

KINGS COUNTY
YOUTH TALK

October 2016



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Insert- Paper Clovers
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Deadline
4-H News articles due for
Youth Talk – Oct. 21st
Please send all articles to ~
gldiener@ucanr.edu



University of California
Agriculture and Natural Resources

KINGS COUNTY 4-H
Growing the Next Crop of Leaders

680 N. Campus Dr.
Hanford
559-852-2730
ceking.ucanr.edu/

Watch for the new 4-H street banners hanging in downtown Corcoran, Hanford & Lemoore designed by Kings Harvest 4-H

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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://ceking.ucanr.edu/> Link To Calendar: http://ceking.ucanr.edu/Kings_County_4-H_Program/

Council News

The next council meeting will be:

Tuesday, October 4th

7:00 pm

UCCE Office Multi-purpose Room

Host Club: Corcoran



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

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

Incentives & Recognition Committee Meeting

Tuesday, October 4th

5:30 PM

6:00 PM Judging Day

UCCE Office– Ste. G



The I & R Committee will meet prior to Council to discuss any unfinished business regarding Record Book Judging. Also on the agenda is Judging Day and awards for that event. Every 4-H Club should have a representative at this meeting. All Chairmen for Judging Day (Livestock, General and Home Economics) are asked to attend.

Kings County 4-H Relay for Life

Final Team Meeting

Wednesday, Oct. 5th

6:30 pm UCCE Office



Relay for Life Event

October 8th & 9th

12 noon-12 noon

Hanford High School

Join the Kings County 4-H team at:

<http://main.acevents.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 bottle 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.

See flyer insert for more information.

Did You Know?



According to the Spring 2016 Spark Surveys:

- 93% of those 4-Her's who completed the Spring Spark Surveys understand the democratic process.
- 87% are interested in science.
- 91% appreciate the cultural diversity of their peers.
- 90% are engaged in the community.

From Oct. 1-Jan. 31 the first 200 4-Her's that take all of their Fall 2016 Spark Surveys in ORB will receive a \$10 Target Card. Eligibility limited to 4-Her's who have not earned a gift card in 2016 by taking the survey at State Field Day.

Welcome to 4-H!

Is your family new to 4-H? 4-H is a fantastic family oriented organization. But...at first 4-H may seem overwhelming. Do you have lots of unanswered questions about the organization and how your child(ren) can benefit the most from being a member? Plan to attend the "Welcome Meeting" designed to further explain the many aspects of the 4-H program. The structure of the meeting will be geared for parents but 4-H members may attend also.

Tuesday, October 25

7:00 PM

UCCE Multi-Purpose Room

Please call ahead and reserve a space so there will be adequate materials available. Reserve your space by calling 852-2730 or email gldiener@ucanr.edu.

Discover the Leader in You!

Leadership/Officer Training

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 Project Leaders!

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.

Dinner will be provided! Click here to reserve for dinner: <http://ucanr.edu/survey/survey.cfm?surveynumber=18766>





Celebrate National 4-H Week

October 2-8th

The first week of October is National 4-H Week, a time to celebrate the nation's largest youth organization and how 4-H helps create responsible kids, strong families and connected communities. Share your 4-H spirit by posting your 4-H pictures on Facebook, Twitter or Instagram with #4HGrown.

New Street 4-H Banners

The new 4-H Street Banners designed by 4-H members from Kings Harvest will be decorating the main streets of Hanford, Lemoore and Corcoran. When you spot the 4-H banner, stop and take a picture and email to gldiener@ucanr.edu. Be sure to include your name and club!

4-H Week Window Display

Celebrate National 4-H Week by creating a display to advertise 4-H. Clubs may enter as a club or as individual project groups. 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 the 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.

Board of Supervisors Presentation

On Tuesday, October 4th at 9 am, the Kings County Board of Supervisors will present a proclamation declaring 4-H Week in Kings County to the 2016-2017 All Star Candidates.

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>



Words of Wisdom Shared by The All Stars at Achievement Night

Creative entrepreneurs, freelancers, and regular old people are forever searching for the secret to inspiration. Is it a flash, like lightning that strikes when you least expect it, or is it a slow burn that builds over a lifetime of paying close attention to everything around you? Are the most successful artists born inspired, or do they simply do a better job of picking up what the world is throwing down, and then turning it into something that stirs the emotions of others? And what happens when your inspiration is lost to the wind, in-hand one moment, then nowhere to be found the next?

Plenty of writers, designers, artists, filmmakers, and photographers have opined on the subject — and many have come to the same conclusion: That finding your stride, that making quality stuff, and that being successful mostly comes down to just showing up.



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 asked 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!

Club Assignments

Meat– Kings Harvest
BBQ Sauce– Corcoran
Bread– Island
Butter– Grangeville
Rice– Kings River
Sweet Shop– Lemoore
Green Beans– Richard Fagundes, BOS
Paper Products– Kathy Sargent

Adult Help is Needed:

Each club is asked to provide a minimum of two (2) helpers to assist in the kitchen and help serve. BBQ preparations begin during the County Judging Day which starts at 9 am.

Sweet Shop:

4-H members are asked to contribute baked goodies to sell at the Sweet Shop. Please label the baked items with the member's first name and club, also note if the goodies contain nuts.

Tickets counts are due to the UCCE Office by Oct. 28th!

Kings County 4-H Judging Day

Saturday, November 5, 2016
Kings County Fairgrounds
9:00 AM Registration begins
9:30 AM Orientation



Judging classes will be in the following categories: Livestock, Home Economics and General. Plan to judge all three!

A judging class consists of four items. The 4-H'er is asked to evaluate and rank the class in order from best to worst. Points are given on how close the participant comes to matching the placing an expert gives the class.

Participants will also be given the opportunity to give oral reasons for one class per category (3 opportunities to give reasons). Oral reasons enable the participant to explain to a judge why they placed the class the way they did. Points are given for how convincing the reasons are. Even if the class wasn't placed correctly, if good reasons are given, the points will reflect that.

Giving Reasons for a Judging Contest

When you explain your choices in a judging contest, you are "giving reasons". Before you can give your reasons, you need to have a clear picture of the class in your mind. After judging the class, be sure to make some notes. Giving reasons will be easier after you have studied your notes. Step up to the judge, hand in your card, relax and smile.

Format

Opening Statement:

I placed this class of _____ 4-1-2-3.

Explanation:

In my top pair, I place 4 over 1 because: _____.

For my middle pair, I place 1 over 2 because: _____.

In my bottom pair, I place 2 over 3 because: _____.

Closing Statement: For these reasons, I placed this class of _____ 4-1-2-3. Thank you.

Opportunities for Older 4-H Members to Consider

- 2017-2018 State 4-H Ambassador team applications are now open and are due January 9th.
- To apply to attend the National 4-H Conference, applications are due November 2nd!
- 2017 State 4-H Leadership Conference will be held July 21-23 at UC Davis



To find out more about these great opportunities-visit the 4-H State website at <http://4h.ucanr.edu/> and search the name of the opportunity.

Have You Considered an Emerald Star Project?

Application Deadline November 4th

Emerald Star Information



Attention 4-H members intending to apply to become a Kings County All Star in the future, completing an Emerald Star project is a requirement for those applying for All Star.

Purpose: The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H Members.

Eligibility: Members who have completed two years of 4-H and will be at least 14 years of age by December 31, 2016 are eligible to apply for the Emerald Star Program.

Project Requirements: Emerald Star projects must demonstrate the member's leadership ability, the ability to work with others, and the ability to plan and conduct a successful program of work. The project must have an adult advisor and must provide service to the Kings County 4-H program and/or community.

Applications are due to the UCCE Office by **Friday, November 4th** and Interviews will take place on **November 17**. Click on this link for more information about the Emerald Star Program: http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/

Citizenship WA Focus & CA 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/>. Registration is set to open October 15th.

If you would to be included in the fundraising please contact Renee Creech at rmcreech6@gmail.com



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.



2015-16 Record Book Winners Recognized at Achievement Night



| RECORD BOOK | PROJECT |
|----------------------|---------|
| CORCORAN | |
| Amanda Curtis | Medal |
| Andrew Hansen | Medal |
| Katelin Nava-Cortez | Medal |
| Jon Oppedyk | Medal |
| Kyndall Schakel | Medal |
| Preslee Schakel | Medal |
| Kaitlyn Sherwood | Medal |
| Madison Thomas | Medal |
| Bailey VanVelson | Medal |
| GRANGEVILLE | |
| Isabella Cawley | Medal |
| Macyn Cawley | Medal |
| Laura Denham | Medal |
| Grace Herman | Medal |
| Kayla McCaivy | Medal |
| Anna Rioux | Medal |
| Brody Vickers | Medal |
| ISLAND | |
| Megan Clarke | Medal |
| Paige Clarke | Medal |
| Tyler Clarke | Medal |
| Anna Felipe | Medal |
| Anthony Felipe | Medal |
| Robert Felipe | Medal |
| Elia Nava | Medal |
| Reilly Nava | Medal |
| Angelina Raulino | Medal |
| Skyla Yates | Medal |
| KINGS HARVEST | |
| Anna Dooley | Medal |
| Tyler Dunn | Medal |
| Mary Rosa | Medal |
| Kendra Ward | Medal |
| Shyanna Ward | Medal |
| Wyatt Ward | Medal |

| RECORD BOOK | PROJECT |
|----------------------|---------|
| KINGS RIVER | |
| Brandi Garcia | Medal |
| Ragan Jessup | Medal |
| Steven Loogman | Medal |
| Dylan Magnia | Medal |
| Noah Magnia | Medal |
| Elliot Martin | Medal |
| Garret Martin | Medal |
| Joseph Moreno-Cuevas | Medal |
| Jake Pimentel | Medal |
| Jenna Searcy-Scott | Medal |
| Kassidy Sheldon | Medal |
| Kent Sheldon | Medal |
| Logan Smith | Medal |
| Regan Valov | Medal |
| Rory Valov | Medal |
| Gianna Warmerdam | Medal |
| LEMOORE | |
| Fallon Currie | Medal |
| Shelby Currie | Medal |
| Ashley Eller | Medal |
| Tyler Eller | Medal |
| MID VALLEY | |
| Lillian Barcellos | Medal |
| Garrett Revious | Medal |
| Courtney Rhoades | Medal |
| OAKVALE | |
| Justin Flood | Medal |
| Tara Fry | Medal |
| Trista Fry | Medal |
| Taytum Neves | Medal |
| Ashley Olson | Medal |

Outstanding Record Books Awards

Brock Toledo Dairy Award
Tyler Dunn, Kings Harvest

Brazil Sheep Award
Taytum Neves, Oakvale

Perreira Photography Award
Angelina Raulino, Island



Achievement Night Attendance Award
Congratulations to *Oakvale 4-H Club* for winning the attendance award at Achievement Night. They had 32% of last year's members attending.

2015-2016 Club Officers Awards

Secretary:

| | |
|--------------------|---------------|
| Danielle Matson | Corcoran |
| Anna Felipe | Island |
| Mary Rosa | Kings Harvest |
| Jenna Searcy-Scott | Kings River |
| Mackenzie Archer | Mid Valley |

Historian:

| | |
|-----------------|---------------|
| Katelin Cortez | Corcoran |
| Denise Brewster | Island |
| Anna Dooley | Kings Harvest |
| Steven Loogman | Kings River |
| Carissa Simmons | Oakvale |
| Trista Fry | Oakvale |

Treasurer:

| | |
|------------------|---------------|
| Amanda Curtis | Corcoran |
| Kavn Aulakh | Grangeville |
| Reilly Nava | Island |
| Wyatt Ward | Kings Harvest |
| Nathan Bellamy | Kings River |
| Fallon Currie | Lemoore |
| Courtney Rhoades | Mid Valley |

Reporter:

| | |
|-----------------|------------|
| Lilly Barcellos | Mid Valley |
|-----------------|------------|

2015-2016 Club Seals

| | | | |
|---------------|-----------|-------------|-----------|
| Corcoran | Gold Seal | Kings River | Gold Seal |
| Grangeville | Gold Seal | Lemoore | Gold Seal |
| Island | Gold Seal | Mid Valley | Gold Seal |
| Kings Harvest | Gold Seal | Oakvale | Gold Seal |



2016 Tulare 4-H Archery Fall Classic

Saturday, November 5, 2016

Buena Vista Elementary

Check-in: 9:00 a.m. Mandatory Orientation: 9:30 a.m.

21660 Road 60, Tulare

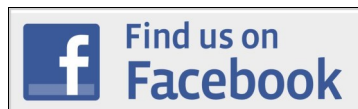
This archery tournament is designed as a multi-county wide event for 4-H Archery shooting sports members to participate in. Registration deadline is October 19, 2016. Send one check for all club members to: TC 4-H LC, 4437 S. Laspina St., Tulare, CA 93274

Entry fees are \$5.00 per member. Pre-paid lunches will be available for \$5.00. Order lunches on entry form. Only pre-registered shooters will be allowed to shoot on the day of the match.

For more information contact: John Harden 559-381-1534 or johnh@unverferth.com. Contest rules can be found on the Tulare County 4-H website: http://ucanr.edu/sites/4-H_Tulare/files/248313.pdf.

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.





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](http://www.tractorsupply.com)

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. Dry camping is available on site as is self-contained RV camping. 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](tel:209-385-7418) or email her at dmlmcintyre@ucanr.edu. Range and class info contact is Dave Givens [209-614-1718](tel:209-614-1718) or dave@hammerstryke.com

Class Dates:

- Rifle Leader: Nov 5th and 6th (Registration due Oct 28th)
Shotgun Leader: 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)

4-H Club News

Island

On the 13th of September, the Island 4-H club had the 1st meeting of the year. The meeting wasn't just a regular meeting, it was a special meeting to install new officers. Miss Kennedy Baker, last year's president, gave a fantastic speech to start the installation. She compared each office to the ingredients of chocolate chip cookies. The new officers are as follows:

President: Reilly Nava Reporter: Brandon Rossi
Vice President: Anna Felipe Historian: Vianna Schneider
Secretary: Skyla Yates Healthy Living: Elia Nava
Treasurer: Paige Clarke Corresponding Secretary: Tyler Clarke
Sergeant at Arms: Megan Clarke/Cody White
Activity Directors: Jaylee Souza/Jessica Alves

Island 4-H plans to have an exciting year with lots of great activities and several projects available.

Brandon Rossi, Reporter



Kings Harvest

On September 12, 2016 Kings Harvest held their first monthly meeting at 6:30 pm. The club began the meeting with the Flag Salute and the 4-H pledge. Then they read over the minutes from the last month's meeting. Loretta Toledo handed out information on the upcoming events. Next the club swore in the officers for this year. Cheryl Avila made it fun by talking in a Groovy Hippie voice and handed a candy to each new officer. We had pizza for snack and the meeting was adjourned.

Sara Champi, Reporter

Lemoore

Lemoore 4-H held their first monthly meeting of the year on September 13, at 6:30 at the Cinnamon Elementary School Cafeteria where Faith led our members in the Pledge of Allegiance and Tyler Eller led the 4-H pledge. Our new officers for the 2016-2017 4-H year were introduced to our club. We had new members in attendance to join our club and many topics were covered such as old business, which included state field day, fair reports, end of the year pizza party our club held and state fair. In new business we discussed future project meetings, Emerald Star, 4-H Madness and much more. We announced to all members in attendance to invite a friend to our next meeting. We are all excited about the new 4-H year. Our next meeting is slated for October 12th at 6:30 where we will have our annual pumpkin carving/decorating contest. Our members were adjourned at 7:30.

Riley Cunning & Maddison French, Reporters

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.



**DONATE \$1
AT CHECKOUT**

**AND CONTRIBUTE TO SCHOLARSHIPS
THAT SEND KIDS IN YOUR STATE
TO 4-H CAMP & OTHER LEADERSHIP EXPERIENCES.**

No endorsement by 4-H is implied or intended. Use of the 4-H name and emblem is authorized by USDA.
4-H is the youth development program of our nation's cooperative extension system.



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 off 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.



University of California

Agriculture and Natural Resources 4-H Youth Development Program





DINNER WILL BE PROVIDED



Discover the LEADER in YOU!!

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!



The workshop is
for all
4-H Junior/Teen Leaders
&
Club Officers

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



Pumpkins.....Not Just for Carving!



Carving pumpkins is an October tradition for many of us. But, did you know that pumpkins are very nutritious? They are loaded with anti-oxidants, dietary fiber, vitamins and minerals.

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta-carotene performs many important functions in our health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

Here are some fun facts about pumpkins that you may not know:

1. Over 1.5 billion pounds of pumpkin are produced each year in the United States. The top pumpkin-producing states are Illinois, Indiana, Ohio, Pennsylvania and California. Pumpkins are also grown on every continent except Antarctica.
2. Each pumpkin has about 500 seeds. They take between 90 to 120 days to grow. High in iron, they can be roasted to eat. The flowers that grow on pumpkin vines are also edible.
3. There are over 45 different varieties of pumpkin. They range in color like red, yellow and green and have names like Hooligan, Cotton Candy, and Orange Smoothie.
4. Pumpkins are fruits. More specifically, they are a winter squash in the family *Cucurbitaceae*, which includes cucumbers and melons.
5. Pumpkins are 90% water. That makes them low calorie. One cup of canned pumpkin only has 83 calories and only half a gram of fat. In comparison, the same serving size of sweet potato has triple the calories. They also have more fiber than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron.
6. The largest pumpkin pie ever baked weighed 2,202 pounds. Pumpkin pie originated in the colonies, just not as we know it today. Colonists would cut the tops of pumpkins off, remove the seeds, and fill the pumpkins with milk, spices, and honey and bake them in hot ashes.

