCCE Office or http://cekings.ucanr.edu/files/205229.pdf and are due by March 1, 2016.

Brock Jarrett Toledo Memorial Scholarship
Applications for the Brock Jarrett Toledo Memorial Scholarship are now available at the UCCE Office, all Kings County High School Agricultural Departments and through the California Holstein Association. Applications may also be obtained by writing Mr. & Mrs. Ron Toledo, 242 Star Drive, Hanford, CA 93230 or at http://cekings.ucanr.edu/files/229671.pdf
Applicants must be graduating seniors from Kings County, OR graduating seniors and members in good standing of the California Jr. Holstein Association, planning to attend a college or university with a major in Agriculture. Applicants must also be a member or former member of 4-H for a minimum of four years, enrolled in dairy or livestock projects.
Applications must be postmarked no later than March 31, 2016.
MORE SCHOLARSHIPS...

Cattlewomen’s Association Scholarship
Deadline April 1, 2016
The Fresno-Kings County Cattle Women’s Association is offering scholarships to high school seniors, college freshman and college sophomores in the field of agriculture. Scholarships range from $500 to $1,000. For applications and more information click here:
Scholarship application
or by calling Kris Weber at 559-294-8411.

Jack A. Harris Memorial Scholarship
Deadline March 15, 2016
Harris Farms offers scholarships to graduating seniors or continuing college students giving preference to those majoring in an agricultural or educational field. Applications are due by March 15. Click here for application: http://www.harristranch.com/company-scholarship.php.
Questions? Contact Natalie Murray at 559-884-2477.

California State Farm Bureau
Deadline March 1, 2016
The California Farm Bureau Scholarship Foundation was organized to give aid to students with a desire to pursue a career in the agricultural industry. The scholarships are awarded annually based upon academic achievement, career goals, extracurricular activities, determination, leadership skills, and a commitment to study agriculture.
Who is eligible?
An undergraduate student, who is a collegiate member, entering or attending a four-year accredited college or university in California and pursuing a career in the agricultural field. Applicants must be a resident of California.
More information available at: http://www.cfbf.com/

Kings County 4-H Banner Contest
Kings County 4-H is in need of a new banner to help advertise 4-H in the communities of Corcoran, Hanford and Lemoore. The banner will be used to hang across the street in the downtown section to help spread the word about 4-H in the fall when clubs are recruiting new members.
The street banner needs to include:
* the terms “Kings County 4-H”
* UCANR branding/logo along with the 4-H branding/logo 
  http://4h.ucanr.edu/Resources/Branding_Toolkit/
* Contact information:
  Phone: 559-852-2731 Address: 680 North Campus Drive Hanford, CA
Additional Instructions:
* Submit your design on an 11” x 14” paper, (landscape) mounted on a poster board that measures 14” x 22” (mounted landscape). Poster board may be any color.
* On back of poster board include your contact information– name, address, phone, club and age
* Limit your design to 2 colors – one for the background and one for lettering, logos etc.
* Designs may be computer generated, cut and paste, color pencils or crayons etc.
All designs are due to the UCCE Office by Friday, April 22nd. Those in attendance at the Leader’s & Sponsors Recognition Dinner will vote for their favorite banner. The banner receiving the most votes will be made into the new 4-H banner for Kings County. The finished banner will measure approximately 30 to 36 ft. wide by 40 inches high.
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, equine acupuncture treatment along with 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/)
State Leadership Conference (SLC)
July 28th - 31st, 2016 at Humboldt State University
For High School Youth (Ages 13-19)
Registration opens February 7th

“Leadership is U”

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff.

The conference is planned by a team of high school 4-H members and adult volunteers. Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference.

Join our Team-
Workshop presenters needed-
We are seeking educational workshop presenters who will be an integral part of the conference to provide meaningful educational opportunities. If you would like to present a workshop at SLC, submit a proposal. Workshop Proposals are due March 25th 2016

SLC is a huge event and we can’t do it alone! Youth members and adult volunteers are eligible to apply to positions that work with the SLC Planning Committee. View the opportunity listed below and apply to join our team!

Become a Program Assistant – open to 4-H alumni 19 years and older

Contact Jenna Colburn at jcolburn@ucanr.edu or (530) 750-1336.

Kings County 4-H Offers Scholarships:

MEMBERS: Four awards of 1/3 the conference fee.
ADULTS: Full cost for the number of adults required by the conference quota.

Requirements to Receive Funding from the Kings County 4-H Council
MEMBERS: 1. Meet conference age eligibility. 2. Completed two years in 4-H at the time of conference.
3. Completed Record Book from at least the previous year. 4. Available only once per member.
ADULTS: 1. Meet conference age eligibility. 2. Completed at least two years as a leader at the time of conference.

Shooting Sports Workshop-Western Heritage
March 13-16, 2016
Safety First Shooting Association, Winton CA

Plans are underway to host a 4-H Shooting Sports Western Heritage Workshop in California. Those who pass the certification training will be certified to lead a 4-H Western Heritage project. There are pre-requisites for the course listed on the application. For more information about the project visit: http://www.4-hwesternheritageproject.org/

For a copy of the application and information sheet contact John Borba at: jaborba@ucanr.edu
4-H Club News

Grangeville 4-H

On January 12, Grangeville 4-H Club had our monthly meeting. We discussed an upcoming fundraiser, club T-shirts, Food Olympics, and Presentation Day. All the kids enjoyed playing Four Corners, our healthy living activity. After the healthy living activity, we waited in anticipation to see if we had the lucky ticket to become Grangeville 4-Hers of the Month. Congratulations to January’s winners! Lastly, we were hoping for a little more luck to see who won the Guessing Game! I mean, seriously, who doesn’t love chocolate-covered mints?! Anyways, see you next time!

Isabella Cawley, Reporter

Island 4-H

Meeting started at 7:10. Then whoever had a birthday in January stood up in front of the table and we all sang happy birthday. Then we did old business. After old business we did new business. Then our activity was that whoever is in charge of the activity was to pick 6 people and divide them into teams of 3. Then the people in charge of the activity named a topic and if you say uh, um, or like, if they say one of those words they get 1 or more points off. The prize was skittles. The meeting ended at 7:45.

Jordon Coelho, Reporter

Island 4-H Bell Ringing

Island 4-H participated in the Salvation Army Bell Ringing. The group covered an 8 hour shift and collected over $400.00. If you happened to see them—you would have seen lots of singing, dancing and spreading good cheer. Great job and a great way to give back to the community....

Kennedy Baker

Kings River 4-H

Kings River 4-H would like to wish everyone a very Happy New Year! Thank you to all club members who donated canned food items, coats, socks and toys for our club drives. Your generosity was very thoughtful. Our next club meeting will be held on February 8th.

Rory Valov, Reporter

Mid Valley 4-H

This is the Mid Valley 4-H Club. Our meeting was January 11, 2016. In the meeting we discussed the canned food drive and talked about the bell ringing in front of Wal-Mart. During the new business we talked about the Presentation Day on Feb. 20. On March 19 there will also be the Fashion Revue. Cobi talked about the fair contracts that are due and also about record books. Jenna Bracy explained the Unplug Fun. It is where we need to get off the electronics for an hour each day and be active outside instead. After the meeting we had refreshments.

Lillian Barcellos, Reporter

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 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  (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.
Kings County 4-H Project Medal Evaluation Form
(to be used at County Level Judging)

Name: ___________________________ Age: ______
Address: ___________________________ Date of Birth: ______
Email: ___________________________

Are you: _____ Junior (9-10 yrs.)  _____ Intermediate (11-13 yrs.)  _____ Senior (14 yrs. & Older)

Name of Project Competing in: ___________________________

Must meet all of the following criteria to receive a Project Medal-

_____ Folder or Binder (Record Book Manual page 6)

_____ Title Page includes required information (Record Book Manual page 9)
   Name, Club, County, Program year

_____ Attended at least 80% of project meetings in this project for current year
   APR must be signed by Project Leader (only), confirming attendance.

_____ Completed Annual Project Report
   All sections must be completed
   _____ Document required information (date, time, level, location)
   _____ Describe activities & experiences in the project
   _____ Tell what was learned & skills gained in the project
   _____ Include project financial record of expenses & income/value

_____ Share learning experiences with other 4-H members or community audiences
   Record communication activities in project as defined in the PDR section #6.
   _____ Juniors are required to have 4 from current year
   _____ Intermediates are required to have 7 from current year
   _____ Seniors are required to have 10 from current year

_____ Demonstrate a specific concept or knowledge gained in the project on Expression Page.
   The Expression Page should teach the reader something the member learned
   which was interesting to them. Design should be age appropriate and creative.

_____ Have a variety of project experiences OR have multiple levels of experiences in one project.

_____ Shows some form of community service or leadership in the project that is appropriate
   for age and year in 4-H.

COMMENTS:
Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of development of heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

**Everyday eating tips:** Small steps can help your family get on the road to maintaining healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

<table>
<thead>
<tr>
<th>Change Your Shopping Habits</th>
<th>Watch Your Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat before grocery shopping</td>
<td>Share an entree with someone</td>
</tr>
<tr>
<td>Make a grocery list before you shop</td>
<td>If entrees are large, choose an appetizer or side dish</td>
</tr>
<tr>
<td>Choose a checkout line without a candy display</td>
<td>Don’t serve seconds</td>
</tr>
<tr>
<td>Buy and try serving a new fruit or vegetable</td>
<td>Share dessert, or choose fruit instead</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Change the Way You Prepare Food</th>
<th>Change Your Eating Habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut back on added fats and/or oils in cooking or spreads</td>
<td>Keep to a regular eating schedule</td>
</tr>
<tr>
<td>Grill, steam, or bake instead of frying</td>
<td>Eat together as a family most days of the week</td>
</tr>
<tr>
<td>Make foods flavorful with herbs, spices &amp; low fat seasonings</td>
<td>Eat before you get too hungry</td>
</tr>
<tr>
<td>Use fat-free or low-fat sour cream, mayo, sauces, dressings</td>
<td>Make sure every family member eats breakfast</td>
</tr>
<tr>
<td>Serve several whole-grain foods every day</td>
<td>Drink water before a meal</td>
</tr>
<tr>
<td>Top off cereal with sliced apples or bananas</td>
<td>Stop eating when you’re full</td>
</tr>
</tbody>
</table>

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals and families can work together to create opportunities for people to make healthier choices. Make a difference in your community. Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.
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.