EVENT/DEADLINE | INFO
---|---
1 | 4-H Council Meeting @ UCCE Office 7 pm Page 2
1 | State Shooting Sports entries DUE to UCCE Office
1 | Kings County Farm Day @ Kings Fairgrounds
4 | Fashion Revue Entries & Program Cover Designs DUE to UCCE Office Page 2
4-6 | Western Classic Jr. Dairy Show @ Kings Fairgrounds
10 | All Star Applicants Meeting @ UCCE Office 7 pm Page 2
10 | Countywide Public Speaking Meeting 6:30 pm @ UCCE Office (Ste. G)
12 | Countywide Pygmy Goat Meeting @ Garcia Residence 12 noon
12 | Countywide Poultry Meeting @ Currie Residence 12 noon
13-16 | Western Heritage Shooting Sports Workshop @ Winton, CA
16 | Countywide Rabbit Meeting @ UCCE Office 6:30 pm
18 | 4-H Fair Livestock Entries DUE to UCCE Office Page 3
18 | Emerald Star Applications DUE to UCCE Office Page 6
19 | County Fashion Revue @ UCCE Office 12 noon-Judging 4:30-Fashion Show Page 2
19 | Countywide Dog Care Meeting @ Valley Animal Haven 11 am
19 | Central Valley Rabbit Show @ Kings Fairgrounds
19 | State 4-H Small Animal Field Day @ Santa Ynez Equestrian Center Page 9
21 | All Star Meeting @ UCCE Office 1 pm
26 | Countywide Shooting Sports Meeting @ Lemoore Sportsman’s 9 am
29 | Countywide Rabbit Meeting @ UCCE Office 6:30 pm
31 | Emerald Star Interviews @ UCCE Office Page 6
31 | California Focus registration ends

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). 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.

Active Kings County All Stars

The Kings County All Stars spent the weekend of January 30th at LCORT (Leadership Conference of Regional Teens) teaching a session they created on “Time Management.” Their session was viewed by approximately 350 7th-9th graders and volunteer leaders from 12 counties. In addition, Kings County was represented by 17 delegates and chaperone, Angela Loogman.

Deadline
4-H News articles due for Youth Talk - March 18th
Please send all articles to ~ gldiener@ucanr.edu
Council News
The next council meeting will be:
**Tuesday, March 1**
7:00 pm
*UCCE Office Multi-purpose Room*
Host Club: Mid Valley
Topics for discussion will include: 4-H Fair, Fashion Revue, Leaders & Sponsors Dinner, priorities for donations received, etc.
Please plan to attend! Your opinions and contributions are important!

**Did You Know?**
The UCCE Office has several bins of white pants and white shirts available to 4-H members looking for the required clothing to show livestock and small animals in the Kings Fair. Most of the clothing sizes available are for intermediate 4-H members. But...before going out to purchase brand new clothing, stop by the UCCE Office or call to see what is available.

**Incentives & Recognition Committee Mtg.**
There will be an I & R Committee meeting on-
**Tuesday, March 1st**
5:30 PM to 6:45 PM
*UCCE Office– Ste. G*

**Program Fees for 2016-2017**
The State 4-H Office has announced that 4-H Program fees will remain the same as the 2015-2016 year. This is really great news! The fees are:
- $38/youth and $14/volunteer leader
In Kings County, the Sponsoring Committee voted to subsidize the program fees for each member and leader. The fees in Kings County will also remain the same for the 2016-2017 4-H Club year:
- $30/youth and $10/volunteer leader
Thank you to our dedicated Sponsoring Committee members. They raise funds for our Kings County 4-H program through a very successful mail campaign.

**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*

Theme: “Hoe Down, Sew Down”

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](#)

**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.

**What’s An All Star Candidate?**
Kings County All Star Candidates serve as Ambassadors for the 4-H program. They assist with county events, teach a leadership session at LCORT, plan and carry out an All Star project and serve as a positive role model. An informational meeting will be held on:
**Thursday, March 10th at 7:00 PM at the UCCE Office.**
The purpose of the meeting is to review the All Star application and interview process. Plan to attend if you are interested in applying to become an All Star Candidate for 2016-2017. Please bring a parent/guardian along! Applications are due to the UCCE Office by Friday, April 1st. Interviews will be held on Thursday, April 14th.

Questions regarding Fashion Revue? Please contact chairman, Nancy Palomino at: [nancenmike@yahoo.com](mailto:nancenmike@yahoo.com)
Animal entries are due to the UCCE Office by Friday, March 18th

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!

New for 2016:

Animal Entries: You may enter your animals on the traditional paper entry forms available from your leader or the UCCE Office or you may download an entry form from the Kings County 4-H website: 4-H Fair Entries or you may enter on-line via a survey 4-H Fair Online Entries. Whatever format you select, entries are due to the UCCE Office by Friday, March 18th.

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

4-H Fair Booklet: A limited number of copies of the 4-H Fair Booklet have been printed. The 4-H Fair Booklet is available on-line at 4-H Fair Book. If you need a hard copy, please contact the UCCE Office.

Rabbit & Cavy Show: This show is scheduled for Thursday evening, April 7th at 6 PM. This is the same evening Indoor Exhibits are judged. Animals will be released after the show.

All Star Sponsoring Activities:

* The 4-H Fair is a great place to incorporate some Community Service. The All Star Candidates are sponsoring a Canned Food Drive beginning Thursday, April 7th. Bring your canned foods to the Indoor Exhibit Judging. The donations will be recorded by club. Donations will be collected through Saturday. The club with the most contributions will be announced at the awards presentation on Saturday afternoon.

* Friday, April 8th at 7:30 PM – The All Stars are planning Barnyard Bingo to be held in the Dairy Pavilion. Participants should bring 2 cans/packages of non-perishable food items in exchange for a Bingo card. Completed Bingo cards are the ticket to claim an ice cream sandwich. Plan to join the fun, and meet a lot of fellow 4-H’ers in the process. Open to all 4-H Fair exhibitors-Indoor and Livestock.

Kings Fair Workdays

The Kings Fair needs our help! Several workdays have been scheduled to spruce up the fair grounds before the Kings Fair in June. The work days are:

Saturday, April 30th
Saturday, May 28th
Sunday, May 29th

Plan to attend one, two or all three of the workdays. This is a great way to receive community service credit in your livestock project which will be able to be applied to your 4-H Record Book for County Project Medal Competition. Watch the Youth Talk for more details.

Great New Project - Beekeeping!

Are you interested in learning about the importance of honey bees, and the interesting society in which they live?

Lemoore 4-H has a new leader that will lead a beekeeping project. Mr. Edward Mendes is just beginning this new project and will take interested members from other clubs. If you would like to join this project, please contact him at 916-6094.
Congratulations to Participants at Food Olympics

The Favorite Foods Fair, Place Setting, Cup Cake Decorating and Food Photography Contests were held at Hanford West High School on February 20. Pictures on the right are the Gold Medal Winners

**Favorite Food Winners**

Twelve members participated, making delicious recipes that were decoratively presented.
The results are~

*Junior Winner: Lilly Barcellos, Mid Valley ~ Avocado Salad*  
*Intermediate Winner: Steven Logman, Kings River ~ Black Magic Chocolate Cake*  
*Senior Winner: Hannah Costa, Kings Harvest ~ S’Mores Cake*  
*Overall Winner: Paige Clarke, Island ~ Greek Salad Sandwich*

**Healthier Living Winner**

One member entered in the Healthier Living category.
The dish had to meet healthy eating requirements.
The winner is~

*Angelina Raulino, Lemoore 4-H ~ Fun Time Fruit Salad*

Watch for the recipes on the Kings County 4-H website under Food Olympics.

**Place Setting Contest Winners**

Fourteen Kings County 4-H members participated in the Place Setting Contest held in conjunction with the Food Olympics.
The results are~

*Junior Winner: Macyn Cawley, Grangeville ~ A Stroke of Good Luck*  
*Intermediate Winner: Sabrina Mattingly, Lemoore ~ Picnic at Shaver Lake*  
*Senior Winner: Hadley Garcia, Lemoore ~ Paris Cafe*  
*Overall Winner: Laura Denham, Grangeville ~ Dr. Seuss Birthday Breakfast*

**Cup Cake Decorating Contest Winners**

The Cup Cake Decorating Contest was a hit with 22 members participating.
The results are~

*Junior Winner: Trista Fry, Oakvale ~ Corn on the Cob*  
*Intermediate Winner: Jenna Bracy, Mid Valley ~ Holly & Poinsetta*  
*Overall Winner: Shyanna Ward, Kings Harvest ~ Penguins*

**Food Photography Contest Winners**

A new contest this year brought a lot of interest from members. Ten members submitted photos for the Favorite Food Category, four for the Healthy Living Category and eight entries were received for the Farm to Fork Category.
The results are~

**Favorite Food Category**

*Junior Winner: Regan Valov, Kings River ~ Vegetable Soup*  
*Intermediate Winner: Laura Denham, Grangeville ~ Ice Cream Sundae w/ Caramel Topping*  
*Overall Winner: Kayla McCalvy, Grangeville ~ Oreo Cookies*

**Healthy Living Category**

*Junior Winner: Koehyn Herrera, Grangeville ~ Healthy Meal*  
*Overall Winner: Angelina Raulino, Island ~ Chicken, Broccoli, Orange Slice & Milk*

**Farm to Fork Category**

*Junior Winner: Cade Stanley, Island ~ Chicken Egg to Smoked Chicken*  
*Intermediate Winner: Shyanna Ward, Kings Harvest ~ Lemons to Lemon Bars*  
*Senior Winner: Wyatt Ward, Kings Harvest ~ Beef in Pasture to Steak on Plate*  
*Overall Winner: Noah Magnia, Kings River ~ Lemon to Lemon Bars*
Congratulations to Participants at Presentation Day!

Thirty nine Kings County 4-H members participated in County Presentation Day giving 37 presentations on February 20th. 4-H members earning a Gold award are now eligible to take their presentation to the Sectional level of competition. Sectional Presentation Day will be hosted by Fresno County on April 30th in Clovis.

Gold Awards

Jasleen Aulakh—Grangeville 4-H: Demonstration ~ Rainbow Loom
Kavv Aulakh—Grangeville 4-H: Cultural Arts ~ The Art Of Bhangra
Isabella Cawley—Grangeville 4-H: Illustrated Talk ~ Sew Simple!
Macyn Cawley—Grangeville 4-H: Demonstration ~ Wrap It Up!
Megan Clarke & Tyler Clarke—Island 4-H: Illustrated Talk ~ Set Your Sights On Safety
Katelin Cortez—Corcoran 4-H: Illustrated Talk ~ Corcoran Emergency Aid
Anna Dooley—Kings Harvest 4-H: Illustrated Talk ~ Silk-Key Differences
Aaron Dorrough—Oakvale 4-H: Demonstration ~ Flying High
Laney Dorrough—Oakvale 4-H: Demonstration ~ All Tied Up
Sarah Dorrough—Oakvale 4-H: Informative Prepared Speech ~ Cyber Bullying
Ashley Eller—Lemoore 4-H: Illustrated Talk ~ Got Goat?
Tyler Eller—Lemoore 4-H: Illustrated Talk ~ ANTs For Facts
Trista Fry—Oakvale 4-H: Educational Display Talk ~ Did You Know Rabbits Helped With The War?
Trista Fry—Oakvale 4-H: Illustrated Talk ~ You’ve Got To Be Kidding
Hadley Garcia—Lemoore 4-H: Illustrated Talk ~ Did That Dog Run Into A Door?
Andrew Hansen—Corcoran 4-H: Illustrated Talk ~ Welding
Steven Loogman—Kings River 4-H: Demonstration ~ This Is How We ORB!
Dylan Magnia—Kings River 4-H: Educational Display Talk ~ Do You Know How Black Holes Work?
Sabrina Mattingly—Lemoore 4-H: Demonstration ~ Doggie Etiquette
Joseph Moreno—Kings River 4-H: Illustrated Talk ~ Soccer Goalie
Reilly Nava—Island 4-H: Illustrated Talk ~ Babysitter Building Blocks
Angelina Raulino—Island 4-H: Illustrated Talk ~ Soccer Goalie
Anna Rioux—Grangeville 4-H: Science or Engineering Presentation ~ Zap! From Poop to Power
Johnathan Thomas—Grangeville 4-H: Demonstration ~ Who Turned Off The Lights?
Bailey VanVelson & Kyndall Schakel—Corcoran 4-H: Illustrated Talk ~ Sheep—Sell or Show?
Kendra Ward—Kings Harvest 4-H: Persuasive Prepared Speech ~ Hampshire Are The Best!
Shyanna Ward—Kings Harvest 4-H: Persuasive Prepared Speech ~ The Elegant Rose—Being A Young Entrepreneur
Wyatt Ward—Kings Harvest 4-H: Persuasive Prepared Speech ~ Auction Time! How to Choose The Ultimate Meal
Skyla Yates—Island 4-H: Illustrated Talk ~ I Think My Horse May Have Colic—What Now?

Blue Seal Recipients

Robert Felipe—Island 4-H: Educational Display Talk ~ Hippity Hoppity Fun
Steven Loogman—Kings River 4-H: Interpretive Reading ~ The Lost Hero
Noah Magnia—Kings River 4-H: Illustrated Talk ~ Welding Safety
Logan Smith—Kings River 4-H: Science or Engineering Presentation ~ Nuclear Fusion: How the Sun Works
Morgan Spiro—Kings Harvest 4-H: Educational Display Talk ~ How To Recognize Healthy Cattle

White Seal Recipients

Danielle Matson—Corcoran 4-H: Demonstration ~ Finger Knitting

Green Seal Recipients

Oliver Cawley—Grangeville 4-H: Interpretive Reading ~ Silly Sally
Olivia Rioux—Grangeville 4-H: Interpretive Reading ~ In My Heart, A Book Of Feelings
**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/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

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**Kings County 4-H Banner Contest**  
*Sponsored by the Kings County All Stars*

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/](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 Leaders & 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.

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**Emerald Star Project**  
*Cozy Pads for Pets*

Please help the animals at Valley Animal Haven. Bring in recyclables (aluminum cans, plastic and glass bottles). Bring the recyclables to the UCCE Office. These will help pay for materials to make Cozy Pads for Pets. You can also donate Joann’s or Hobby Lobby gift cards or anti-pill fleece fabric.

Thank You very much,  
Hadley Garcia 559-924-2719
The 4-H Record Book

My 4-H Story

My 4-H Story is a very important part of the 4-H Record Book. It is located in the Record Book behind the Personal Development Report (PDR). Too often it is the last part of the Record Book that members tackle, when time is at a premium, and it doesn't receive the attention it deserves.

The 4-H Story is an opportunity for members to share feelings about experiences and enables them to expand on information that may appear in the Annual Report Form (APR) or the story may include information that enhances the APR. The story should show personal growth and should not be a repeat of what is recorded in the APR. For example, you may have recorded the shows you participated in on the APR and the placings you received. There is no need to repeat this in the story, but you can explain the difficult lessons you learned in order to place second in showmanship or to be able to bake a blue ribbon pie. Writing about the great things that happened in your project as well as the frustrating parts brings your 4-H year to life, and enables you to show the reader the progress you have made throughout the year.

The 4-H Story format should follow these guidelines:

- Double space
- Print single or double sided, you choose
- Use an easy-to-read font such as Times New Roman or Garamond.
- Keep the text size between 12 point and 14 point.

Follow these word counts if your Record Book is to be competitive at County Record Book judging.

- Junior (or first year member): 250-500 words
- Intermediate: 500-1,000 words
- Senior: 1,000-2,000 words

Approach your story as if you are writing a composition for school. The story should have an introduction that sparks interest and entices the reader to want to learn more about you. You may want to pick a theme for your story, and include terms related to that theme to describe your 4-H experiences (i.e. theme-baseball: terms- double hitter, grand slam, coach, etc.)

The body of the story should include the information you wish to share about your 4-H year. Start with your strongest project or the one you are most passionate about. Be sure to include your experiences about serving as a club officer or a committee chairman or junior/teen leader: experiences that show growth in leadership, and citizenship.

The summary is a great time to discuss your future plans and aspirations for next year. How do you plan to grow your project or run for a club office or plans to share your knowledge serving as a junior leader etc.

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, March 1st at 5:30 PM at the UCCE Office. Everyone is invited to attend.

Happy Record Book Keeping!

Georgene Diener
State Leadership Conference (SLC)
July 28th - 31st, 2016 at Humboldt State University
For High School Youth (Ages 13-19)
Registration opens soon!

“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.

Workshop Presenters Needed!

Educational workshop presenters are 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.

Program Assistants

SLC is a huge event and lots of help is needed. Apply to Become a Program Assistant—open to 4-H alumni 19 years and older. Applications are due by March 31st.

Questions? Contact Jenna Colburn at jcolburn@ucanr.edu or (530) 750-1336. Mark your calendar for this great conference. Registration information will soon be available!

Fair Participation

The new “Steps to Success” spells out the requirements to successful project completion and participation in fairs. In order to exhibit at fairs (i.e.- Kings Fair)

* Member must complete project requirements
* Member must meet requirements as set by the county or fair.

The “Steps to Success” spells out “Project Completion”

* Member must be in “good standing”

Good standing refers to completed enrollment process & complies with 4-H Code of Conduct.

* Complete a minimum of 6 hours of project instruction or more as required by the project leader.
* Complete the “Annual Project Report” (APR) for that project.

In Kings County, it is important that the Project Leader sign the completed APR and any fair entry forms that pertain to that specific project. The project leader's signature implies that the above requirements have been met by the 4-H member in that specific project. To review the “Steps to Success” see insert in Youth Talk.

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
State Animal Science Symposium
May 23-25, 2016
UC Davis

The Animal Science Symposium will take place at the UC Davis, School of Veterinary Medicine. The 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. The event will provide foundational training on the new Animal Welfare Proficiencies. The symposium is not open to 4-H youth members, but a career fair will take place during the evening of May 23rd. 4-H youth are invited to attend to learn about potential careers in the animal science and agricultural industries. Registration for this event will open in February, 2016. For more information visit: http://4h.ucanr.edu/4-H_Events/Symposium/. Please call the UCCE Office at 852-2731 if you are interested in attending.

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/

All New!
CA WA Focus Presidential Inauguration 2017
January 17-21, 2017
Registration opens: Week of February 28th
Learn the meaning and importance of the Democratic process; explore the history of the Presidency, the election process, the role of the press, the Executive Branch and careers; practice your role in citizenship through service. For more information visit: http://4h.ucanr.edu/4-H_Events/CWF_Inauguration/

Now open .... New State 4-H Management Board Director positions!

As of June 30th all Sectional Leaders Councils and the State Leaders Council will no longer be functioning. They will be replaced by the new State 4-H Management Board. Are you interested in becoming involved beyond the club and county level? If so, consider using your time and talents as a Management Board Director.

All youth (aged 16 by July 1) and adults are encouraged to apply! Positions available:

- Chair
- Vice Chair
- Secretary
- Treasurer
- Resource Development Director
- Marketing and Public Relations Director
- Four (4) Area Directors representing different areas of our state.

Apply online or download the application and mail it to the State 4-H Office. 4-H’ers, adult volunteers, 4-H parents, and program partners are encouraged to apply. For job descriptions, selection process and much more visit: http://4h.ucanr.edu/Get_Involved/Management_Board. Applications are due March 31st.

The State 4-H Office is also recruiting for youth and adults to join the Management Board Committees and the Statewide 4-H Advisory Committees. Youth members ages 14-19, 4-H adult volunteers, and program partners are encouraged to apply. Applications for these committees are due May 31, 2016. Through participating on these committees can help shape the 4-H Youth Development Program and make the best better!
4-H Club News

Island 4-H

Island 4H Club’s February meeting was a lot of fun. We had our club’s Annual Cupcake contest. All the entries looked creative and yummy. The winner was Megan Alves with her Ninja Turtle cupcakes. Skyla Yates, Megan Clarke, Tyler Clarke, and Paige Clarke gave presentations and we reviewed upcoming events.

Anthony Felipe, Reporter

Kings Harvest 4-H

Our February meeting for Kings Harvest 4-H Club was held on February 8. Some members participated in the Hoard’s Judging Contest before the actual meeting. Our meeting started off with the flag salute, which was led by John Avila, then the 4H Pledge which was led by Matthew Rosa. We then had new members introduce themselves. The minutes and treasury reports were then read off. Loretta talked about the judging categories for Judging Day and how if not enough people show up that they are going to be forced to have everybody that does show up to be in the same category. We then proceeded with our Second Annual Cupcake Auction fundraiser. Everyone had to buy one cupcake that started bidding at $10.00. It was a lot of fun for everyone!

Garrett Bell, Reporter

Kings River 4-H

We are collecting Non-Perishable Snacks for our Military Troops overseas. If you are in Kings River 4-H, please make sure you bring your items to our next club meeting. If you are not a member of Kings River 4-H club and would like to donate, please contact any club member and we would be happy to take your donation.

Next club meeting is scheduled for Monday, March 14th.

Rory Valov, Reporter

Lemoore 4-H

On February 10th, Lemoore 4-H Club had our monthly meeting. We had several kids go to the front of the officer’s table to give us their project reports. During the meeting we discussed Presentation Day & Food Olympics; the upcoming Farm Day along with the new guidelines; and the changes with the upcoming 4-H Fair in April. Mrs. Eller talked about the new Project Medal evaluation form, record books, when fair contracts are due, and about the Kings County 4-H Banner Contest. She also told us that every member needs to complete an Annual Project Report in order to have an exhibit at this year’s Kings County Fair in June. Our next club meeting will be held on March 9th at 6:30 pm.

Maddison French & Tyler Eller, Reporters

Mid Valley 4-H

Our last meeting was February 8, 2016. There was a presentation by Skylar Davis, she did her presentation on her bow and arrow and the safety aspects of it. During old business it was announced that the Food Olympics was February 20th, there will be three of our members in the cupcake contest and table settings. Fashion Revue is March 19, several members are also entering. Also during old business we decided to make Valentine cards for Seniors. We made 30 cards and I will deliver them to Rest home in Hanford. The 4-H fair and Kings Fair was discussed and dates were given when the contracts were due. The meeting was adjourned and we made our Valentine cards and had refreshments. Our next meeting will be March 14th.

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.
SAVOR THE FLAVOR OF EATING RIGHT!

For National Nutrition Month, the Academy of Nutrition and Dietetics encourages everyone to learn how to “Savor the Flavor of Eating Right” while still following a healthy eating pattern. The 2015-2020 Dietary Guidelines for Americans recommends limiting the amount of added sugar, sodium and saturated fats that you eat. The guidelines state that the majority of Americans follow a diet that is too high in these components.

During National Nutrition Month and beyond, make an effort to cut back on food and beverages high in added sugar, sodium and saturated fats. Take time to find creative, healthful and nutritious ways to add flavor to food.

**Sugar:** The 2015-2020 Dietary Guidelines recommend consuming less than 10 percent of your calories per day from added sugars. Choose foods and beverages with no added sugar whenever possible.
- Read food labels and avoid buying foods with added sugars, like high fructose corn syrup, dried cane syrup, evaporated cane juice, invert sugar, molasses, sucrose, brown rice syrup, honey, agave or maple syrup.
- Drink water, low-fat or fat-free milk and 100-percent fruit or vegetable juice instead of sugary beverages.
- Choose snacks with no added sugar. For example, eat plain yogurt instead of flavored yogurt with whole fruits such as berries or pears.
- Grill fruits such as pineapple or peaches for a naturally sweet and healthier dessert.
- Eat smaller dessert portions. Often a bite or two will satisfy your sweet tooth.

**Sodium:** The 2015-2020 Dietary Guidelines recommend consuming fewer than 2,300 milligrams of sodium per day. Most sodium consumed in the United States comes from salts added during commercial food processing and preparation.
- Use the Nutrition Facts label to compare sodium content of foods and choose products with less sodium.
- Buy frozen or canned products without added salt.
- Buy fresh poultry, seafood, pork and lean meat rather than processed meat and poultry.
- Cook meals from scratch to control the sodium content of dishes.
- Buy fewer jarred sauces and pre-flavored products.
- Flavor foods with citrus, herbs and spices instead of salt.

**Saturated Fats:** The 2015-2020 Dietary Guidelines recommend reducing saturated fat intake to less than 10 percent of calories per day. It’s important to understand the different types of fats and reduce your intake of saturated fats by replacing them with unsaturated fats.
- Saturated fat is found in foods like meats, whole milk, cream, butter and cheese. Unsaturated fat, which includes polyunsaturated and monounsaturated fats, is found in foods like oils, fatty fish, nuts and seeds.
- Drink fat-free or low-fat milk (1-percent) instead of 2-percent or whole milk and eat low-fat cheese instead of regular cheese; oils instead of butter and lean meat rather than fatty cuts of meat.
Support Our Military Troops!

(This Community Service project is in memory of Mr. James Chavez, Kings River 4-H parent.)

Help us send our military troops goodies to enjoy.

Kings River 4-H Club is collecting non-perishable snacks to send to our military members overseas. Our military troops miss snacks from home and would really enjoy receiving beef jerky, cookies, chips etc. Items can be dropped off with any Kings River 4-H member, at the UCCE Office or the 4-H Fair. The collection will terminate at the 4-H Fair on Saturday, April 9th.
Steps to Success in 4-H

Member in Good Standing
Complete the enrollment process and be enrolled in at least one project.
Comply with 4-H Member Code of Conduct.

Project Completion
Be a member in good standing.
Complete a minimum of 6 hours of project instruction or more as required by the project leader.
Complete Annual Project Report (APR) form.
Annually receive a year stripe and pin.*

Club Participation
(for 4-H club programs only)
Be a member in good standing.
No attendance requirement.
100% attendance pin for perfect club meeting attendance.

Requirements to Exhibit at Fair
Complete Project Completion requirements.
Meet requirements as set by the county or fair.

Event Participation
Participation in county, sectional, state and national 4-H events is open to all 4-H members in good standing.
There may be eligibility requirements established by the event planning committee.

Incentives and Recognition
There are many ways to earn recognition in 4-H.
Awards can be earned based on project and club attendance and work.
Awards can be earned for participating at county, sectional, state and national 4-H levels.
Awards earned will be governed by county and state 4-H Incentives and Recognition Committees.

*Primary members, youth aged 5 to 8 years, receive a year stripe and pin for participation in a project. Project completion is not required.
Junior/Teen leaders receive a gold stripe and year pin for completing the Leadership Development Report (LDR). Junior/Teen leaders are not required to actively participate in the project in which they are a leader.

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