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University of California
Agriculture and Natural Resources
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KINGS COUNTY

YOUTH TALK

June 2016

JUNE	EVENT/DEADLINE	INFO
4	Countywide Pygmy Goat Meeting @ Garcia Residence 12 noon	
4	Countywide Poultry Meeting @ Currie Residence 12 noon	
6	Whites Exchange @ UCCE Office 3-7 pm	Page 4
9-12	Kings Fair	Page 5
16	Countywide Science Education Project Meeting @ UCCE MP Room 6pm	Page 3
21	Record Book Workshop @ UCCE MP Room 4-7 pm	Page 7
25-26	Shooting Sports Workshop @ Dale Wimp Range, Visalia	Page 4
26	Tulare County 4-H Summer Camp	Page 4
28	Incentives & Recognition Committee Meeting @ UCCE Office 5:30 PM	Page 2
28	New Year Planning Meeting-Calendar & Budget @ UCCE Office 7:00 pm	Page 2
30	Intent to submit forms due to UCCE Office for State Record Book Judging	Page 8
30	Record Book Quick Start Course Deadline	Page 8
30	Countywide Science Education Project Meeting @ UCCE MP Room 6pm	Page 3
30	2015-2016 4-H Program Year ends	

Learning and Teaching By Doing: Sportsmanship

by Glenn Brunkow

Leave it to adults to mess up a good, fun kid's activity. What activity am I talking about? Take your pick: sports, livestock shows, music competitions; I have even seen it in peddle pull contests. We adults go way beyond coaching, supporting, and chaperoning; we take over. We have to get involved and take all of the fun out of it.

We treat each game like it is the final game of the World Series and we view our kids as the next Michael Jordan. Often adults stand to the side of a youth event and argue and complain about either the coaching, the umpiring, or in the worst cases, the other youth. We do all of this instead of doing what we should, which is be encouraging, supportive, responsible adults and enjoying the moment. Please don't think I am absolving myself of any of this; I am as guilty as anyone of being that overzealous parent.

I have seen all of this from three unique perspectives: as paid staff/a volunteer coach; as an official/judge; and an involved (and at times over involved) parent. My wish for everyone is that they could see the world of youth activities from each of these vantage points. I promise it will change the way you view youth activities. Let me share with you some observations I have made.

Youth become involved in activities for one of three reasons: 1) they enjoy the activity; 2) their friends are involved in the activity; and 3) we parents push them to become involved in said activity. I hope if your kids stay involved in anything it is a combination of the first two reasons and not the third. It is OK to push your kids to try different sports and activities, but we parents must recognize that our kids may not have the same talents and interests as we do. It is hard to admit that something we enjoy just may not be something our kids like.

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Insert–Science Education Flyer
Insert– Clover Speak
Insert– Relay for Life
Insert- Healthy Living Tips

Deadline
4-H News articles due for *Youth Talk* – June 17th
Please send all articles to ~
gldiener@ucanr.edu

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680 N. Campus Drive Suite A, Hanford, CA 93230 PHONE: (559) 852-2730 FAX: (559) 582-5166
Email Us: kings4h@ucdavis.edu **Website:** http://cekings.ucanr.edu/ **Link To Calendar:** http://cekings.ucanr.edu/Kings_County_4-H_Program/

Council News

No Council Meeting in June

The next council meeting will be:

Tuesday, July 12th

7:00 pm

UCCE Office Multi-purpose Room

Host Club:

Due to end of the school year activities and the quickly approaching Kings Fair, there will **not** be a June Leaders Council meeting. Lemoore 4-H is responsible for the window display during the month of June.

Topics for discussion at the July meeting will include: Record Book Judging, End of year reports, final program fees, 2016-2017 Calendar & Budget, etc.

Please plan to attend! Your opinions and contributions are important!

2016-2017 4-H Program Fees

The Sponsoring Committee works hard each year to raise funds to help support the Kings County 4-H program. Their fundraising is via a mail campaign. For the 2016-2017 4-H Club year, the Sponsoring Committee has decided to supplement each 4-H members and leaders program fees.

The 2016-2017 4-H Program Fees will be:

$10.00 per leader (instead of $14.00)

$30.00 per member (instead of $38.00)

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval. Click here for information about the fee waiver.

We are forever indebted to the wonderful contribution the Kings County 4-H Sponsoring Committee makes to the well-being of the 4-H Program.

Incentives & Recognition Meeting

Tuesday, June 28th

5:30 PM to 7:00 PM @ the UCCE Office

(Prior to the New Year Planning Mtg.)

Please make sure your club is represented at the Incentives & Recognition Committee Meeting. Planning for County Record Book Judging will be the main topic on the agenda. Your input will be greatly appreciated!

New Year Planning Meeting

Tuesday, June 28th

7:00 pm

UCCE Office Multi-purpose Room

It is time to set the calendar for the new 4-H year and determine the budget to implement the activities and programs on the calendar. In addition, let's discuss the events and see how to make them even better! Bring any important dates to the meeting that may influence the decisions to be made.

Did You Know?

Although it's not required for membership, the 4-H Program has a long history of record keeping. Record Books encourage members to set goals, pursue strategies to meet those goals, and to shift gears in the face of challenges and obstacles. Also, by completing your record book you could be eligible to receive 4-H participation awards (such as star ranking, medals or pins based on 4-H Record Book achievements). Did you know you can fill out your record book online through ORB? More information: http://4h.ucanr.edu/Resources/Members/RecordBook/

SaveMart eScrip Program

Kings County 4-H Council has participated in the SaveMart shares program for a number of years. The program has now changed to SaveMart Shares powered by eScrip. If you are a Savemart shopper and would like to enroll go to www.escrip.com/shares. Select Kings County 4-H Youth Development Program as one of your preferred organizations. You can also link reward cards from other businesses to the eScrip account. And, if you are not currently using this program, consider signing up for eScrip as Kings County 4-H benefits each time you shop at SaveMart.

July/August Youth Talk

The next issue of the Kings County 4-H *Youth Talk* will be a double issue for July & August. If you have any club or project news please submit to the UCCE Office by June 17th.

All Star Rank Achieved

Congratulations to the 2015-2016 All Star Candidates for completing the requirements needed to attain the rank of Kings County 4-H All Star. A ***BIG*** thank you to Angela Loogman for serving as the All Star Advisor.

The All Stars had a full year of activities starting with attending SLC, hosting a Leadership Day, coordinating Achievement Night activities, presenting a session at LCORT, passing out awards at Judging Day, Presentation Day, Fashion Revue and 4-H Fair. They sponsored fun activities at the 4-H Fair and to close out their year the All Stars were responsible for the program at the Leaders & Sponsors Dinner.

Kennedy, Kayla & Hayden are to be commended for their time and dedication to the Kings County 4-H Program! Your All Star year was stellar!

Hayden Costa, Kayla McCalvy & Kennedy Baker
2015-2016 Kings County 4-H All Stars

Science Education Project

4-H Leader, Melanie Curtis has started a new 4-H project centered on Science, Engineering & Technology curriculum. Plan to join the fun! (For more info. see insert.)

Meetings are scheduled for:

Thursday, June 16 Thursday, June 30

6 pm—8 pm

UCCE Office Multi Purpose Room

June 16th– ***Robotics–*** Learn how to make simple robots from inexpensive household items. Make "art bots" and experiment with designs of your own.

June 30th– ***Rockets–*** Learn to build your own stomp rocket launcher with PVC pipe and a soda bottle. Make and launch your own rockets.

If you attend all 3 meetings, you may count this as a project. If you attend 1 or 2 meetings, then this can be counted as an event(s) attended on your PDR.

For more information contact Melanie Curtis at 250-3839 or melaniea.curtis@gmail.com.

Join Kings County 4-H on Facebook!

Come like our new Facebook page at **Kings County 4-H Youth Development Program.** You will be able to find updates on upcoming events, meetings and other local 4-H information. You may also use this Facebook page to promote your club's fundraisers and activities. Simply submit your information and the UCCE Office will review and post for all our friends to see.

Find us on Facebook

Emerald Star Projects

Summer is a great time to reflect on your 4-H involvement and to begin making goals for the new 4-H Club Year. If you are eligible to work on an Emerald Star project, then give it some thought this summer. An Emerald Star project is a great way to boost your leadership skills while providing assistance to the Kings County 4-H Program and/or the community. The Emerald Star Committee that conducts the interviews appreciates projects that are fresh and new. An Emerald Star project may focus on a specific project area or even community service. For more details, visit: Emerald Star Project

Kings Fair Show Attire

The Kings Fair has established their own set of rules for show attire. The following is an excerpt from the Kings Fair Rules.

Show Attire: Every 4-H Club member must wear the Kings Fair 4-H uniform while showing their animals. This uniform consists of 4-H cap worn on 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.

Whites Exchange

Monday, June 6th
3-7 pm
UCCE Office

Are you in need of white pants or shirts to show at the Kings Fair? There is a supply of whites available to any 4-H member. Come by the UCCE Office and see what is available. Try them on and take whatever fits.

Do you have whites that you no longer need? Bring them to the UCCE Office to be added to the supply.

The 4-H Hat

The 4-H hat says a lot about the person wearing it. The hat serves as a "trophy case" showcasing the many awards that have been earned.

A 4-H hat should be clean, and well cared for. The stars and stripes should be securely attached to the hat, preferably stitched on. Be sure to fill out that inside label with your name and vital information, incase your hat is misplaced at an event. When exhibiting animals, the hat should be worn on your head and not stuffed into your pants pocket.

For more information on 4-H hat etiquette, visit: 4-H Hat Etiquette

Shooting Sports Workshops Rifle Discipline

Saturday, June 25, 2016 – 8:00 a.m. – 6:00 pm
Sunday, June 26, 2016 – 8:00 a.m. – 4:00 pm

Dale Wimp Rifle Range
7398 Avenue 328, Visalia, CA

For information about the facility and a map, please visit the range website at: http://www.vsma.us/vsma/locations

Certification: Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders.

Cost: There is no cost for the course. Complimentary lunches will be provided. To register for the course or receive more information, contact John Borba at jaborba@ucanr.edu.

Kings County currently has only 2 leaders for 75 members. More help is needed at the meetings to supervise those participating in the Shooting Sports project.

Want a Summer Camp Experience?

Tulare County 4-H has again graciously invited Kings County 4-Hers to join in their 4-H Summer Camp-

June 26 to July 1st
Lake Sequoia YMCA Camp
Cost: $260/camper
Room still available

The camp is run by 4-H volunteer leaders assisted by the junior camp counselors which are senior 4-H members. Activities include archery, fishing, waterfront activities, crafts, hiking and sports activities.

Making new friends, learning songs that are sung around the campfire, enjoying the mountain air and being open to new experiences are all part of 4-H Summer Camp. Consider attending. For registration information contact Tulare 4-H at 684-3322 or Mederos@ucanr.edu.

Kings County 4-H Street Banner Contest

Deadline extended to September 2nd

Kings County 4-H is in need of a new street 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 17" 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, September 2nd.*** Those in attendance at the September Council meeting vote for their favorite banner. The banner receiving the most votes will be made into the new 4-H street banner for Kings County. The finished banner will measure approximately 30 to 36 ft. wide by 40 inches high.

Kings Fair ~ June 9-12, 2016

Come and bring the family for fun, view exhibits, animals, great music and more!!!

Home Arts & Crafts, Electrical & Miscellaneous Exhibits: Received for judging on Friday, June 3 (1-5 pm) & Saturday, June 4 (7-10 am) in the Home Arts Building

4-H Photography Exhibits: Received for judging on Friday, June 3 (1-5 pm) & Saturday, June 4 (7-10 am) in the Fine Arts Building.

Foods & Decorated Cake Exhibits: Received for judging on Tuesday, June 7 (7-10 am) in the Home Arts Building.

Club Feature Booths can be set up on Monday, June 6 (8am-6pm) & Tuesday, June 7 (8am-7pm) in the Home Arts Building. ALL BOOTHS MUST BE COMPLETED BY Tuesday, June 7 at 7:00pm.

Ag-Hort & Floriculture Exhibits: Received on Tuesday, June 7 (9am-2pm) in the Floriculture Building.

Indoor Exhibits Awards will be given out on Thursday, June 9th at 6 pm in the Livestock ring.

Exhibit Release will be Monday, June 13 (7 am-12 noon). *All unclaimed exhibits and awards will be donated to a charitable organization after June 20.*

IMPORTANT!

Adults are needed to provide security for the Indoor Exhibits Building. Each 4-H Club is asked to work a 2 hour shift during the fair. The building is open from 5 pm to 11 pm Thursday-Sunday. Please email angie@kingsfair.com to request a shift.

4-H Record Books

It's that time of the Year!

Club Level: Your Community Club Leader will let you know when Record Books are due at the club level. Records submitted to the Community Club Leader will be evaluated for star ranks, year pin and stripes and to see if the book should be submitted to the County level for judging.

Let's review the changes that have been made in Record Books this year:

* ***To earn a year pin and stripe:*** a 4-H member must submit a completed Annual Project Report (APR)

* ***To earn a Star Rank:*** a 4-H member must submit a completed 4-H Record Book

County Level: Records submitted for County Level Judging may be judged for :

* ***To compete for a Record Book Medal:*** a 4-H member must submit a completed 4-H Record Book
(To compile a RB follow the CA 4-H Record Book Manual at: http://4h.ucanr.edu/files/218972.pdf

* ***To compete for a Project Medal:*** a 4-H members must submit a completed APR in the project area competing in
The top Annual Report Forms submitted in the areas of Sheep, Dairy and Photography projects will be evaluated for the Brazil, Toledo and Perreira Outstanding Project Awards.

Record Books judged on the County Level are due:

Tuesday, August 2nd– UCCE Office

Special Notes:

1. If a member is planning to compete at the county level in ***both*** the Record Book Medal and the Project Medal categories, please submit your completed Record Book and for the Project Medal category, please make a copy of your completed APR in the project area you wish to complete in and place in a separate folder/ binder with a title page and submit. This will help to keep things moving during County Record Book Judging.
2. Project Medal Requirements have caused some confusion. To be eligible for a medal, Juniors must have at least 4 communications, Intermediates must have 7 and Seniors must have 10 in the project area they are competing. Communications are defined on the PDR and are more than giving presentations. They include prepared talks, radio and television, newspaper articles, letters, representing 4-H etc.

Leaders: Your help is needed in judging Record Books!

1. **Record Book Medal Judging :** You may become qualified to judge the complete Record Book for RB medals by watching the Evaluators Orientation Video and taking the quiz. You may do this at home, no need to attend a meeting. Record Book Judging Course

2. **Project Medal Judging:** You may become qualified to judge the Annual Report Form for Project medals by viewing a power point posted soon on the Kings Co. 4-H website and taking a brief quiz. This is a very easy way to help with RB judging, and anyone can easily complete this portion.

County Record Book Judging

The evenings of August 3-4th

Extensive Record Book information and forms can be found at the Kings County 4-H website: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/Record_Book_Information/

4-H Record Book Workshop

Tuesday, June 21st
UCCE Office– Multi-purpose Room
4:00 PM to 7:00 PM

June 30th marks the end of the current 4-H year. The end of the year is celebrated with the Kings Fair and completion of 4-H Record Books (RB). The RB records all of the activities, events and awards that have been experienced throughout the current year.

Plan to bring your Record Book, your calendar, pictures etc. Simply put all your record book stuff in a box and bring it along. Hopefully you will have had a little time to work on your book so you can bring your list of questions with you. Leaders will be on hand to assist with answering questions. This will be an actual work session, so plan to stay as long as you like. If you are using ORB or like to download the Record Book forms and fill them out on a computer, bring your laptop along.

Youth Retention in 4-H

A group of 4-H staff and academics in California, Idaho and Montana are conducting a research study to learn more about 4-H retention. You are encouraged to complete the survey giving your feedback on your experience as a first year member.

The survey will come to you from **noreply@qemailserver.com--**it's not junk mail!

"Tell Us What You Think!

Next week, all first year families in California, Idaho, and Montana will be invited via email to complete a quick survey about the first-year experience in 4-H. Your feedback will inform local county and state 4-H staff about the current volunteer experience and help find ways to make it better - like create new trainings and curriculum. Paper copies are available as well. "

Mindfulness Retreat

November 4-6, 2016
Camp Ocean Pines
Cambria, CA

Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 years old and adults.

For more information:
Mindfulness Retreat

Clover Speak
4-H Presentation Training Program

Clover Speak is an educational program conducted by University of Tennessee 4-H YDP. The program is designed specifically for 4-H adult volunteers, teen leaders and program assistants. The training is a series of six, on-line educational learning sessions. Clover Speak focuses on four areas — youth development, presentations, public speaking and meeting facilitation. Each of these areas is supported by a series of sessions regarding important components of effective teaching and presenting. The sessions are two hours will be offered at 4 pm or 7 pm on:

July 18 ***August 15*** ***September 12*** ***October 17*** ***November 14*** ***December 12***

For more information see the insert in this issue.

4-H Throwdown at State Fair

Junior Division-July 12
Senior Division-July 19

Themes: Something on a Stick, Final Round-5 Star Dining

All 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 3 youth members. Each round will have a secret ingredient. Each team must prepare an appetizer, main course, and dessert. Each course must include and focus on the secret ingredient. Each team will have 15 minutes to prep and then 60 minutes to cook a three course meal. A panel of judges will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily 4-H Throwdown Champion!
Read rules and register: http://4h.ucanr.edu/4-H_Events/

Scholarships for Higher Education

Deadline August 1, 2016

The California 4-H Youth Development Program is committed to promoting higher education. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students.

Candidates must be:

- Currently enrolled or plan to be enrolled in an institute of higher education. This includes high school seniors, high school graduates, and those already enrolled in higher education.
- Between the ages of 16 and 25 as of April 30.
- Enrolled in the California 4-H Youth Development Program at the time of their high school graduation.
- Full-time students at an accredited vocational school, college or university in the United States (as defined by the applicant's institution).

Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply.

Applications must be submitted no later than August 1, 2016, 11:59 p.m. All required information must be included with the application to be considered.

Use this link to apply: http://4h.ucanr.edu/Resources/Members/Scholarships_-_Awards/Scholarships/

2016 State Record Book Competition

Members who intend to submit a Record Book to State Competition 2016, should start making plans now. It is important to review all of the requirements, process, guidelines and forms to enter the 2016 State Record Book Competition posted at http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/

Form Revisions:

-Updated county judging evaluation form

-Optional Leadership Development Report form (streamlined for youth who have multiple leadership roles within the club, county, section and state)

-Optional Summary Pages template

Important Upcoming State Record Book Competition Deadlines:

-June 30: Intent to Submit Form due to County UCCE 4-H Office

-June 30: Complete Record Book Quick Start Course (must be completed each year)

4-H Club News

Island 4-H

Meeting started at 7:00. Then voting for new officers. Celebrating May birthdays. Then old business. Then new business. Meeting ended at 8:15.

Jordon Coelho, Reporter

Lemoore 4-H

Lemoore 4-H held their monthly meeting on May 11, 2016 at 6:37 at the Cinnamon Elementary School Cafeteria where Jake Mendez lead our members with the Pledge of Allegiance and Sabrina Mattingly lead the 4-H pledge. There were many topics covered such as old business. Tyler Eller talked about Sectional Presentation Day where he earned a gold medal, Miguel and Elliot Alcala along with Maddison French volunteered to help serve dinner to all leaders and sponsors that attended the Leaders/Sponsors Recognition Dinner. In new business we discussed any project meeting that were attended and what the members did and learned. Kings Fair Workday is on May 28th at 8:00 a.m. and our members are urged to attend and help make our fairgrounds amazing. Record books are due by June 30. If any members need help there will be a workshop on June 21 from 4-7 at the UCCE office. Our next meeting is slated for June 8th 6:30. Our members were adjourned at 7:30.

Happy Memorial Day to all of the 4-H organization from Lemoore 4-H.

Tyler Eller and Maddison French, Reporters

Mid Valley 4-H

The Mid- Valley 4-H club held their meeting on May 9, 2016. The meeting was called to order at 6:34, the flag salute was lead by Jenna and the 4-H pledge by Mrs. Edwards. The secretaries report for the April meeting was given by McKenzie and the treasures report by Courtney. The 4-H Council report was given by Mrs. Revious. Jenna gave us an update about Healthy Living and how we need to drink ½ of our body weight in water. In old business, we discussed our fund raiser which is dinner at Me N Eds. Members were invited to turn in their paperwork to be an officer for the following year. New business, there will be an End of the Year party on June 25th at Mrs. Revious' house. We will need to bring our finished record books to turn in. Our meeting was adjourned at 7:05.

Lillian Barcellos, Reporter

Learning and Teaching By Doing: Sportsmanship (continued)

Sports are a recreational activity; recreational activities are something we do for fun. Don't take the fun out of sports. One thing I have told my kids is that when a sport ceases to be fun, it needs to cease. I am all for learning how to play the game, learning the fundamentals and finer points, and most of all to have an appreciation for the sport. All of this makes the game more enjoyable. As parents and coaches we need to make sure it is still fun.

Kids look to their parents and coaches as role models and they will follow our lead. I know, this is not exactly an earth shattering observation but it is one we need to be reminded of. Our ethics and sportsmanship directly influence the youth around us. We need to promote the idea of honesty and fair play above all else. This has even greater implications in the livestock show ring where our actions and our children's actions can directly influence our livelihoods.

The idea of being a good teammate and team first has eroded through the years. I suppose we can thank professional athletics for this. The focus on the super star and winning above loyalty has made their way down into youth sports. There needs to be a level of dedication to the team and to the team's success above one's personal achievement. We seem to value a "me first," "look at me," and "take care of yourself at all costs" mindset. It seems to me that we lose a lot when there is no loyalty to a team or teammates.

Finally, there is far more good in youth sports and activities than bad. I look back at my experiences in sports, 4-H, and FFA fondly. I learned a lot in those activities that have benefited me as an adult. I hope when my children are adults they will look back at their involvement the same way. I also know that I enjoy watching my children participate far more than I enjoyed my own participation. There lies the danger.

We must take a long, hard look at ourselves in the mirror and ask if we are doing all of this for the right reason and in the right way. If we falter in any way with our answer then we must take a step back. Finally, please remember, as a responsible adult, to put the focus on positive development and keep fun as a focus in all youth events at all times. If we do that, true success will follow.

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener UCCE 4-H Program Representative (50% time)
852-2743 gldiener@ucanr.edu

Teresa Evangelo 4-H Support Staff (full time)
852-2731 tlevangelo@ucanr.edu

(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

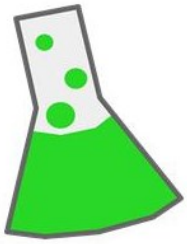
OFFICE HOURS: 8am-12 noon and 1pm-5pm Monday-Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.

New Countywide Project!

Science Education

We're experimenting with a new project! We will complete three meetings of two hours each during this 4-H year. Members may attend all three for a completed project, or individual meetings as Science Field Days. If there is enough interest in the project this year, there will be meetings throughout the 2016-2017 4-H Year on a bi-monthly basis.



Who can participate?

This project is open to all regular 4-H members, but the project will be geared around learning activities that can be shared with others; therefore, we particularly encourage members who are Junior Leader age and older to consider joining the project and to share the activities with others.

Meeting Dates for the Current 4-H Year

Thursday, May 26th — "Playdough and Polymers" - Learn how to make no cook playdough and other fun kitchen/household concoctions such as: Ooblek, Flubber, silly putty and super balls! Learn a little about polymers and "non-Newtonian" fluids and what makes them act so weird!

Thursday, June 16 - "Robotics" - Learn how to make simple robots from inexpensive household items. Make "art bots" and experiment with designs of your own.

Thursday June 30- "Rockets" - Learn to build your own stomp rocket launcher with PVC pipe and a soda bottle. Make and launch your own rockets.

All meetings for the current 4-H year will be held at the UCCE 4-H Office from 6:00 p.m. to 8:00 p.m. For more information, contact Melanie Curtis at 250-3839 or melaniea.curtis@gmail.com. RSVPs are greatly appreciated to properly anticipate supply needs.

A Tennessee 4-H Presentation Training Program

Would you like to grow your knowledge and skills to become a better presenter and teacher?
Are you short on time and travel money? No worries ... we have the program for you!

WHAT IS IT?

Clover Speak is an educational, grant-based program conducted and created by the University of Tennessee 4-H Youth Development department. The program is designed specifically for 4-H adult volunteers, teen leaders and program assistants. The training is a series of six, on-line educational learning sessions. Clover Speak focuses on four areas -- youth development, presentations, public speaking and meeting facilitation. Each of these areas is supported by a series of sessions regarding important components of effective teaching and presenting. The 2016 Clover Speak Program will help you:

- Develop games and tools to teach, review and reinforce learning
- Design effective Power Point presentations and handouts
- Understand how to effectively work with various generations of audience members
- Use simple techniques to create inclusion and help students with disabilties
- Work with unexpected teaching environments successfully ... and much more!

TRAINING DATES AND TIMES:

Two sessions will be offered each evening -- 7:00 p.m. and 10:00 p.m. *(both eastern time)*. The sessions are two hours in length and will be conducted:

- July 18
- August 15
- September 12
- October 17
- November 14
- December 12

REGISTRATION INFORMATION:

Registration is easy! Simply email Lori Gallimore (LBELEW@UTK.EDU) with the following information:

- Your name
- Email Address
- Role (are you a county agent/educator, volunteer, teen leader, program assistant, other)
- State
- Preferred training session time *(6:30 p.m. or 10:00 p.m. -- both are eastern times)*

In the subject line, please type **"Clover Speak 2016"** to receive information on how to connect to the online sessions.
Registration deadline is June 30.

MORE INFORMATION: https://4h.tennessee.edu/Pages/programs.aspx

Kings County 4-H
"4-H for Hope"

Relay for Life

Saturday, October 8, 2016
Hanford High School

To join our team go to: http://main.acsevents.org/goto/Kings4-H

For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net

Upcoming fundraising events:

- **Saturday, April 23rd—1st Paint the Town Purple event: 8:00 a.m. to noon. Our team will meet at 10th and Grangeville to collect donations. Wear all the PURPLE you can!!!!**
- **Saturday, October 1st—2nd Paint the Town Purple event: 8:00 a.m. to noon. Our team will meet at 10th and Grangeville to collect donations. Wear all the PURPLE you can!!!!**

Paint the Town Purple is the event where we raise the majority off our donations, your help is greatly needed. Please call or email Michelle White if you can attend either of these fundraising events. (559) 381-2975 or mwhite2465@sbcglobal.net.

4-H Clubs/Members can help in the following ways:

- Members and adults sign-up as team members, collect donations for the team, attend committee meetings, and come out to walk the day of the event.
- Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).
- Purchase and/or sell luminaries.
- Donate items such as water, Gatorade, juice, snacks, etc. to sell the day of the event.
- Adult Leaders are needed to help supervise youth team members during the event.

University of California
Agriculture and Natural Resources | 4-H Youth Development Program

RELAY FOR LIFE
American Cancer Society

Wear BLUE Day
Friday, June 17, 2016

June is Men's Health Month and every year Men's Health Week is celebrated in the week leading up to and including Father's Day. The purpose of Men's Health Month is to increase awareness of preventable health problems and encourage early detection and treatment of disease among mean and boys.

Get Regular Check-ups.

Did you know men are half as likely to visit a doctor for a check-up as women, and over 7 million men have not seen a doctor in over 10 years?

If you cannot remember the last time you had a complete physical, call your doctor and make an appointment. (You would not let 10 years go between oil changes, would you?)

Be More Physically Active.

June is a great time to start a healthier lifestyle by being more physically active.

Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure.

Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

Improve the Nutritional Quality Of Your Diet.

Some tips on how to improve the nutritional qualify of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods.

Especially limit cholesterol intake and avoid saturated fats.

Pay Attention To Warning Signs.

When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men do not (or will not) notice.

Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pains, and extreme fatigue.

Men's health issues significantly impact everyone around them, and far too many men never see a doctor unless there is something seriously wrong or a partner or spouse makes the appointment for them. Women and men should educate themselves about potential male health problems.

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. Wear blue on Friday, June 17, 2016 to raise awareness about making healthy lifestyle choices, making regular annual visits to the doctor, and getting educated on heart disease or diabetes.

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