JULY EVENT/DEADLINE INFO
1 Happy New Year! - 2016-2017 4-H year begins—4-H Online enrollment opens
4 Independence Day Holiday UCCE Office closed
8-24 California State Fair—Sacramento
10-16 Citizenship Washington Focus Trip
12 Council Meeting @ UCCE Multi Purpose Room 7:00 pm CANCELLED Page 2
12 CA State Fair Junior Throwdown—Sacramento Page 8
18 Clover Speak– Webinar series on public speaking etc. Page 11
19 CA State Fair Senior Throwdown—Sacramento Page 8
20 Relay for Life Meeting @ UCCE MP Room 6:30 pm Page 12
28-30 State Leadership Conference (SLC) - CSU Humboldt

AUG
2 Council Meeting @ UCCE Multi Purpose Room 7 pm Page 2
2 Record Books & Officers Books due for county level judging Page 6
3 & 4 County level Record Book & APR Judging @ UCCE MP Room 12 noon Page 6
3-7 State 4-H Horse Classic @ Rancho Murieta Page 6
8 4-H Scholarships for Higher Education application due to State 4-H Office Page 8
15 Clover Speak– Webinar series on public speaking etc. Page 11

Happy New Year!!!

4-H Enrollment for 2016-2017 opens July 1st.

July 1st marks the start of a brand new 4-H year, and it is time to think about re-enrolling in 4-H! The California 4-H Online enrollment system is now open. Please click on the link below to enroll for the 2016-2017 year!

4honline
Enrollment and Event Registration

Returning 4-H members and leaders, must use the same family email address that has been used in the past. Please do not create a new email or family. If you do not remember the family email address you used, please contact the UCCE Office at 852-2730. If you have forgotten your password, simply click on “I forgot my password” and a new one will be emailed to you.

Click here for instructions to enroll.

Deadline
4-H News articles due for Youth Talk – Aug. 19th
Please send all articles to ~ gldiener@ucanr.edu

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/sites/anrstaff/files/176836.doc). Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2001 Second Street, Davis, CA 95616, (530) 750-1318.
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:
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!

The next council meeting will be
Tuesday, August 2nd

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**2016-2017 4-H 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 thankful for the Kings County 4-H Sponsoring Committee’s contribution toward lowering the program fee cost for our members and leaders.

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**Did You Know?**
A completed 4-H project is a minimum of 6 hours of instruction. Did you know that you can start and finish a 4-H project during the summer when life is a bit less hectic? A great example of this is the food preservation project. Fruits and vegetables are plentiful during the summer, so it makes good sense to can during the summer months. Even larger more time consuming projects can be started during the summer, and finished if time allows. Working on projects during the summer months helps lessen the stress of project work when school is in session and time is at a premium.

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**4-H Presentation Manual**
Tell us what you think about the new 4-H Presentation Manual by July 1, 2016!

Your feedback will inform State 4-H staff about what worked well and what opportunities there are for improvement. Based on the feedback obtained through the [online survey](#) and data gathered at the 2016 State 4-H Presentation Day, the State 4-H Office will review and modify the existing manual.

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**August Council Meeting**
Tuesday, August 2
7:00 PM
**UCCE Office– Multi-purpose room**
The agenda will include approving the calendar for the 2016-2017 4-H year, 4-H Madness, recruitment of new members and leaders etc. Youth and adults are welcome to attend!
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.

National Rifle Association (NRA) Grant Received

The Kings County 4-H program is the recipient of a National Rifle Association grant valued at over $12,000. The grant is arriving in the form of supplies and equipment and includes such things as targets, safety glasses, kneeling pads, earplugs, air rifles and air pistols etc.

The infusion of these supplies will be a great benefit to the numerous 4-H members that are enrolled in the shooting sports project for the 2016-2017 4-H Club Year. A great BIG thanks to the National Rifle Association for their support!

Kings County is in need of additional Shooting Sports leaders. Certification is required to become a Shooting Sports leader. This involves attending a weekend training session. These sessions are scheduled at various times around the state and are usually posted in the Youth Talk. If interested in becoming a Shooting Sports leader, please contact the UCCE Office at 852-2731.

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.

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](http://4h.ucanr.edu/Resources/Branding_Toolkit/)

Kings County 4-H
Primary 4-H Members

Primary members are youth between the ages of five and eight, enrolled in the 4-H program. Primary members are 5 years old by December 31st of the program year. Youth who turn 9 on or after January 1st must participate as a primary member until June 30th of the program year.

Approved primary member animal projects are dogs, rabbits, cats, poultry, cavies, mice, embryology, marine science, pygmy, Nigerian and dwarf goats and therapeutic animal projects.

Fairs are open to primary members for exhibit only (item may be on display, but not judged). The use of Danish and American systems of judging is not acceptable for use with primary members. Primary members should only receive recognition for their participation.

Primary members must exhibit in shows and fairs based on their age as of December 31st of the 4-H program year regardless of when a fair, show or event is conducted during the calendar year.

Competitive events and activities are not appropriate for five- to eight-year olds. Young children have a difficult time psychologically understanding winning and losing. When children lose, they may relate negative feelings to their self-worth and identity. Competition is almost always linked to external awards and approval. In competitive settings, children begin to define themselves extrinsically. Being defined as a winner or loser is a weak foundation for their developing self-concepts.

♦ Primary members may not receive competitive ribbons purple, blue, red or white 4-H ribbons.
♦ Primary members may be encouraged to complete the state approved Primary Member 4-H Personal Development Report with assistance from their adult volunteer, parents/guardians or older members. This is the only record form for primary member use.
♦ Primary members cannot receive Star awards or participate in any other ranking systems.
♦ Primary members do not accumulate credits on the Personal Development Report Form that supports the star rank system.
♦ Primary members cannot receive premium or prize money.
♦ Primary members do receive stripe and pin for each primary year completed.

Regular 4-H Members

Regular members consist of Junior, Intermediate and Senior 4-H Members. Regular members must be 9 years old by December 31st of the program year and may continue in the program until December 31st of the calendar year in which they become 19 years of age.

Junior members are 9-10 years old
Intermediate members are 11-13 years old
Senior members are 14-19 years old

The 4-H year runs from July 1st to June 30th. Enrollment for the new 4-H year begins July 1st!
State Field Day Results

Kings County was represented at the State 4-H Field Day in May at UC Davis campus. Congratulations to the following members who received awards.

State Presentation Day

<table>
<thead>
<tr>
<th>Name</th>
<th>Grangeville</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kavn Aulakh</td>
<td></td>
<td>Platinum</td>
</tr>
<tr>
<td>Katelin Cortez</td>
<td>Corcoran</td>
<td>Gold</td>
</tr>
<tr>
<td>Amanda Curtis</td>
<td>Corcoran</td>
<td>Blue</td>
</tr>
<tr>
<td>Anna Dooley</td>
<td>Kings Harvest</td>
<td>Gold</td>
</tr>
<tr>
<td>Ashley Eller</td>
<td>Lemoore</td>
<td>Blue</td>
</tr>
<tr>
<td>Tyler Eller</td>
<td>Lemoore</td>
<td>Gold</td>
</tr>
<tr>
<td>Trista Fry</td>
<td>Oakvale</td>
<td>Gold</td>
</tr>
<tr>
<td>Reilly Nava</td>
<td>Island</td>
<td>Blue</td>
</tr>
<tr>
<td>Johnathan Thomas</td>
<td>Grangeville</td>
<td>Blue</td>
</tr>
<tr>
<td>Kendra Ward</td>
<td>Kings Harvest</td>
<td>Platinum</td>
</tr>
</tbody>
</table>

State Fashion Revue

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Event</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angelina Raulino</td>
<td>Island</td>
<td>Western Wear Challenge</td>
<td>Medal</td>
</tr>
<tr>
<td>Raine Palomino</td>
<td>Kings Harvest</td>
<td>Western Wear Challenge</td>
<td>Medal</td>
</tr>
<tr>
<td>Regan Valov</td>
<td>Kings River</td>
<td>Purchased</td>
<td>Blue Seal</td>
</tr>
<tr>
<td>Rory Valov</td>
<td>Kings River</td>
<td>Purchased</td>
<td>Blue Seal</td>
</tr>
<tr>
<td>Amanda Curtis</td>
<td>Corcoran</td>
<td>Upcycled</td>
<td>Medal</td>
</tr>
<tr>
<td>Kendra Ward</td>
<td>Kings Harvest</td>
<td>Traditional</td>
<td>Medal</td>
</tr>
<tr>
<td>Shyanna Ward</td>
<td>Kings Harvest</td>
<td>Traditional</td>
<td>Medal</td>
</tr>
</tbody>
</table>

Plant Science Contest

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthony Felipe</td>
<td>Island</td>
<td>Fourth Place</td>
</tr>
<tr>
<td>Robert Felipe</td>
<td>Island</td>
<td>Fifth Place</td>
</tr>
</tbody>
</table>

Consumer Science Judging Contest

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna Dooley</td>
<td>Kings Harvest</td>
<td>Medalist</td>
</tr>
</tbody>
</table>

4-H Trap Shooting Contest

**Saturday, September 10, 2017**

Orientation– 8:30 am    Shoot Begins– 9:00 am
Tulare County Trap Club

ENTRY DUES by August 26, 2016  5:00 pm

Entry Fee: $20 per entry

A Trap Shooting Contest is held in conjunction with the Tulare County Fair. Held on the Saturday before the Tulare County Fair, it is open to 4-H Shooting Sports members residing in Kings & Tulare Counties. Age is determined as of January 1, 2016. All participants must be pre-entered. Use the online entry form link below. A MANDATORY orientation will be held prior to shooting. Match start immediately following orientation. Entrants who are not checked in and in attendance at the shooters meeting will not be allowed to participate. More information can be found in the Tulare County Fair Book on page 60.

4-H Record Books

It’s that time of the Year!

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.

Record Book Evaluators Needed!!!

No special talents are needed!

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 by viewing the power-point on line at: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/Record_Book_Information/ Then click on “How to Complete your Annual Project Report.” Or you may attend a judging session and instructions will be given at the beginning of each session.

County Record Book Judging

<table>
<thead>
<tr>
<th>Wednesday, August 3rd</th>
<th>Thursday, August 4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #1: 12:00 to 2:00 PM</td>
<td>Session #1: 12:00 to 2:00 PM</td>
</tr>
<tr>
<td>Session #2: 2:00 to 4:00 PM</td>
<td>Session #2: 2:00 to 4:00 PM</td>
</tr>
<tr>
<td>Session #3: 4:00 to 6:00 PM</td>
<td>Session #3: 4:00 to 6:00 PM</td>
</tr>
<tr>
<td>Session #4: 6:00 to 8:00 PM</td>
<td>Session #4: 6:00 to 8:00 PM</td>
</tr>
</tbody>
</table>

Attend as many Record Book Evaluation sessions as you can. It will be run more like an open house – come when you can and stay as long as you can. An orientation will be given at the beginning of each session.

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/
**National Youth Science Day**

**October 5, 2016**

**Challenge: Drone Discovery**

The National 4-H is thrilled to announce the 2016 4-H National Youth Science Day (4-H NYSD) challenge: Drone Discovery.

Developed by Cornell University Cooperative Extension, this exciting and hands-on engineering design challenge explores the science behind drones and how they are being used to solve real world problems. Youth will learn everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control.

The 9th annual 4-H NYSD Challenge will be held on Wednesday, October 5, 2016 and will bring together youth from across the nation to complete this single, innovative activity. Challenge kits, which include everything you need to complete Drone Discovery, are available for pre-sale now at the 4-H Mall.

Check back in July for detailed information on the Drone Discovery challenge, including downloadable versions of the youth and facilitator guides. Read the 4-H NYSD 2016 press release.

**Don't Miss Out:**

**2016 4-H NYSD Kit Pre-Sale**

The 2016 4-H National Youth Science Day challenge kit, Drone Discovery, is available for pre-order at the discounted price of $21.95 through mid-July. After mid-July, the price will be $23.95. NYSD kits can be ordered through the 4-H Mall.

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**New 4-H Yoga Project**

The Yoga for Kids Project combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body. Youth and Volunteers will:

- Increase physical fitness
- Learn strategies for stress management
- Explore the benefits of concentrated focus & attention
- Practice movements that improve flexibility & balance

If you are an enrolled 4-H Project Leader and are interested in leading a4-H Yoga for Kids Project please register for a training session below. CA 4-H will provide 6.5 hours of on-site training by a Registered Yoga Teacher; program guides; and technical support following the training. Trainings are offered at five locations throughout California:

- **September 22–Davis** 8:30 am–3:00 pm
- **September 24–San Luis Obispo** 9 am–3:30 pm
- **October 1–Quincy** 9 am–3:30 pm
- **October 8–Moreno Valley** 9 am–3:30 pm
- **October 8–Ukiah** 9 am–3:30 pm

Register here: [https://ucanr.edu/survey/survey.cfm?surveynumber=18337](https://ucanr.edu/survey/survey.cfm?surveynumber=18337) For more information contact Anne Iacopucci at amiaccouppuci@ucanr.edu.
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 8, 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 8, 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/

Grow True Leaders Contest

Last day to enter is July 24, 2016

American Cattlemen, Bekaert and 4-H want you to show us your #Trueleaders with the Bekaert Grow #TrueLeaders Contest. Entering is easy! Simply upload a photo of your #TrueLeader showing responsibility & working hard, tell us about your photo (50 words or less).

Grand Prize: Two $500 cash prize winners and an alternate (if a winner cannot be qualified) will be selected on a random drawing.

Enter at: http://www.americancattlemen.com/contests/trueleaders
USDA Rural Youth Loans

The USDA Farm Service Agency (FSA) makes operating loans of up to $5,000 to eligible individual rural youths age 10 through 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by rural youths participating in 4-H clubs, FFA, or a similar organization.

The project must be an organized and supervised program of work. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

The Kings County Farm Loan Programs are administered out of the Tulare County FSA office. The Farm Loan Program Manager overseeing questions on Youth Loans is Chantal Haun and she may be reached by email Chantal.Haun@ca.usda.gov or by phone at (559) 734-8732 Ext 123.

See insert for a fact sheet with information on the USDA’s Rural Youth Loans.

4-H Club News

Mid Valley 4-H

At our last 4-H club meeting on June 13th, we voted on some of our 2016-2017 officers. President Garrett Revious, Vice President Courtney Rhoades and Historian Lilly Barcellos, all other officers will be elected later. This year Mid Valley decided to do a Community Service or Citizenship project almost every month. We collected soap and shampoo for the homeless, we collected coats for others, and also collected canned goods for St. Vincent de Paul. We rang the bell for Salvation Army in front of Wal-Mart (picture included). We made Valentine cards and gave them to the Hacienda Rest home. We made and frosted 60 cupcakes for the Kit Carson school to use at their carnival for the cupcake walk. We also cleaned up the school after the carnival. And lastly we helped clean and decorate the Kings County Fairgrounds for the upcoming Kings County Fair.

Our fundraiser, was at Me’n Eds on June 9th, we want to say Thank everyone that came out and supported us and bought pizzas at this time. Saturday, June 25 will be our "End of the Year" party and the officers planning session for the 2016-2017 4-H year. Mid Valley 4-H had a FUN and successful year.

Submitted by
Lillian G. Barcellos

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.
Fact Sheet

Rural Youth Loans

Overview

The U.S. Department of Agriculture’s Farm Service Agency (FSA) makes operating loans of up to $5,000 to eligible individual rural youths age 10 through 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by rural youths participating in 4-H clubs, FFA, or a similar organization.

The project must be an organized and supervised program of work. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

Who May Borrow

To qualify for a loan, the applicant must:

- comply with FSA’s general eligibility requirements;
- reside in a rural area, city or town with a population of 50,000 or fewer people; and
- conduct a modest income-producing project in a supervised program of work.

How Loan Funds May Be Used

These loans can finance many kinds of income-producing agricultural projects. The loan fund may be used to:

- buy livestock, seed, equipment and supplies;
- buy, rent or repair needed tools and equipment; and
- pay operating expenses for the project.

What Details to Know

To apply, the applicant must submit completed plans and budgets signed by the project advisor and parent or guardian along with the FSA application for loan assistance. These loans:

- have a maximum loan amount of $5,000 (total principal balance owed at any one time cannot exceed this amount);
- have an interest rate which is determined periodically, based on the cost of money to the federal government,
- after the loan is made, the interest rate for that loan will not change;
- will be secured, in addition to promissory notes, by liens on the products produced for sale and on chattel property, including livestock, equipment and fixtures purchased with loan funds; and
- have a repayment schedule which varies depending on the type of project for which the loan is made,
- for example, if it involves raising livestock or crops, the loan is paid when the animals or produce are normally sold.

For More Information

To apply or find out more, visit your local USDA Service Center. A listing of centers, and more information about youth and other loan programs, are available on the FSA website at http://www.fsa.usda.gov. USDA Service Center offices are also usually listed in telephone directories under "U.S. Department of Agriculture.”

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA’s TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.
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 disabilities
- 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

Committee Meetings will be held at the UCCE MP Room at 6:30 p.m.
July 20th August 24th September 7th September 21st October 5th

Upcoming fundraising event:
• 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 of our donations, your help is greatly needed. Please call or email Michelle White if you can attend this fundraising event. (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.
Any way you toss it, a main dish green salad is an easy, nutritious meal especially on a hot summer’s night. National Salad Week is in July and summer is a great time to fill up (and not out) on fruits and veggies in a lightly dressed salad. Check out these tips on how to make salads spectacular this summer.

Growing greens: Salad greens are easy to grow in the home garden and an important source of vitamins and minerals. Dark green leaves are good sources of vitamins A and C, iron, folic acid and calcium. Iceberg is the most popular, but many other lettuces and salad greens such as spinach, arugula, and romaine can add interest and nutrients to meals.

Super salad toppers: There are lots of nutritious ways to top a salad. Enhance eye appeal and nutrition by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1-1/2 to 2 cups of greens. Make the flavor pop by adding artichoke hearts, dried fruits, nuts and/or seeds.

Keep fruit from browning: Keep cut fruits, like apples and pears, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Cut fruits as close to serving time as possible. Cover and refrigerate until ready to serve. Refrigerate cut fruits and veggies so the total time at room temperature is less than 2 hours.

Fresh herbs: Toss small basil leaves or chopped larger ones in with your greens. Try chopped fresh dill. Add some minced chives or parsley. Start with about a teaspoon of herbs per person and adjust according to taste preference. Herbs boost flavor without increasing calories.

Kabob kicker: Try kicking up your salad by adding kabobs. Including protein-rich foods helps promote a feeling of fullness after meals and may help you eat fewer calories throughout the day. Kabobs with grilled chicken, beef, or pork with a combination of vegetables such as peppers, onions and zucchini would be the perfect topper for a mixed green salad.

Food safety with salads: Summer is a great time for salads and it’s important to store leafy greens at refrigerator temperatures and rinse well under running water before using. To reduce the risk of foodborne illness, observe “use by” dates printed on bagged leafy vegetables and salad mixes and use within two days after opening.

Remember to dress, don’t drown, your salad in dressing to keep the calories lower and experiment with different combinations and flavors this summer. Bon Appetite.