Let’s Spread the Word about 4-H!

Young people in 4-H are uniquely prepared to step up to the challenges of a rapidly changing world. 4-H members choose among hundreds of hands-on projects with focuses on science, engineering, and technology; agriculture and natural resources; animal science education; nutrition and healthy living; citizenship and service-learning; and leadership and public speaking. Through experiential learning and leading together with adult mentors, youth focus their energy into their passions while also giving back to the community. 4-H offers a very unique experience and is the premier youth development program. Don’t keep this great organization a secret! Spread the word and invite your friends to join! Let’s enable this organization to benefit even more youth! Click here to enroll.

Also in this edition.....

2- Council News
2- 2016-17 4-H Program Fees
2- 4-H Week Display Contest
2- I & R Comm. Meeting
2- Did you Know?
2- 4-H Enrollment
3- Council BBQ
3- Relay for Life Meetings
3- 4-H Youth Advisor Hired
3- Achievement Night & Dinner
3- Leadership Training Workshop
4- 4-H Madness
4- ORB Workshop
4- Shooting Sports Results
5- LCORT 2017
5- 4-H Uniform
6- Emerald Star Project
6- Citizenship WA Focus
6- WA Focus Fundraising
7- Cardboard Challenge
7- 4-H Calendars
7- Tractor Supply Company
7- America’s Farmers Grow Comm.
8- Countywide Projects
9- Shooting Sports Leader Training
9- State Fashion Review
10- Make it Safe, Keep it Safe
10- Mindfulness Retreat
10- National Youth Science Day
10- 4-H Yoga Project
10- News Article Guidelines
10- 4-H Club News
10- Facebook
10- UCCE Office Contacts

Insert- Leadership Training
Insert- Achievement Night
Insert- Relay for Life
Insert- Healthy Living Tips

Deadline
4-H News articles due for Youth Talk – Sept. 16th
Please send all articles to – gldiener@ucanr.edu
Council News
The next council meeting will be:  
**Tuesday, September 6th**  
7:00 pm  
UCCE Office Multi-purpose Room  
Host Club: Kings Harvest

Topics for discussion at the September meeting will  
include: Record Book Judging, 4-H Madness, Council  
BBQ, Achievement Night, etc.

2016-2017 4-H calendars will be ready for distribution  
to CCL’s as well as BBQ tickets.

Please plan to attend! Your opinions and contributions  
are important! Every club needs to be represented!

---

Incentives & Recognition  
Committee Meeting  
**Tuesday, September 6th**  
5:30 PM  
UCCE Office– Ste. G

The I & R Committee will meet prior to Council to dis- 
cuss the outcome of Record Book judging and other  
matters of business related to awards. Everyone is in- 
vited to attend these committee meetings but each club  
should have a designated representative that can regu- 
larly attend.

---

Did You Know?  
- 4-H community Club enrollment has in- 
  increased 3% nearly 10,400 new members.
- Nearly 400 new volunteers joined 4-H-a  
  3% growth. Volunteers contributed over 1 million  
  hours to improving the lives of youth in California!  
  The time alone is valued at over $27 million.
- 4-H project participation increased– with an 85%  
  increase in animal science projects, 511% in civic  
  engagement projects, 125% in leaders & personal  
  development, 51% in health projects and 160% in  
  plant science projects.
- 4-H is reaching new audiences, with a 37% increase  
  in Latino youth participation in 4-H.

---

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.

---

4-H Week Display Contest  
**Plan to Enter!**

Celebrate National 4-H Week (October 2-8th) by  
creating a display to advertise 4-H. Clubs may  
enter as a club or as individual project groups. The pur- 
pose is to promote 4-H and your club! Displays may be  
window, poster, booth etc. and must be **set-up by Sept- 
ember 30th**. Once your display is in place, take pictures  
and submit to the UCCE Office via email to  
gldiener@ucanr.edu by October 14th. Be sure to include  
the location of the display and the viewing hours. Judging  
will be based on creativity, information/educational value,  
accessibility to the general public and overall look of the  
display. Prize money will be awarded to the clubs/project  
groups with the top three displays– 1st place- $75: 2nd  
place- $50: 3rd place- $25.

---

4-H Enrollment for  
2016-2017 program year

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 Califor- 
nia 4-H Online enrollment system is now open. Please  
click on the link below to enroll for the 2016-2017 year!

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.
4-H Council BBQ

Saturday, November 5
Kings Fairgrounds– Dairy Pavilion
11:00 AM to 2:00
Take-out also available
Tickets: $10.00/person
Entrée: Pork Loin

All 4-H families are encouraged to sell barbecue tickets. The proceeds support the Kings County 4-H Council which sponsors county events, awards and so much more. This is the only fundraiser sponsored by the Council. Tickets are available from your Community Club Leader or the UCCE Office. The meal is delicious! Please make checks payable to: Kings County 4-H Council.

The top 3 tickets sellers will be awarded a prize! 1st place: $75, 2nd place: $50 and 3rd place: $25! Let’s make this a record event for ticket sales! This meal is a bargain!

Achievement Night

Saturday, October 1, 2016
Awards Presentation 7:00 pm
Sierra Pacific High School Cafeteria

Dress in your favorite western wear

The Kings County All Star Candidates have a fun evening planned for all who attend. Members will be recognized for Record Book & Project Medal awards, Officer Books, Toledo, Perreira, Brazil awards, Emerald Star etc.

**See insert in back of Youth Talk

Achievement Night Dinner

Saturday, October 1, 2016
WA Focus Fundraiser Dinner 5:30-6:30 pm
Sierra Pacific High School Cafeteria

WA Focus delegates will be selling a BBQ Hamburger dinner prior to Achievement Night festivities. The meal will include hamburger with all the fixings, beans, chips, dessert and a drink. The cost will be $10/person.


Citizenship Washington Focus is a working conference held at the National 4-H Center in Chevy Chase, Maryland and Washington DC. The conference allows our members to explore develop and engage in civic duty and responsibilities, enabling them to be better leaders. They will learn about the our nation’s history, the leaders that have shaped it as well as how they can apply and enhance their leadership and citizenship skills.

Discover the Leader in You!

Friday, October 14, 2016
6:30 pm to 8:30 pm
UCCE Office– MP Room

The All Star Candidates have a great Leadership Workshop planned for all 4-H Junior/Teen Leaders and Club Officers. There is even a session for 4-H Leaders!

Dinner will be provided! Leaders, please encourage your youth to attend this opportunity to learn about personality and leadership styles. See insert in the back of this issue of the Youth Talk for more details.

Kings County 4-H Relay for Life
Team Meetings

Wednesday, September 7th, 21st & Oct. 5th
6:30 pm
UCCE Office

Join the Kings County 4-H team at:
http://main.acsevents.org/goto/KingsCo4-H

This year we will be doing a "Game Night" basket as our silent auction donation for the event. Anyone who wants to make a donation can drop off game night items at the UCCE Office. We are also accepting donations of bottled water, Gatorade, Capri Sun juices, and pre-packaged snack items to sell on the day of the event. Those items can also be dropped off at the UCCE Office.

We are currently selling business card ads for the event program for $100 each. If you would like to purchase a business card ad, please contact Michelle White by Sept. 1st. Every business ad we sell goes toward our team’s total. See flyer insert for more information.

4-H Youth Advisor Hired!

Recruitment and hiring has been successfully completed for our 4-H Youth Development Advisor serving Kings, Tulare and Fresno Counties. The advisor, Tara Batista, will begin on October 3rd and is headquartered in our Kings County UCCE Office. She will be working with the 4-H Program Representatives in the 3 county area and conducting youth development research. As soon as she is settled in, we will invite her to a Leader’s Council meeting for you to meet.
ORB WORKSHOP
Online Record Book
The ORB Internet Café is provided to give staff and volunteers both individualized and group instruction on using California 4-H’s Online Record Book System. The café is designed as a 3-hour workshop that combines presentation, hands-on practice and group discussion. Participants will need to bring a laptop with them to the café. The following topics will be covered:

- Overview of the Features & Functions in the Online Record Book (Record Book, Social Media, Evaluation)
- Navigating the forms in the Online Record Book (PDR, APR, 4-H Story)
- Project & Club Leader Functions and Approving Forms
- Maximizing your ORB experience—How to use ORB to be efficient and save time

ORB INTERNET CAFÉ REGISTRATION INFORMATION

WHEN: SATURDAY, OCTOBER 15, 2016
TIME: 1 PM-4 PM
LOCATION: UCCE 4-H OFFICE (MULTI-PURPOSE ROOM)
REGISTER: http://ucanr.edu/survey/survey.cfm?surveynumber=16544

2016 Statewide Shooting Sports Match Results

Congratulations to these Kings County 4-H members who received medals in the Statewide Shooting Sports Match.

**.22 Rifle Telescopic**

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Category</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courtney Rhoades</td>
<td>Mid Valley 4-H</td>
<td>Gold</td>
<td></td>
</tr>
<tr>
<td>Mason Mendes</td>
<td>Kings Harvest 4-H</td>
<td>Silver</td>
<td></td>
</tr>
<tr>
<td>Brody Vickers</td>
<td>Grangeville 4-H</td>
<td>Bronze</td>
<td></td>
</tr>
<tr>
<td>Megan Clarke</td>
<td>Island 4-H</td>
<td>Bronze</td>
<td></td>
</tr>
<tr>
<td>Bruce Rhoades</td>
<td>Mid Valley 4-H</td>
<td>Gold</td>
<td></td>
</tr>
</tbody>
</table>

**.22 Hand Gun**

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Category</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elliot Martin</td>
<td>Kings River 4-H</td>
<td>Silver</td>
<td></td>
</tr>
<tr>
<td>Jayden Bracy</td>
<td>Mid Valley 4-H</td>
<td>Bronze</td>
<td></td>
</tr>
<tr>
<td>Courtney Rhoades</td>
<td>Mid Valley 4-H</td>
<td>Bronze</td>
<td></td>
</tr>
<tr>
<td>Bruce Rhoades</td>
<td>Mid Valley 4-H</td>
<td>Silver</td>
<td></td>
</tr>
</tbody>
</table>

**.22 Rifle Telescopic-Prone**

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Category</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mason Mendes</td>
<td>Kings Harvest 4-H</td>
<td>Gold</td>
<td></td>
</tr>
<tr>
<td>Denise Brewster</td>
<td>Island 4-H</td>
<td>Silver</td>
<td></td>
</tr>
<tr>
<td>Brody Vickers</td>
<td>Grangeville 4-H</td>
<td>Silver</td>
<td></td>
</tr>
</tbody>
</table>

**Rifle Open Sights**

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Category</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Megan Clarke</td>
<td>Island 4-H</td>
<td>Gold</td>
<td></td>
</tr>
<tr>
<td>Elliot Martin</td>
<td>Kings River 4-H</td>
<td>Bronze</td>
<td></td>
</tr>
</tbody>
</table>

Help is still needed...

- Each club is asked to provide one project or hands-on activity to showcase 4-H to the public. Contact your club’s CCL if you are interested in participating.
- Sign up to be a presenter to share project information about your favorite project or lead a hands-on activity: http://ucanr.edu/survey/survey.cfm?surveynumber=18773
- 4-H Madness meeting is scheduled for September 20th at 6 pm at the UCCE Office Suite G. Please send a representative from each club with your ideas. For more information contact Lilly Pimentel 707-3508.
**LCORT 2017**  
**“May the Leadership be with You”**  
*January 27-29, 2017*  
*Wonder Valley Resort, Sanger*

**LCORT** is coming January 27-29, 2017. If you are a 4-H member age 12-14 as of 12/31/2016, get ready to have a fun weekend at LCORT! Registration is now open! You must complete the forms below and turn them into the UCCE Office as soon as possible to hold your place at the conference. The conference is limited to 350 people and with the addition of counties space is at a premium. **REGISTER NOW!!**

- **LCORT 2017** is open to 4-H members in the counties of the Central Area and the former South Central Section. Counties are: Alpine, Amador, Calaveras, El Dorado, Inyo, Kern, Kings, Fresno, Madera, Mariposa, Merced, Mono, Monterey, Sacramento, San Benito, San Joaquin, Santa Cruz, Solano, Stanislaus, Tulare, Tuolumne, and Yolo.
- **Workshops** are taught by teens selected for Leadership Teams from the 12 South Central counties.
- **Chaperones** are adult 4-H leaders or staff age 21 and up. Each county sending delegates must send at least one chaperone. Counties are responsible for providing chaperones in the ratio of 1:8 delegates of each gender.
- **Cost** is $150 per person from South Central counties and $165 from the other Central Area counties (because of fees paid by SCS counties to support LCORT). Youth and adults pay the same fees.

More information can be found using this link: [http://ucanr.org/Lcortinfo](http://ucanr.org/Lcortinfo)

**Youth forms:**
- [2017 LCORT Youth Registration form](#)
- [Youth Medical Treatment form](#)
- [LCORT 2017 Delegate FAQ](#)

**Adult forms:**
- [2017 LCORT Adult Registration form](#)
- [Adult Medical Treatment form](#)
- [LCORT 2017 Chaperone FAQ](#)

Kings County 4-H Leaders Council offers scholarships to the first eight applications received. The scholarship will pay one half of the conference fee—$75.00. Requirements are: Must have completed one year in 4-H at the time of conference, submit completed Record Book from at least the previous year, available only once per member. Complete this form and submit with your registration form. [LCORT Scholarship Application](#)

---

### 4-H Uniform

The uniform is made up of the following garments:

1. **Official green 4-H hat** branded with the University of California, Agriculture and Natural Resources (UC ANR) and the 4-H clover logo mark. More details about the 4-H Hat.
2. **A plain white shirt** with a collar. Any length of sleeve, including sleeveless is acceptable.
3. **Members have a choice of bottoms,** appropriate to the event or activity, as specified in the [California 4-H Dress Guidelines](#).
4. **OPTIONAL:** A traditional 4-H tie or scarf worn with the collared white shirt.

The 4-H uniform guidelines follow the protocols in the [California 4-H Dress Guidelines](#) that apply to all 4-H members. A uniform is not required for participation in any 4-H sponsored activity, event, meeting or occasion. Although members are not required to wear a uniform in the 4-H program, many members feel a sense of belonging when wearing the uniform. Fairs do not fall under the jurisdiction of the 4-H program and may require their own clothing for showing. Check with your local fair for specific details. The CDFA Fairs and Exposition Rule Book and the 4-H Youth Development Organization do not mandate a uniform or attire for judging.

**4-H hat, scarf and tie may be purchased from:**

<table>
<thead>
<tr>
<th>Leslie Carman 4-H Club Supplies</th>
<th>Evangelho Farm Store</th>
<th>Sanchez Feed &amp; Seed</th>
</tr>
</thead>
<tbody>
<tr>
<td>(888) 466-9433 or (805) 462-9433</td>
<td>559-924-7443</td>
<td>559-582-1787</td>
</tr>
<tr>
<td><a href="http://www.4hsupplies.com">www.4hsupplies.com</a></td>
<td>9099 Hwy 41, Lemoore</td>
<td>11320 Houston Ave, Hanford</td>
</tr>
</tbody>
</table>

*These companies are listed as a resource only and does not imply endorsement by the 4-H Youth Development Program.*
Citizenship WA Focus

Five members of the Kings County 4-H program have recently returned from the 2016 Citizenship Washington Focus conference in Washington D.C.: Ashley Daniel, Tara Fry, Kayla McCa1vy, Bridget Singleton, Jacob Willhite, and their chaperone Stephanie Fry attended the week long conference in July.

Throughout the week we attended various hands-on workshops where we got to explore, develop, and refine the civic engagement skills we need in order to become outstanding leaders. We also learned about the workings of the government, the history of our nation, and the people who have shaped it.

During our trip we received a big surprise from someone very special. We were told that we were going to have a meeting and tour of the Capitol building with one of David Valadao’s representatives, but when we arrived we got to meet with the congressman himself! We felt so honored that he would take the time out of his busy day to meet with us to discuss major issues we are facing in the Valley.

Overall the trip was a success! The team had an incredible amount of fun and met many new friends from California and across the nation. The trip was a great experience and we would like to encourage everyone who has the chance to take this wonderful opportunity to do so. Lastly, we would like to thank everyone involved with the success of our trip. Thank you to everyone who supported us at our various fundraisers over the past 2 years.

The group is planning a blood drive as part of our service learning project. Be on the look out for more information!

Citizenship WA Focus

The 2017 WA Focus trip is scheduled for June 24-July 1 (extended trip ends July 5). Would you like to attend this trip or possibly attend 2018? There is a group currently fundraising to attend in 2018 and you are invited to join in the fundraising if you are interested. Citizenship WA Focus is fantastic opportunity to network with 4-H members from across the United States. It is open to members 15-19 years of age.

CA Focus is another opportunity to learn more about the government process in California. This trip will be June 16-20, 2017 and is open to members between the ages of 14-19 years old. More information on both conferences can be found on the State website: http://4h.ucanr.edu/Projects/Citizenship/.

If you would to be included in the fundraising please contact Renee Creech at rmcreech6@gmail.com
Tractor Supply Company
Paper Clover Fundraiser

October 5-16

Join the Paper Clover Fundraiser at the Tractor Supply Company in Hanford, October 5-16, 2016! Donate $1 during checkout to support 4-H. Kings County 4-H earned $556.40 in the Spring Paper Clover fundraiser. During the semi-annual event, friends and family are also invited to support 4-H by donating $1 at check out when they are done shopping. 100% of each dollar goes to 4-H. 90% of all funds collected support local and state 4-H programs, while 10% supports the National 4-H program.

Clubs are encouraged to participate with table displays, animal exhibits. Contact the UCCE office if your club would like to participate with a display at the store. For more information visit: Tractor Supply Company

America's Farmers Grow Communities

Community support is a vital part of funding projects and learning opportunities for our members. America’s Farmers Grow Communities, sponsored by the Monsanto Fund, gives farmers in our area the chance to direct a $2,500 donation to an eligible rural nonprofit organization of their choice. For the past five years, participants have continued to support ag youth organizations. Since 2010, more than $22 million in donations has helped over 8000 non profits make a positive impact in farming communities across America.

Help our organization receive a $2,500 donation by encouraging farmers you know to visit www.GrowCommunities.com to enroll today. Enrollment runs until November 30 and winners will be announced in January 2017.

The purpose of Grow Communities is to support rural America by partnering with farmers to support the causes that are most important to them. In 2017 more than $3 million in donations will be awarded to nonprofit organizations in 1,331 counties across 41 states.

Share this opportunity with the farmers in your life on the Grow Communities Facebook page www.Facebook.com/AmericasFarmersGrowCommunities. This page provides program updates, posts about advocating for ag and information about winners. You can also join the conversation on Twitter using #GrowCommunities. The program is part of the America’s Farmers initiative, which has awarded more than $29 million to farming communities in the past five years. For eligibility requirements and more information go to www.AmericasFarmers.com.
**Countywide Rabbit Project**

All Project meetings are held at the UCCE Office MP room at 680 North Campus Drive, Ste. F, Hanford at 6:30 PM. [Click here for more information on the project.](#)

**Project Meetings: (held on Tuesdays)**

<table>
<thead>
<tr>
<th>September 20</th>
<th>February 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 18</td>
<td>March 14</td>
</tr>
<tr>
<td>November 15</td>
<td>April 25</td>
</tr>
<tr>
<td>January 17</td>
<td>May 16</td>
</tr>
</tbody>
</table>

*Fairs:*

April 6-8: 4-H Fair
June 15-18: Kings Fair

The Central Valley Rabbit Breeders sponsor 2 shows during the year and have animals available for sale. The dates are: October 29 and March 25th.

Leaders: Joe & Kathy Lugo  559-582-4760

---

**Countywide Poultry Project**

All Project meetings are held at the Currie Residence-703 Cambria Ct, Lemoore at 12 noon. [Click here for more information on the project.](#)

**Project Meetings: (held on Saturdays)**

<table>
<thead>
<tr>
<th>September 17</th>
<th>February 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 8</td>
<td>March 18</td>
</tr>
<tr>
<td>November 19</td>
<td>April 1</td>
</tr>
<tr>
<td>January 21</td>
<td>May 20</td>
</tr>
</tbody>
</table>

*Fairs:*

April 6-8: 4-H Fair
June 15-18: Kings Fair

Leader: Jean Currie  559-423-5776

---

**Countywide Leadership Project**

All Project meetings are held at the UCCE Office MP room at 680 North Campus Drive, Ste. F, Hanford at 6:30 PM. [Click here for more information on the project.](#)

**Project Meetings: (held on Wednesdays)**

<table>
<thead>
<tr>
<th>August 31</th>
<th>February 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 28</td>
<td>March 22</td>
</tr>
<tr>
<td>October 26</td>
<td>April 26</td>
</tr>
<tr>
<td>November 30</td>
<td>May 24</td>
</tr>
<tr>
<td>January 25</td>
<td></td>
</tr>
</tbody>
</table>

Leader: Michelle White  559-381-2975

---

**More Countywide 4-H Projects**

Shooting Sports
Pistol & Rifle - Gregg Chrissakis
chrissakis@sbcglobal.net

Dog Care - Maureen Tompkins
lemooreons@yahoo.com

Horse - Maureen Tompkins
lemooreons@yahoo.com

---

**Countywide Pygmy Goat Project**

All project meetings will be held at the Garcia residence– 16517 Jackson Avenue, Lemoore at 1 pm. [Click here for more information on the project.](#)

**Project Meetings: (held on Saturdays)**

<table>
<thead>
<tr>
<th>October 8</th>
<th>April 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 21</td>
<td>May 6 11 am</td>
</tr>
<tr>
<td>February 18</td>
<td>June 3 11 am</td>
</tr>
<tr>
<td>March 18</td>
<td></td>
</tr>
</tbody>
</table>

*Parades:*

November 25: Hanford Christmas Parade
December 3: Lemoore Christmas Parade

*Fairs:*

April 6-8: 4-H Fair
June 15-18: Kings Fair

Leader: Yvette Garcia  559-381-0165
The 2017 State Fashion Review
“The Road to Fashion”

The categories for the 2017 State Fashion Review are:

- Traditional
- Consumer Science Purchased $40 limit. Receipts from the current 4-H year are required for any items that are visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be hand written.
- Upcycled
- Knit Challenge-Construct an entire wearable garment out of knit fabric. (NEW)
- Stripe/Print/Plaid Challenge-Choose any two of the three fabric designs and incorporate them into one or more sewn garments. (NEW)

More information is available on the State 4-H website: http://4h.ucanr.edu/4-H_Events/SFD/SFR/#

Shooting Sports Leader Training
Fall Workshops

The Kings County 4-H Shooting Sports project is in need of more shooting sports leaders to assist the leaders we currently have. The number of members in the project has grown substantially and more help is needed to safely instruct the youth.

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 AM – 4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost for each discipline is $35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the classrooms and range are at http://www.safetyfirstshooting.org/html/directions.html To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/files/4785.pdf and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, 7 days prior to the class you are taking, and space is limited to 25 attendees. For more information call Darlene McIntyre at 209-385-7418 or email her at dlmcintyre@ucanr.edu. Range and class info contact is Dave Givens 209-614-1718 or dave@hammerstryke.com

Class Dates:

Rifle Leader: Sept 17th and 18th (Registration due Sept 9th)
Nov 5th and 6th (Registration due Oct 28th)

Shotgun Leader: Sept 17th and 18th (Registration due Sept 9th)
Nov 19th and 20th (Registration due Nov 11th)

Archery Leader: Oct 8th and 9th (Registration due Sept 30th)
Nov 5th and 6th (Registration due Oct 28th)

Pistol Leader: Oct 8th and 9th (Registration due Sept 30th)
Nov 19th and 20th (Registration due Nov 11th)

Muzzle Loading Leader: Oct 29th and 30th (Registration due Oct 21st)
Dec 10th and 11th (Registration due Dec 2nd)
Make it Safe, Keep it Safe

The Make it Safe, Keep it Safe (MISKIS) training has been designed to provide UCANR staff and volunteers with food safety information to minimize the risk of foodborne illnesses. The online training can be taken at: http://ucanr.edu/sites/miskis/. Please contact Anne Iaccoupucci at amiaccoupucci@ucanr.edu for questions, regarding food safety training.

Mindfulness Retreat

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

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

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, can be ordered through the 4-H Mall. The price will be $23.95 for each kit.

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
* Explore the benefits of concentrated focus & attention
* Learn strategies for stress management
* Practice movements that improve flexibility & balance

If you are an enrolled 4-H Project Leader and are interested in leading a 4-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 For more information contact Anne Iaccoupucci at amiaccoupucci@ucanr.edu.
4-H Club News Article Guidelines

Club Reporters are invited to submit articles about their club and members to the *Youth Talk*. Let us know what exciting things your club is doing.

- Do you have a member that you want to spotlight?
- Did your club have a special event for the holiday?
- Are you doing a special fundraiser?
- Has your club participated in a community service project?

These are news worthy topics to share with our 4-H community. Articles should be submitted in a timely manner. The deadline for the *Youth Talk* is the third Friday of each month.

Articles may be emailed to gldiener@ucanr.edu or mailed to the UCCE Office, 680 N. Campus Dr. Suite A, Hanford, CA

Guidelines on writing a news article for the Youth Talk can be found here: News Article Guidelines

---

4-H Club News

Kings Harvest

Kings Harvest 4-H held their first meeting on August 8th. We elected this year’s new officers and they are as follows:

- President: Morgan Spiro
- Reporter: Giovanna Champi
- Vice President: Matthew Rosa
- Historian: Anna Dooley
- Secretary: Mary Rosa
- Healthy Living: Hannah Dutra
- Sargent of Arms: Hannah Costa, Tanner Ozuna & Daylon Ozcoidi

We also developed an idea for the Banner Contest.

*Giovanna Champi, Reporter*

---

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.

---

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 4-H Program Representative  (50% time)  Teresa Evangelo  4-H Support Staff  (full time)
852-2743  gldiener@ucanr.edu  852-2731  tlevangelo@ucanr.edu

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

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.
4-H Leaders!
Special Session for YOU!

Join in the Conversation
learn about other 4-H projects
and share ideas with others.
Let’s make each other
the best we can be!

Help us prepare by registering ahead of time...

Click here: Leadership Training Workshop Registration

Does your personality trait define your leadership style?

COME TO THIS EXCITING WORKSHOP AND LEARN ABOUT WHAT TYPE OF PERSONALITY YOU HAVE AND HOW IT INFLUENCES YOUR LEADERSHIP STYLE.

October 14, 2016
6:30PM - 8:30PM
UCCE Office - Multi Purpose Room

University of California
Agriculture and Natural Resources

Kings County 4-H 559-852-2730
4-H Youth Development Program
**Kings County 4-H**

**ACHIEVEMENT NIGHT**

**OCTOBER 1, 2016**

**SIERRA PACIFIC HIGH SCHOOL CAFETERIA**

**1259 13TH AVENUE  HANFORD CA**

**5:30PM DINNER  ★  7:00PM AWARDS**

Click here for **DINNER RESERVATIONS**

- Dress in your favorite western wear
- Dinner Fundraiser - Provided by Washington Focus Delegates
  (Hamburger BBQ ~ Beans, chips, dessert and drink for $10.00)
- Award Ceremony ~ Club Seals, Record Book, Project Medalists and Officer

**University of California**

Agriculture and Natural Resources

**Kings County 4-H**

559-852-2730  4-H Youth Development Program
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.**
Celebrate STEPtember

Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga and gardening are a few examples of physical activity. Exercise is a type of physical activity that’s planned and structured. Lifting weights, taking an aerobics class, and playing on a sports team are examples of exercise.

Being physically active is one of the best ways to keep your heart and lungs healthy. Many Americans are not active enough. The good news, though, is that even modest amounts of physical activity are good for your health. The more active you are, the more you will benefit.

The four main types of physical activity are aerobic, muscle-strengthening, bone-strengthening, and stretching.

- Aerobic activity moves your large muscles, such as those in your arms and legs. Running, swimming, walking, bicycling, dancing and doing jumping jacks are examples of aerobic activity. Aerobic activity is also called endurance activity because it builds your energy or “staying power”.

- Muscle-strengthening activities improve the strength, power and endurance of your muscles. Doing pushups and situps, lifting weights, climbing stairs and digging in the garden are examples of muscle-strengthening activities. When you have strong muscles, you can lift your grandchildren or walk through the park.

- With bone-strengthening activities, your feet, legs or arms support your body’s weight, and your muscles push against your bones. This helps make your bones strong. Running, walking, jumping rope, and lifting weights are examples of bone-strengthening activities. Do things to help your balance. Try standing on one foot, then the other – don’t hold on to anything for support.

- Stretching helps improve your flexibility and your ability to fully move your joints. Touching your toes, doing side stretches, and doing yoga exercises are examples of stretching. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway.

For health benefits, physical activity should be moderate or vigorous intensity. This depends on the extent to which they make you breathe harder and make your heart beat faster. Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Although you are moving, light intensity activities do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations.

Physical activity has many health benefits. These benefits apply to people of all ages, races and both sexes. Physically active adults are at lower risk for depression and decline in cognitive function (thinking, learning, and judgment skills) as they get older. Physically active children and teens may have fewer symptoms of depression than their peers. Plus physical activity can lower your risk for many diseases such as coronary heart disease, diabetes, and cancer.

People value different things. Some people may highly value the health benefits from physical activity. Others want to be active because they enjoy recreational activities or they want to look better or sleep better. Some people want to be active because it helps them lose weight or it gives them a chance to spend time with friends. You don’t have to be a marathon runner to get all of the benefits of physical activity. Do activities that you enjoy, and make them part of your daily routine.

University of California

CalFresh Nutrition Education

ChooseMyPlate.gov