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<th>DEC</th>
<th>EVENT/DEADLINE</th>
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<td>2</td>
<td>LCORT - registration closes</td>
<td>Nov.</td>
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<td>3</td>
<td>Countywide Dog Meeting @ Lemoore Christmas Parade</td>
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<td>Countywide Pygmy Goat Meeting @ Lemoore Christmas Parade</td>
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<td>5</td>
<td>SLC Program Assistant applications open</td>
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<td>6</td>
<td>Emerald Star Interviews @ UCCE Office</td>
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<td>10-11</td>
<td>Shooting Sports Workshops-Muzzle Loading @ River Oaks Range, Winton</td>
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<td>11</td>
<td>2017 CA Focus Registration opens</td>
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<td>19</td>
<td>Countywide Public Speaking Meeting @ UCCE Office 6:30 pm</td>
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<td>23-Jan 2</td>
<td>UCCE Office CLOSED for the holidays -reopens on January 3, 2017</td>
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<td>28</td>
<td>Emerald Star-Soup Kitchen Community Service 11 am—1 pm</td>
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<td>JAN</td>
<td>Information for 2017</td>
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<td>3</td>
<td>Council Meeting @ UCCE Multi Purpose Room 7 pm</td>
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<tr>
<td>3</td>
<td>Incentives &amp; Recognition Committee Meeting @ UCCE Office 5:30 pm</td>
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<td>3</td>
<td>Fashion Revue Meeting @ UCCE Office 6 pm</td>
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<td>5</td>
<td>Color Me Green Planning Meeting @ UCCE Office 6 pm</td>
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<td>7</td>
<td>Countywide Dog Meeting @ Kings Fairgrounds 1-3 pm</td>
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<td>9</td>
<td>2017-18 State Ambassador applications DUE to State office</td>
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<td>12</td>
<td>4-H Fair Planning Meeting @ UCCE Office Indoor 6 pm &amp; Livestock 7 pm</td>
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<td>16</td>
<td>Martin Luther King Holiday UCCE Office Closed</td>
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<td>16</td>
<td>2017 CA Focus District Leaders Application DUE</td>
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<td>17</td>
<td>Countywide Rabbit Meeting @ UCCE Office 6:30 pm</td>
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<td>21</td>
<td>Countywide Poultry Meeting @ Currie Residence 12 noon</td>
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<td>21</td>
<td>Countywide Pygmy Goat Meeting @ Garcia Residence 1 pm</td>
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<td>25</td>
<td>Countywide Leadership Development Meeting @ UCCE Office 6:30 pm</td>
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<td>27</td>
<td>CCL’s– Club Program Fees due to UCCE Office</td>
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<td>27-29</td>
<td>LCORT @ Wonder Valley Ranch-Sanger</td>
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<td>30</td>
<td>Countywide Public Speaking Meeting @ UCCE Office 6:30 pm</td>
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From the staff at the UCCE Office to ALL 4-H families—

Happy Holidays!!!

Deadline
4-H News articles due for Youth Talk – Dec. 16th
Please send all articles to ~
gldiener@ucanr.edu
Council News
The next council meeting will be:
**Tuesday, January 3rd**
7:00 pm
UCCE Office Multi-purpose Room

Host Club: Kings River

Topics for discussion at the January meeting will include: Presentation Day, Food Olympics, 4-H Fair, results of Council BBQ & Judging Day etc.

Please plan to attend! Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome also!

**Please note, there is not a Council Meeting in December.**

Incentives & Recognition Committee Meeting
**Tuesday, January 3rd**
5:30 PM
UCCE Office- Ste. G

The I & R Committee will meet prior to Council to discuss the Emerald Star program and the County Record Book Workshop scheduled for February 4th.

Did You Know?
4-H project sheets are designed to help 4-H volunteers determine meaningful content and lead youth in hands-on activities. 4-H youth and their families may use these sheets to decide which project they might be interested in. Project sheets are available on the CA 4-H State Website at: [http://4h.ucanr.edu/Projects/Project_Sheets/](http://4h.ucanr.edu/Projects/Project_Sheets/)

Fashion Revue Planning Time
It is time to begin planning the Kings County 4-H Fashion Revue. Your ideas and input are very important. Please bring your suggestions to the Planning Meeting scheduled for:

**Tuesday, January 3, 2017**
6:00 PM
UCCE Office-Library

Kings County 4-H Fashion Revue
Saturday, April 1, 2017

Color Me Green Run
The **Color Me Green** Run will have a new look this year. The event is returning to the month of March and will be held at Hickey Park on Sunday, March 19th. Cobi Revious has graciously consented to chair the event but she can’t do it alone. She is in need of a committee of helpers—both 4-H members and adults. She is calling a planning meeting to take place on:

**Thursday, January 5th**
6:00 pm
UCCE Office

The **Color Me Green** Run is a fun way to get the 4-H name out to people that may not be familiar with our organization. It is also a great way to promote healthy living. Your ideas and help are critical in making this event a success! Plan to attend!

Help Keep Our Community Fair Alive!
Plan to enjoy the Annual Portuguese Sopas Drive thru fundraiser to help support the Kings Fair. Tickets are $40/pan, which feeds 6 to 8. Tickets may be purchased at the Fair office or by calling Angie at 816-6909 or Loretta at 816-2860.

Date: Friday, January 20, 2017 from 3 PM to 6 PM  Location: Hanford Fraternal Pavillion
Food Olympics

Saturday, February 25, 2017
Hanford West High School Cafeteria

Here’s What’s Happening!

The Food Olympics will be held in conjunction with County Presentation Day and will include the following contests:

* Favorite Foods (including Healthy Living)
* Place Setting Contest
* Cupcake Decorating Contest
* Food Photography Contest

Categories – Healthy Living
Favorite Food
Farm to Fork (Sequence)

The holidays are a perfect time to focus on a Food Olympics entry! Get that camera out and take some foodie pictures of your favorite food or create a sequence for the Farm to Fork category. Try your hand at decorating some cupcakes with ideas you found on Pinterest or try out some new recipes to see if they are tasty enough to win the Favorite Food competition. And of course, you can always develop a Place Setting entry using a fun theme. There are plenty of ways to participate!

For detailed information, please click here: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/ Entries are due to the UCCE Office by February 10th.

Kings County Presentation Day

February 25, 2017
Hanford West High School

4-H encourages every member to develop and polish their public speaking skills by participating in County Presentation Day. There are many ways to participate in Presentation Day. Participants may give a traditional demonstration or illustrated talk where they show “how-to-do” something using visual aids or posters to a prepared speech or interpretive reading or an impromptu speech etc. The ways to participate are explained in the California 4-H Presentation Day Manual.

Be sure to read the manual as some of the information has changed. Please note, a Demonstration requires a minimum of 4 Posters/Slides and an Illustrated Talk requires a minimum of 3. And yes, you need to know the difference between an Illustrated Talk and a Demonstration because they have different Evaluation forms.

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that “practice makes perfect” is especially true for presentations. Then, enter Presentation Day!

The Updated Presentation Manual is available by clicking: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/

To enter County Presentation Day, you may enter online at http://ucanr.edu/survey/survey.cfm?surveynumber=16743 or access the paper entry form at http://cekings.ucanr.edu/files/226079.pdf. Entries are due to the UCCE Office February 10th.

Great Leader Resources

Often leaders are looking for curriculum to help provide support and ideas to lead a 4-H project. The 4-H Mall locates the best of the best throughout the United States and offers the curriculum for sale at reasonable prices. With over 350 books and educational kits in 60 different categories, there is sure to be something to excite and engage the youth with whom you work! All of the curriculum goes through a rigorous peer review process, ensuring the highest quality materials.

Interested? http://www.4-hmall.org/Category/educationresources.aspx

Classified Ads

Seeking: 4-H leaders that enjoy attending 4-H youth conferences with enthusiastic 7-9th graders. Kings County is in need of adult chaperones to attend LCORT during the weekend of January 27-29th at scenic Wonder Valley outside of Sanger. If available, please contact the UCCE Office at 852-2731.

Wanted: Adult interested in serving as chairman of the Favorite Food Contest that is part of the Food Olympics. No previous experience is needed. Helps with set-up, judging process and clean-up. Call the UCCE Office to volunteer at 852-2731.

Needed: Adult interested in serving as chairman of the Place Setting Contest that is part of the Food Olympics. No previous experience is needed. Call the UCCE Office at 852-2731 for a job description or to volunteer.
4-H Week Display Results

Thank you to the 5 clubs that decorated windows or put up displays for 4-H Week in October. They were Corcoran, Grangeville, Kings Harvest, Mid Valley, & Oakvale.

The windows/displays were judged by the All Star Candidates and the lucky winners are:

1st place: **Kings Harvest**  4-H won $75.00
2nd place: **Corcoran**  4-H won $50.00
3rd place: **Oakvale**  4-H won $25.00

Congratulations! What a great way to spread the word about 4-H!

Kings Harvest’s 4-H Week Display was in the window of the Workingman’s Store, Hanford.

Christmas Cozy Feet Slipper Drive

Child Support Services is once again collecting slipper socks to be donated to senior citizens in Kings County.

**Kind of Sock:** Any slipper sock that has a skid proof bottom  
**Size:** One size fits all  
**Deadline:** Wednesday, December 19th  
**Drop Off Location:** Kings County DCSS 312 West 7th Street, Hanford – 2nd floor in the FAST Credit Building

**Questions?:** Please call 852-4178 or email: Gail.Morse@co.kings.ca.us

Kings County Foster Children’s Toy Drive

Please help make a difference in the life of a Kings County Foster child by donating an unwrapped or gift-bagged toy. Toys may be dropped off by December 5th to:

Kings County Human Services Agency  
1400 West Lacey Blvd., Bldg. #8  
Hanford, CA 93230  
Monday-Friday from 8 AM to 4 PM  
For further information contact Kelly Luna at 852-2349.

E.M. Tharp & World Ag Expo

"We Believe in Growing Scholarship"

**DEADLINE: FRIDAY, JANUARY 20, 2017- 5:00 P.M.**

World Ag Expo and E.M. Tharp, Inc. have teamed up once again to provide the "We Believe in Growing" scholarship, created to support agricultural education. High school seniors from Madera, Fresno, Tulare, Kings and Kern counties are encouraged to apply by January 20, 2017 to be considered. Two $10,000 scholarships will be awarded to students who attend a four-year university to major in an agricultural field. The scholarships will be disbursed over four years at $2,500 per year.

**Send Applications to:**  
International Agri-Center, Inc.  
Attn: We Believe in Growing Scholarship  
4500 South Laspina Street Tulare, CA 93274

**For more information:**  
http://www.worldagexpo.com/-we-believe-in-growing-scholarship

Youth Talk-December 2016 Page 4
Kings County 4-H Judging Day Results

Approximately 63 4-H members participated in County Judging Day on November 5th. Thanks to the clubs and individuals that made this event possible.

High point awards were presented in each division for the Junior, Intermediate and Senior members as well as Junior, Intermediate & Senior teams. These included:

Livestock Contest:
High Point Senior Individual: Kassidy Sheldon ~ Kings River 4-H
High Point Intermediate Individual: Kaitlyn Sherwood ~ Corcoran 4-H
High Point Junior Individual: Kole Brasil ~ Kings River 4-H
High Point Senior Team: Kassidy Sheldon, Jenna Searcy, & Steven Loogman ~ Kings River 4-H
High Point Intermediate Team: Kaitlyn Sherwood, Madison Thomas & Kyndall Schakel ~ Corcoran 4-H
High Point Junior Team: Regan Valov, Kole Brasil & Jack Sparks ~ Kings River 4-H

General Division:
High Point Senior Individual: Laura Denham ~ Grangeville 4-H
High Point Intermediate Individual: Alex McKean ~ Grangeville 4-H
High Point Junior Individual: Grace VanVelson ~ Corcoran 4-H
High Point Senior Team: Kassidy Sheldon, Jenna Searcy & Steven Loogman ~ Kings River 4-H
High Point Intermediate Team: Kyndall Schakel, Bailey VanVelson & Danielle Matson ~ Corcoran 4-H
High Point Junior Team: Regan Valov, Kole Brasil & Jack Sparks ~ Kings River 4-H

Home Economics Division:
High Point Senior Individual: Steven Loogman ~ Kings River 4-H
High Point Intermediate Individual: Amanda Curtis ~ Corcoran 4-H
High Point Junior Individual: Jack Sparks ~ Kings River 4-H
High Point Senior Team: Kassidy Sheldon, Jenna Searcy & Steven Loogman ~ Kings River 4-H
High Point Intermediate Team: Amanda Curtis, Danielle Matson & Bailey VanVelson ~ Corcoran 4-H
High Point Junior Team: Regan Valov, Kole Brasil & Jack Sparks ~ Kings River 4-H

4-H Council BBQ

Seven hundred and fifty meals were served to a very hungry crowd at the annual Council BBQ on November 5th.

Thank you to the many parents and leaders that worked so diligently to prepare and serve the delicious meal and to those that made sweet treats for the Sweet Shop! The BBQ crew did an outstanding job seasoning and preparing the pork! In addition, the rice and green beans were very flavorful & tasty!

Also a great BIG thanks to the many ticket sellers! You did a great job. If you still have money or unsold tickets, please return them to your Community Club leader as soon as possible.
4-H Record Books—Let’s Clarify!

4-H Record Books seem to create a lot of anxiety and trepidation. Sure, it takes some time to become informed, but it is not impossible to become knowledgeable and a resource to 4-H members.

What is the best way to compile a 4-H Record Book? There are several options when compiling a Record Book. The on-line Record Book (ORB) is the preferred method, according to the State 4-H Office. However, this method requires time regularly throughout the year to record a 4-H member’s involvement. This is not the method to use if beginning the Record Book process at the end of the 4-H year. If using an online method of record keeping is out of your comfort zone then you may download the 4-H Record Book forms which are available on the Kings County 4-H website. Once downloaded into your computer, you may type right on the form and print it off when it is complete. Members may also access the forms and fill them out with a pen or pencil.

What categories may I compete in with my RB at the County level? There are 2 categories of competition—Record Book Medals and Project Medals.

* Record Book Medals: The entire 4-H Record Book must be completed to compete in this category. This includes the Personal Development Report Form (PDR), 4-H Story, Project Reports (APR), Collection of Work, etc. The focus is the growth that takes place in the 4-H member and how well rounded they are in their 4-H experience for the year.

* Project Medals: The Annual Project Report (APR) is submitted in the project area in which the 4-H member is the strongest. To be competitive, the APR should be completely filled out with lots of detail as this is the only paperwork that evaluators will read when scoring the book for this award. It is helpful for 4-H members to determine their strongest project early in the year. Leadership, citizenship/community service and public speaking opportunities should be incorporated into the project. (For example: If the 4-H member wishes to compete in Arts & Crafts for a project medal, then it is helpful for the member to give a presentation in Arts and Crafts, as a presentation in the Swine project will not aid the member in receiving a project medal for Arts & Crafts. The same applies to Jr./Teen Leader. If a member wants their leadership to be applied to the project they are competing in, then the leadership must be connected to the project. If you are a Junior Leader in the Clothing project, it will not satisfy the leadership requirement for the Arts & Crafts project.)

New for this year in Project Medal Competition:

Formatting:

* If a 4-H member is competing in BOTH the Record Book & the Project Medal categories—then only the Record Book is turned in—the complete Record Book. This differs from last year when members were asked to turn 2 different books in.

* If a member is only competing in the Project Medal category then the APR will need to be placed in a folder or binder with a title page.

Communications:

* Juniors: 1 formal presentation in the project area as defined in the 4-H Presentation Manual or 4 communication activities in the project area as defined in the 4-H Record Book Manual under communication skills.

* Intermediates & Seniors: 2 formal presentations in project area as defined in the 4-H Presentation Manual. (This can be 2 different presentations or one formal presentation given to 2 different audiences/events.) OR 7 communication activities in project area as defined in the 4-H Record Book Manual under communication skills.

For additional information, please visit:

Record Book Manual for Youth: http://4h.ucanr.edu/files/218972.pdf
Record Book Manual for Adult Partners: http://4h.ucanr.edu/files/225147.pdf

Plan to attend the Countywide Record Book Workshop
Saturday, February 4th at the UCCE Office at 2 pm.
All Star Candidate Spotlight

Meet Tara Fry, Kings County 4-H All Star Candidate

How old were you when you joined 4-H? 9 years old. Member of Oakvale 4-H.

How did you learn about 4-H? I learned from my parents who were in 4-H when they were younger.

Why did you join 4-H? I wanted to join 4-H so I could learn about the different projects and activities and show animals, and to meet new people.

What is your favorite thing about 4-H?: Getting to show at the fair

Favorite Food: Pizza

Favorite Sports Team: Raiders

Favorite program to watch on TV: Duck Dynasty

Favorite Book: Hunger Games

Favorite Song: HOLY by Florida Georgia Line

Favorite Restaurant: Cattlemen’s

Apply to Be a 2017-2018 4-H State Ambassador!

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest youth service-learning opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and service learning, and have been selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service.

**4-H State Ambassadors are selected to:**

- Plan, Promote, Teach, Mentor, Advocate and Advise

Click here to read the role description for 2017-2018 4-H State Ambassadors: [http://4h.ucanr.edu/files/223932.pdf](http://4h.ucanr.edu/files/223932.pdf)

**Term:**

4-H State Ambassadors are expected to make a 15-month commitment to the program beginning May 1, 2017 and ending August 31, 2018. State Ambassadors are required to commit significant time to the work of being a State Ambassador. In general, Ambassadors spend 10-40 hours per month, not including travel time, performing the tasks of their role.

**Eligibility Requirements:**

4-H State Ambassador candidates must have completed at least one year as a California 4-H member. 4-H State Ambassador candidates must be at least 16 years old on June 1, 2017 and no older than 18 years old as of December 31, 2017. Applications are due **January 9, 2017**.

For more information visit: [http://4h.ucanr.edu/files/201381.pdf](http://4h.ucanr.edu/files/201381.pdf)

Shooting Sports Update

**4-H Shotgun Training**

December 17– December 18th @ Tulare Trap Club 7394 Ave. 328 Visalia– Cost $15. Info: 559-972-4771

**4-H Rifle Workshop**

March 18-19th UCCE 1031 S. Mt. Vernon Ave. Bakersfield– no cost. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as a county trainer to other leaders.
4-H State Cooking Competition

California State Fair JULY 25th

July may seem far away, but it's the season for cooking! 4-H members 9 and older are invited to participate in the 4-H State Cooking Competition at the California State Fair. In preparation for this event we suggest Project Leaders use the Cooking 101 curriculum (available here: http://www.4-hmall.org/Product/best-sellers/cooking-101/01512Y.aspx). Teams will consist of 3 youth members and will compete at a self-selected level of Beginner, Intermediate, or Advanced levels. See division descriptions below.

Divisions:

Beginner: Beginner teams will prepare one healthy main entree dish. Beginner teams will use predetermined and preapproved recipes and are not required to incorporate a secret ingredient. Each team will have 15 minutes to gather items from the pantry, and then 60 minutes to cook their dish. A panel of judges will taste and determine the winning team!

Intermediate: Intermediate teams must prepare a healthy three course meal consisting of an appetizer, entrée, and dessert using provided recipes. They are required to incorporate a secret ingredient. Each team will have 15 minutes to gather foods from the pantry, and then 60 minutes to cook a three course meal. A panel of judges will taste all courses prepared and determine the winning team!

Advanced: Advanced teams must prepare an appetizer, main course, and dessert without the use of recipes. Cookbooks are not allowed for Advanced competitors. All dishes must incorporate a secret ingredient that will be revealed at the competition. 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 determine the Champion!

Notes:

- Each team may bring one tool to use during competition.
- Each team must wash their dishes and return them after competition.

Limited spots are available, so if you would like to participate in the 2017 4-H Cooking Competition start preparing now using 4-H Cooking 101 (http://www.4-hmall.org/Product/best-sellers/cooking-101/01512Y.aspx) and plan to register for team here: https://ucanr.edu/survey/survey.cfm?surveynumber=19404

CAL Focus 2017

California Focus registration and District Leader applications are now open. The 2017 California Focus will be held June 16-20, 2017 at the Holiday Inn Capitol Plaza in Sacramento. At Cal Focus youth ages 14-19 will experience California’s legislative, political, and judicial processes in action. For more information check out: http://4h.ucanr.edu/4-H_Events/CF/

Important Cal Focus Dates:

- **Week of December 11**: California Focus registration opens
- **January 16th**: California Focus District Leader applications due
- **Week of April 3rd**: California Focus registration ends
- **June 16-20**: California Focus, Sacramento

Diamond Clover Award

This is the highest achievement for which a 4-H youth member is recognized. All youth members who achieve the requirements are eligible to receive this award. Awardees receive the CA Diamond Clover Pin or charm, a certificate and a recognition letter. Applications are accepted year-round. For more info: http://4h.ucanr.edu/Resources/Members/Scholarships-Awards/4-H_Diamond_Clover_Awards/
4-H Club News

Corcoran

Every second Monday of the month, Corcoran holds our 4-H meeting at John Muir Middle School at 6 pm. This month the meeting was run by the Vice-President, Kyndall Schakel. At this November meeting, we talked about merchandise, Judging Day and our projects. At our meeting, seven people gave Judging Day reports and eight people gave project reports. Three people had multiple projects that they reported on. We also discussed having a representative from Emergency Aide attend our December meeting and our fundraiser at the Pizza Factory for the month of January. The meeting was ended with individual project leaders present to go over information as well as a snack that was provided by our healthy living officer.

Kaitlyn Sherwood, Secretary

Island

Island 4-H recently had a great November meeting. To help celebrate Thanksgiving we had a huge potluck where all the members brought food to share with everyone. After dinner we recognized all of the members that competed at the 4-H Judging Day. Several members participated in all three categories, and a few even won ribbons for placing in the top 3. Many members told us about their projects meetings for the month, and what they learned. Island 4-H has a few members working on their Emerald Star projects and at this meeting Paige Clarke gave a presentation about her project to collect toys and movies for Valley Children’s Hospital and socks and underwear were collected for our other project. At the end of the meeting members donated Halloween candy to soldiers. It was a very fun meeting!

Brandon Rossi, Reporter

Kings Harvest

At the 11/14/16 Kings Harvest meeting we collected canned food for St. Vincent De Paul. A motion was made and passed to have a Christmas Party at our next meeting. Hannah Dutra did a presentation on “How to Make a S'more”. Following that we celebrated winning the banner contest by actually making s’mores and they were great!

Sara Champi, Reporter

Mid Valley

The Mid-Valley 4-H Club had our installation of officers on November 14th. We each were told our obligations and given a candy bar too. During our monthly meeting it was announced we made over $400 from picking up walnuts as a fundraiser. We hope to use it to get supplies for our animal projects. We also collected lots of warm coats and canned foods which will be taken to the St. Vincent de Paul. We will be in front of Wal Mart for the Salvation Army Bell Ringing on December 2nd. If you are in the area please come by and stop to hear us sing and collect money.

Lilly Barcellos, Reporter

Join Kings County 4-H on Facebook!

Come like our 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)  852-2743  gldiener@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

Tara Batista  UCCE 4-H Youth Development Advisor  852-2739  tabatista@ucanr.edu

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

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.
TOES & TUSHIES

Want you to Share a Pair!

Our 4-H EMERALD STAR PROJECT will be collecting NEW, PACKAGED socks and underwear for needy kids & adults in Kings County NOW through FEBRUARY.

“Socks and underwear are two of the least donated, yet most needed items by the homeless.”

Toes & Tushies has laundry hampers for collection set up at:

- Kings County 4-H UCCE OFFICE - 680 Campus Drive, Suite A, Hanford
- Island Elementary School - 7799 21st Avenue, Lemoore
- Evangelho’s Feed & Farm Store - 9099 CA HWY 41, Lemoore

Donated socks and underwear will be distributed at the Annual Project Homeless Connect Day in Kings County and through United Way.

*Please contact Reilly Nava & Breana Glover at toesandtushies@yahoo.com for more information on how to donate.
EMERALD STAR PROJECT

Make America Great Again with Milk

Elliot Martin - Hannah Costa - Kassidy Sheldon

Calling out all 4-H members who are looking for an opportunity for service learning!

Come join us and help serve Hot Lunch along with
Passing out some nutritious milk
at The Soup Kitchen
Located at the Episcopal Church
519 N. Douty Street
Hanford, CA

Wednesday, November 23, 2016
Wednesday, December 28, 2016
11am to 1pm

Please email at mdcosta@comcast.net for more information and to get your volunteer application. This is required by the Soup Kitchen.
Finding Hope
For Valley Children’s Hospital

My name is Paige Clarke. I am 14 years old and this is my 6th year in Island 4-H. As part of my Emerald Star Project for 4-H, I am collecting items for Valley Children’s Hospital. I hope to help make the kids that are staying more comfortable while they are there. Items can include:

<table>
<thead>
<tr>
<th>New Items</th>
<th>New or Gently Used Items</th>
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<tbody>
<tr>
<td>Teething Rings</td>
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<td>Rattles</td>
<td>Movies</td>
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<tr>
<td>Crib Gyms</td>
<td>Board Games (All Ages)</td>
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<tr>
<td>Busy Box</td>
<td>Sports Equipment</td>
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<tr>
<td>Push Toys</td>
<td>Coloring Books</td>
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<tr>
<td>Journals</td>
<td>Crayons (8-24 pack)</td>
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<tr>
<td>Arts and Crafts</td>
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Movies: They can use movies for all ages. All movies MUST be rated between G and PG-13. The hospital asks for Spanish and English movies. Disney movies are very popular!

Donations can be made at the UCCE Office 680 Campus Drive, Suite A in Hanford.

Like “Finding Hope” on Facebook by searching @findinghope150

Please call me at 559/924-1532 for more information. Thank you for any contribution you can make!
IT’S NOT TOO LATE TO VACCINATE!

Don’t spend your holidays in bed with a fever or worse. The CDC recommends that flu vaccination efforts continue throughout the flu season. The sooner you get vaccinated the more likely you are to be protected against the flu when activity picks up in your community.

“Flu season most often peaks between December and March, but activity can occur as late as May”, says Dr. Dan Jernigan, Director of the Influenza Division at CDC. “We are encouraging people who have not yet been vaccinated this season to get vaccinated now.” It takes about two weeks after vaccination for antibodies that protect against influenza virus infection to develop in the body, so it’s best to get vaccinated early.

For millions of people every season, the flu means a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue and miserable days spent in bed. Millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu each year.

While the vaccine varies in how well it works, there are many studies that show that flu vaccination can reduce flu illnesses, doctor visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. CDC estimates that last season, flu vaccine prevented 5.1 million cases of flu, 2.5 million flu-related medical visits and 71,000 flu-associated hospitalizations. However, only about half of the people in the United States reported getting a flu vaccine last season, leaving millions of people unprotected. If just 5% more of the population had gotten vaccinated last season, an additional 504,000 illnesses, 233,000 doctor’s visits and 6,000 hospitalizations would have been prevented.

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against seasonal flu viruses. Some people are at high risk for serious flu-related complications that can lead to hospitalization and even death. People at high risk include pregnant women, children younger than 5, but especially children younger than 2 years old, people 65 years of age and older, and people who have certain medical conditions, such as asthma, diabetes and heart disease. For those at high risk of serious flu complications, getting a flu vaccine is especially important. It’s also important to get the vaccine if you care for anyone at high risk, including children younger than 6 months who are too young to get a flu vaccine.

Flu vaccines are offered in many locations, including doctor’s offices, health departments, pharmacies, health centers, as well as by many employers and school. So, next time you see a sign that says, “Get Your Flu Vaccine Here”, stop in and get one.

UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education

[Image of a food plate with different food groups]