

YOUTH TALK

April 2017



APR	EVENT/DEADLINE	INFO
1	Fashion Revue– Judging 12 noon @ UCCE Office, Fashion Show 4:30	Page 7
1	Countywide Pygmy Goat Meeting @ Garcia Residence 1 pm	
2	Countywide Poultry Meeting @ Currie Residence 12 noon	
3	CA Focus Registration ends	
3	State Leadership Conference Early Bird Registration ends	
4	I & R Committee Meeting @ UCCE Office 5:30 pm	Page 2
4	Council Meeting @ UCCE Multi Purpose Room 7 pm	Page 2
6-8	Kings County 4-H Fair @ Kings Fairgrounds	Page 3
10	Kings Fair Mkt. Swine, Sheep, Goats & Feeder Calves contracts DUE	Page 6
14	All Star Applications due to UCCE Office	Page 2
17	Countywide Public Speaking Meeting @ UCCE Office 6:30 pm	
21	Color Me Green Run registration DUE	Page 2
22	Countywide Dog Meeting @ Kings Fairgrounds 1 pm	
25	Countywide Rabbit Meeting @ UCCE Office 6:30 pm	
26	Paper Clover begins at Tractor Supply Company, Hanford	Page 6
26	Countywide Leadership Development Meeting @ UCCE Office 6:30 pm	
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- Insert– Color Me Green Run
- Insert– Paper Clover
- Insert– Sectional Presentation Day
- Insert– Healthy Living Tips

4-H, FFA & Grange Agreement

It is agreed that when an individual belongs to more than one organization, or exhibits as an independent, he/she must carry a different ownership/entrepreneurial project in each organization/independent. To further clarify this policy, when a member maintains projects in 4-H, FFA, Grange, or independently, the projects may not be in the same kind of livestock or crop production classification. For example, a beef project in FFA and a sheep project in 4-H would be acceptable since these two projects are both different species and produce a different commodity, but a beef breeding project in FFA and a beef market project in 4-H would not be acceptable as they are of the same species and produce the same commodity beef; even if the animals are of different breeds. A member of an FFA chapter, Grange or 4-H Club or independent exhibitor may transfer projects from one organization/independent to another only once during a calendar year. *(continued on page 6)*

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

Council News

The next council meeting will be:

Tuesday, April 4th

7:00 pm

UCCE Office Multi-purpose Room

Host Club: Grangeville

Topics for discussion at the April meeting will include: 4-H Fair, Fashion Revue, Color Me Green Run, and Leaders Recognition Dinner. The proposed slate of Officers for the next 2 years will be presented. Voting will take place in May.

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



Incentives & Recognition

Committee Meeting

Tuesday, April 4th

5:30 PM

UCCE Office- Ste. G



The I & R Committee will meet prior to Council to discuss the 4-H Club Program Planning Guide and the possibility of an Exit interview for All Star Candidates.

Did You Know?

Program fees for the 2017-2018 4-H Club year will be increasing. Currently, Kings County 4-H members have been paying \$30/member and \$14/adult volunteer. The Kings County Sponsoring Committee has subsidized each member's program fees by \$8/member and \$4/adult volunteer.

The Annual Program fees paid by members and volunteers help support fundamental services, including insurance, program development, resources, events, required online systems, and staff to sustain and enhance exceptional programming for nearly 92,400 members and 13,500 adult volunteers.

Program fees for the 2017-2018 will be \$46/member and \$16/adult volunteer. The Sponsoring Committee will meet soon to determine how they can best support 4-H members and adult volunteer in covering this increase.



Kings Fair Information

Market Contracts

Market Swine Due Monday, April 10 - 4:00 pm

Market Calves Due Monday, April 10 - 4:00 pm

Market Sheep & Goat Due Monday, April 10 - 4:00 pm

Market Contracts are on the [Kings Fair website](#)

Please note, Contracts are NOT Entry Forms. Both contracts and entry forms need to be submitted to the Kings Fair by the specified deadlines to be eligible to exhibit at the fair. All Contracts and entries for the county fair go to the Kings Fair Office. The UCCE Office does not accept contracts or entries for the Kings Fair.

Livestock Entries-Online entry due May 8th 11:30 pm

Livestock entries will only be online this year. Go to Kings Fair website for online links. The fair will conduct workshops to assist you in completing the online entries. All workshops will be in the Rose Room at the fairgrounds.

Wednesday, April 12th

9:30-11:30 & 3:30-6:00

Thursday, April 13th

12 noon-3:00

Indoor Entries-Paper entry forms due May 8th-5 pm or online entries due May 8th at 11:30 pm

Indoor entries can be completed online or paper forms. See Kings Fair website for entries and catalog.

For more information call Kings Fair at 584-3318.



Color Me Green 5K Run/Walk

Sunday May 7th

Hickey Park

16850 Flint Avenue, Hanford



Now is the time to sign up to participate in the Color Me Green Run!!! (See insert for details!)

Fees to participate:

Adults 19 yrs. & older - \$25.00 (includes t-shirt & snack)

Youth 5- 18 yrs. old- \$10.00 (includes t-shirt & snack)

Youth 5 yrs. and younger are free (includes snack)

Registration Link: <https://runsignup.com/Race/CA/Hanford/KingsCounty4HColorMeGreen5K>

Committee Meeting

Wednesday, April 12

6:30 PM

UCCE Office

Lots of help is needed to make the run a success- from both adults and members. Plan to attend! It will be lots of fun!

Kings County 4-H Fair News

April 6th– Indoor Exhibits Judged 3:30-6:30 pm

April 7th-8th– Livestock Shows

Kings Fairgrounds

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment. When the Kings Fair rolls around, the animals already know what to expect and are much calmer, resulting in a much safer experience for the exhibitor, animal and the public. Leaders and parents, please encourage your members to participate in this event!

Indoor Exhibits

Thursday, April 6th	12 noon	Indoor Exhibits Building opens for table set-up for clubs
	3:30-6:30 pm	Judging of Indoor Exhibits <i>(Bring your wagons to help transport exhibits)</i>
Friday, April 7th	4:00-7:00 pm	Viewing of Indoor Exhibits
	4-5 pm: Kings River	} Clubs working shifts in Rose Room
	5-6 pm: Mid Valley	
	6-7 pm: Oakvale	
Saturday, April 8th	9:00-12 noon	Viewing of Indoor Exhibits
	9-10 am: Grangeville	} Clubs working shifts in Rose Room
	10-11 am: Lemoore	
	11-12 am: Corcoran	
	12 noon-1 pm	Release of Indoor Exhibits

Livestock Exhibits

Thursday, April 6th	Dog & Rabbit Show
Friday, April 7th	Beef, Market Goat, Sheep & Swine weigh-in Poultry, Beef and Dairy & Pygmy Goat Show Dairy Replacement & Dairy Yearling Inspection
Saturday, April 8th	Dairy, Swine, Market Goat & Sheep Show Large & Small Animal Round Robin Awards Assembly in the Sheep/Swine Ring



Entry forms, Fair Booklet, complete schedule and map of the fairgrounds are available on the 4-H website:
[4-H Fair](#)

Please refer to your 4-H Fair Booklet for loading and unloading instructions as well as parking. Plan to camp at the fairgrounds, details are available in the 4-H Fair Booklet.

New for 2017:

Animal Release: Dog, Poultry and Rabbits are released after their shows. All other species will be released after the Awards Presentation on Saturday afternoon. Any animal exiting the fairgrounds before the release time will be charged a \$25.00 fee per animal.

Pen Cleanout: All animal pens must be cleaned out before leaving the fairgrounds, at the conclusion of the fair. Soiled bedding is to be disposed of in the designated area. There will be a \$10.00 fee per animal for any pens not cleaned out.

Livestock Pens: Pens will be assigned to the exhibitors. Exhibitors are not to move their animals to another pen.



4-H Fair Concessions

A Washington Focus Fundraiser

April 7 & 8

The WA Focus delegates will be running the concession stand at the 4-H Fair again this year! The booth will be open Friday, April 7 from 4:30-9:00 pm. On Saturday, the booth will be open from 7:00 am until the Fair closes in the afternoon.

Friday evening there will be potato soup, hot dogs, drinks, etc. On Saturday, yummy breakfast burritos will be available along with hot coffee and hot chocolate! It's a great way to start your busy day! For lunch, there will be pulled pork sandwiches, Chinese chicken salad and all the other favorites.

Emerald Star News

Thank you, thank you, thank you!

I am greatly humbled by the success of my Emerald Star Project, Finding Hope for Valley Children's Hospital. Thanks to your help, I have collected a grand total of 1,179 items. 926 of those items were donated to Valley Children's Hospital, 90 used items were donated to La Tienda Children's Hospital Guild Thrift Store, and 163 used items were donated to a Hanford Women and Children's Shelter. My goal originally was 150 items. I am truly blessed to be able to help so many valley children. Once again, thank you for all your support.

With Humble Gratitude,
Paige Clarke, Island 4H



Emerald Star interviews were held on March 30th. The following projects were approved.

Completed Emerald Star Projects

Make America Great Again with Milk

Hannah Costa- Kings Harvest, Elliot Martin- Kings River, Cassidy Sheldon- Kings River

Photography Workshop

Jillian Willhite-Grangeville and Lily Gutierrez- Grangeville

Finding Hope for Valley Children's

Paige Clarke-Island

Toes & Tushies-Share a Pair

Reilly Nava-Island and Breanna Glover- Island

Pleasing the Past with Millennial Style

Maddison French-Lemoore

Members will be awarded their Emerald Star at Achievement Night in October.

Congratulations!

New Emerald Star Project

Cancer Heart Pillow Project

Anna Felipe- Island

Kings County 4-H Fashion Revue Results

State Delegates

CONSTRUCTED

Zoe Ekk	Mid Valley	Junior
Brooke Winterowd	Kings River	Intermediate
Laura Denham	Grangeville	Senior

\$40 PURCHASED

Regan Valov	Kings River	Junior
Amanda Curtis	Corcoran	Intermediate
Jenna Searcy-Scott	Kings River	Senior

UPCYCLED

Brittney Curtis	Corcoran	Junior
Angelina Raulino	Island	Intermediate

STRIPE/PRINT/PLAID CHALLENGE

Lilly Barcellos	Mid Valley	Intermediate
Raine Palomino	Kings Harvest	Senior

Primary Members

CONSTRUCTED

Kenzie Deftereos	Mid Valley
Nicolina Deftereos	Mid Valley
Trinity Pugh	Grangeville

UPCYCLED

Clare Curtis	Corcoran
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\$40 PURCHASED

Manuel John Raulino	Island
Patience Felipe	Island
Clare Curtis	Corcoran
Kallie Loogman	Kings River

These young ladies will be representing Kings County 4-H as State Delegates to the State Fashion Revue on May 27th at UC Davis.



Medalists

CONSTRUCTED

Kylee Costa	Mid Valley	Junior
Kendra Ward	Kings Harvest	Intermediate
Angelina Raulino	Island	Intermediate
Laney Dorrough	Oakvale	Intermediate

\$40 PURCHASED

Brittney Curtis	Corcoran	Junior
Lilly Barcellos	Mid Valley	Intermediate
Brooke Winterowd	Kings River	Intermediate
Anna Felipe	Island	Intermediate
Angelina Raulino	Island	Intermediate
Rory Valov	Kings River	Intermediate
Anna Felipe	Island	Intermediate
Laura Denham	Grangeville	Senior

UPCYCLED

Amanda Curtis	Corcoran	Intermediate
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\$100 PURCHASED

Regan Valov	Kings River	Junior
Anna Felipe	Island	Intermediate
Rory Valov	Kings River	Intermediate
Jenna Searcy-Scott	Kings River	Senior

STRIPE/PRINT/PLAID CHALLENGE

Angelina Raulino	Island	Intermediate
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Twenty two 4-H members participated in the County Fashion Revue on April 1st. After judging was completed the members modeled for the residents of The Remington Retirement Home. As part of a community service project, the residents received flower pens the members had made earlier in the day.



Tractor Supply Company Paper Clover Fundraiser

April 26-May 7th

Join the Paper Clover Fundraiser at the Tractor Supply Company in Hanford, April 26-May 7th! Donate \$1 during checkout to support 4-H.

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.

Leaders & Sponsors Recognition Dinner

Thursday, May 18, 2017
Kings Fairgrounds- Rose Room
7:00 PM

All 4-H families are invited to attend the Leaders & Sponsors Recognition Dinner. The dinner will honor Kings County 4-H Leaders and Sponsors. The 2017-2018 All Star Candidates will be announced and the new Council officers will be installed.

Please save the date, more information will soon be available.

Community Research Advisory Board

Be sure to be on the lookout for information about the 4-H Needs Assessment! The Community Research Advisory Board (CRAB) has been hard at work designing the surveys and focus group questions. If you are selected to take a survey or attend a focus group, we sure would appreciate your participation. Your participation will help make 4-H and the community stronger.



4-H youth are hard at work at the CRAB Meeting.

More Presentation Day Results

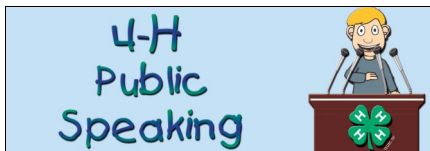
Several Kings County 4-H members were not available to participate in the Kings County Presentation Day so they made arrangements to participate in neighboring counties. Congratulations to the following for earning a **GOLD** medal.

Hadley Garcia- Island 4-H- Illustrated Talk
"What Boys Can Shoot Girls Can Too"

Trista Fry- Oakvale 4-H- Illustrated Talk
"Utterly Fanastic"

Katelin Nava-Cortez- Corcoran 4-H- Illustrated Talk
"Competition Cheer"

Gold medal winners are eligible to advance to the next round of competition- Sectional Presentation Day on April 29th in Tulare County.



4-H, FFA & Grange Agreement (cont.)

All transfers must include official notification by the member to the organizations involved of their desire to drop/and or add a project and take place at a time that would allow for the supervision of the project by the respective organization/independent. Transfers must take place not less than 60 days (or the number of days required for the ownership and supervision of the respective species whichever is greater.) Once a project transfer is made, youth may not transfer their project to another organization for 12 months. For additional information regarding this agreement, please visit:

<http://4h.ucanr.edu/files/20199.pdf>

Shooting Sports Update

The following are the final two dates for 4-H Shooting Sports for 2017.

Saturday, April 22nd from 9:00am to 12:00 noon we will have our last practice range day for the upcoming State 4-H Shooting Sports Match. We'll be shooting at the same location as always.

Saturday, May 13th at 9:00am we will hold the State Match at the Lemoore Sportsman's Club. We will be on the range as long as it takes to get everyone through their chosen events.

If there's enough interest, and if the weather allows, I would like to have a Fun Day at the Range for the kids to close out the season. This will most likely be in June, and we would have pizza and drinks for the whole family, as well as some fun targets, shooting games and prizes.

Recently Brian Phillips, retired US NAVY and current Adventist Health Security Officer, donated another **2100 rounds** of quality Remington ammunition to keep your kids shooting well into the future! If you see Brian at Adventist Hospital or his second home, on the range, say thanks! It's donations like these that keep us in business.

If you have any questions or concerns, please feel free to call, text or email me.

Thanks again. Looking forward to seeing you all on the range!

Gregg Chrissakis, Kings County 4-H Shooting Sports Guy



Kings County 4-H Offers Mini Grants

For the second year in a row, the Kings County 4-H has received a very generous donation from the J.G. Boswell Company. Instead of the Leaders Council deciding how the money can best be utilized, Council voted to extend an opportunity to 4-H members and leaders to apply for mini-grants. So exactly what does this mean? You determine how the money can best benefit the members of the Kings County 4-H Program. Some ideas may include, repairs to equipment owned by the club such as sewing machines, clippers etc. Members planning to undertake an Emerald Star project may apply for a mini grant to enable a specific project to be completed. These are just a few ideas. If you are interested in applying, please fill out the survey at this link <http://ucanr.edu/survey/survey.cfm?surveynumber=19734>. Leaders Council will review the grants and respond accordingly.

Sheep & Market Goat Clinic



Sunday, April 23, 2017
10:30 AM to 4:00 PM
Kings Fairgrounds



This Sheep & Market Goat educational clinic will provide valuable information on basic handling of your project animal, selection & evaluation, fitting and showmanship practices. Registration fees are: Kings County 4-H members—\$30.00, Non Kings County 4-H members—\$45.00, Spectators only—\$10.00. Lunch is included. For more information see the insert at the back of the *Youth Talk*.

Sectional Presentation Day

(Central Area Sub-group 4)

Saturday, April 29, 2017

Hosted by Tulare County 4-H

International Agri-Center
4500 S. Laspina St
Tulare

Parking Lot Gate C - Ticket Gate #16

9:00 am– Registration for Presenters

County Presentation Day participants receiving a gold medal are eligible to advance to Sectional Presentation Day hosted by Tulare County 4-H. Kings County has 20 gold medal presentations! Entries are due by **April 12th** via [on-line registration](#).

Kings County 4-H is obligated to send judges/evaluators for this event. Room Monitors (youth) are also needed. If you are available to serve in this capacity, please call the UCCE Office at 852-2731.

(Tulare will also hold their 4-H Fair at the Agri-Center on April 29th and the CA Antique Farm Equipment Show will also be in progress. There are lots of reasons to head to Tulare that day!)

4-H
Public
Speaking



Raise your Hand & Help CA 4-H Win \$20,000



The California Foundation is proud to partner with National 4-H on the "Raise Your Hand" campaign. 4-H is calling on alumni & friends around the world to "raise their hands" and help empower the next generation of true leaders. The goal is to continue to build a CA network of connected and engaged 4-H alumni & friends. Beginning March 1st-June 30th, 4-H alumni & Friends are being asked to support 4-H youth by "Raising their Hands" and "Paying it Forward."

- Simply go to <http://4-h.org/raise-your-hand/> and sign up for the Alumni & Friends Network. Be sure to choose "California" to receive updates and event notification from CA 4-H. Pay it Forward and help raise awareness for CA 4-H by using social media to tweet or post your 4-H experience and photos using "#4HGrown." Tag other 4-H Alumni & Friends, and ask them to "Raise their Hand!"
- The state with the most hands raised will receive \$20,000 to support their state 4-H programs! Second and third place winners receive \$10,000 and \$5,000 respectively.
- CA 4-H is excited to build and grow the network! Hoping you will "Raise Your Hand" and join in!

California State 4-H Scholarships for Higher Education

Deadline August 6, 2017

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

Candidates must be:

- A high school senior, graduate, or equivalent who is already enrolled in or accepted to an institution of higher education. Institutions of higher education include accredited vocational schools, colleges or universities.
- Enrolled in the California 4-H Youth Development Program at the time of high school graduation or equivalent, such as receiving a General Education Diploma (GED)
- Enrolled or planning to enroll in at least half of the full-time course load as defined by the applicant's institution.

Not older than 25 as of December 31st of the application year. Application procedure can be found here:

[http://4h.ucanr.edu/Resources/Members/Scholarships - Awards/Scholarships/](http://4h.ucanr.edu/Resources/Members/Scholarships-Awards/Scholarships/)

4-H State Leadership Conference

July 20-23, 2017

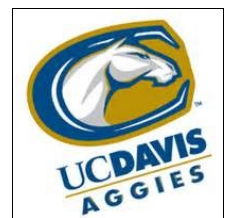
UC Davis

The State Leadership Conference Planning Team is hard at work planning for the 2017 conference. SLC is a leadership conference for 4-H youth ages 13-19 years old. If you are a recent 4-H alumni, consider applying to be a Program Assistant. For more information on what this involves and more information on SLC in general, please visit: http://4h.ucanr.edu/4-H_Events/SLC/

Important State Leadership Conference Dates:

Week of May 23rd: SLC Regular Registration ends

July 20-23: State Leadership Conference at UC Davis



Scholarships to attend State Leadership Conference are available through Kings County 4-H. The criteria is:

- ◆ Meet conference age eligibility (13-19 years old as of travel date)
- ◆ Completed 2 years in the 4-H at the time of the conference
- ◆ Submit completed Record Book form at least the previous year
- ◆ Scholarship is available once per member

For application: visit: http://ceknings.ucanr.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/

Funds received from Tractor Supply will be applied to all participants to help cover the conference fees and transportation.



Kings Co. Represented at WRLF

Kings County All Star, Tara Fry attended the recent Western Regional Leaders Forum (WRLF) held in Edmonton, Alberta, Canada.

Tara helped lead a session on the Discussion Meet.

The western region consists of 13 states—Alaska, Arizona, California, Colorado, Hawaii, Idaho, Nevada, New Mexico, Montana, Oregon, Utah, Washington and Wyoming, plus Alberta. The 2018 Forum will be held in San Diego.

Way to go Tara!



4-H Club News

Mid Valley 4-H

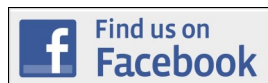
The Mid Valley 4-H club was called to order by our Vice-President Courtney Rhoades on March 13, 2017. The secretary, Mackenzie Archer read the minutes of the last meeting and the treasurer's report was given. Several members gave reports on their project meeting and when they have done these last few weeks. Reports were also given on the Food Olympics, Presentation Day and the Western Classis Junior Dairy Show. We discussed the upcoming Farm Day, Fashion Revue and also the 4-H Fair which is April 6th to the 8th. Our next meeting would have been during Spring Break and we voted on having our April meeting on April 3rd. Our meeting was adjourned and Dylan and Buzzy brought us refreshments.

Submitted by

Lillian 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 852-2731 tevangelo@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.



Kings County 4-H Sponsors Fund

2016-2017 Contributors

Thank You!!

ALL STAR SPONSORS

- Boyett Farms
- Doug & Julie Freitas
- Farm Credit West
- Gar & Esther Tootelian Foundation
- Golden State Farm Credit
- Hacienda Angus
- J. G. Avila Farms
- J. G. Boswell, Inc.
- J M Lord, Inc.
- Jim & Peggy Gregory
- Lone Oak Farms
- Olam Spices & Vegetables
- Robert & Debbie Headrick
- Tos Farm, Inc.
- Verdegaal Brothers
- Zonneveld Dairies & Farming, Inc.

EMERALD STAR SPONSORS

- A & M Livestock Auction, Inc.
- Bacome Insurance Agency
- Bar E Dairy-Evangelo Family
- Bennett & Bennett Irrigation
- Buford Oil Company, Inc.
- California Dairies, Inc.
- Carl Nelson Insurance
- Carter Pierce
- Charles & Susan Feaver
- Clarence & Lena Santos
- Dennis & Kathy Sargent
- DeSilva Family
- Dooley Ranch
- Draxler Land Company
- Elsie Oliveira
- Evangelho Seed Co., Inc.
- Floyd & Sheri Kanagawa
- Fred & Don Giacomazzi Farms
- Gary V Burrows, Inc.
- Gerald & Nancy Fry
- Jeb Headrick Farming
- Jensen Aircraft Service, Inc.
- Joe & Kathy Neves
- John & Georgene Diener
- John & Glenda Camara, Jr.
- John & Paula Lehn
- Judge & Mrs. John O'Rourke
- Keenan Farms Inc.
- Kingsburg Insurance Agency
- Kings County DHIA
- Kings County Farm Bureau
- Kings Dairy Supply, Inc.
- Kirk Carter
- Kraig & Marci Carter
- Linda Carter Say
- Mesa Alta Transportation, Inc.
- Michael Mayer, O.D.
- Myers Well Drilling, Inc.
- Myron Dutra
- Natalie Carter
- Netto Ag., Inc.
- Pacific Ag Insurance Agency
- Penny Newman Grain Co.
- Raven Ranches LLC
- Richard & Shirley Fagundes
- Safarjian Farms
- Silva's Welding
- South Fork Ranch
- Stone Land Co.
- Sullivan Farming, LLC
- Valentine Herefords
- Valley Oxygen
- Vince & Gail Carter
- Willow Grove Farms
- Wisecarver Farms
- Workingman's Store
- World Wide Sires, Inc.

CLOVER SPONSORS

- Albert & Janette Duyst
- Dias Law Firm, Inc.
- Dr. & Mrs. Robert Junell
- Fred & Camille Wing
- Grabow Farms
- J. D. Mello Dairy
- Judy Theadore
- M. F. Rosa Dairy
- Mardell Pedersen
- Paulo Holsteins
- Robinson's Interiors
- Tony & Elsie Barba



SPONSORSHIP LEVELS

All Star Sponsor	\$500—\$1,000
Emerald Star Sponsor	\$100-\$499
Clover Sponsor	\$25-\$99

Goin' Showin'

ONE DAY SHEEP AND MARKET GOAT CLINIC

Sunday, April 23, 2017 10:30 am– 4:00 pm

Kings County Fairgrounds – Swine Show Ring

801 S. 10th Avenue, Hanford, CA 93230

Questions: Angela Loogman @ 559.469.7688 or aloogman79@gmail.com

To register: <http://ucanr.edu/survey/survey.cfm?surveynumber=201413>

Hands– On Instruction open to the first 30 participants to register

Kings County 4-H Member- Fee \$30.00

Non Kings County 4-H Member- Fee \$45.00

Spectator Fee \$10.00

Lunch Included



(Checks payable to Kings Co. 4-H Council)

Sessions to Include:

- Basic Handling (halter breaking, bracing, and ring etiquettes)
- Selection and Evaluation
- Fitting
- Showmanship Practice

Sessions presented by Derrek Smalley
of Smalley Livestock Consulting

Bring your own
sheep or goat



University of California
Agriculture and Natural Resources



University of California
Division of Agriculture and
Natural Resources



Color Me Green

5K Run/Walk

Sunday, May 7, 2017

Hickey Park

16850 Flint Ave., Hanford

Registration – 8 AM Race – 9 AM

Adults ~ \$25.00 includes T-shirt & Snacks

Youth 5-18 yrs old ~ \$10.00 includes T-shirt & Snacks

Youth Under 5 yrs old ~ Free (No T-shirt)

Register online at:

<https://runsignup.com/Race/CA/Hanford/KingsCounty4HColorMeGreen5K>

or

Registration/Waiver forms available from:

Kings County UCCE Office

680 N. Campus Dr. Suite A, Hanford

559-852-2730

or

http://ceking.s.ucanr.edu/Kings_County_4-H_Program/

Sponsored by
Kings County 4-H &



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PAPER CLOVER

APR. 26 - MAY 7

FOR 4-H CAMP
& LEADERSHIP EXPERIENCES

DONATE \$ AT CHECKOUT

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.

HEAD • HEART • HANDS • HEALTH



4-H Youth Development Program

Central Area, Sub-group 4, 4-H YDP Presentation Day

Registration Deadline: Wednesday, April 12, 2017

Register at: [http://ucanr.edu/presentation day 2017](http://ucanr.edu/presentation%20day%202017)

Who

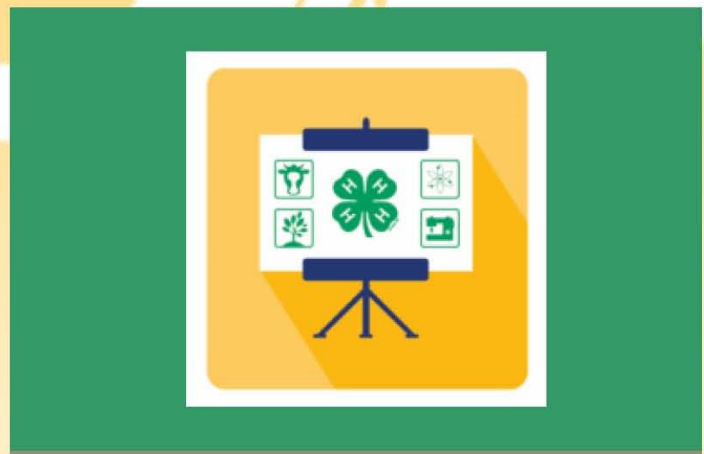
Central Area 4-H members
that received Gold at County
level event

When

Saturday, April 29, 2017
9:00 am Check-in

Where

International Agri-Center
4500 S. Laspina Street
Tulare, CA 93274
*Parking Lot Gate C and
Ticket Gate #16



*Don't
miss
it!*



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It's Spring – Jump Into It!

What To Do When You Don't Feel Like Working Out

Whether you're a gym master or a fitness beginner, we all have days when we don't feel like working out. Maybe it's been a stressful week, and you just want to get home. Perhaps you've been working out for weeks and are feeling frustrated that you aren't seeing any results. Maybe you used to go to the gym regularly but fell off, and you're now having a hard time returning. Or maybe you just have no idea where to start and are feeling overwhelmed at the prospect. Whatever the reason, sometimes we just don't feel like working out. Here are some tactics to get you through.

Make a Plan

The first step to reach any goal is setting the goal in the first place. Try to make your goals S.M.A.R.T.

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound

This is usually the part that trips people up. Many people know they want to feel better, but they don't know what will get them there because they haven't given it much thought. Losing weight is a measurable goal, but it isn't terribly specific. How much weight do you want to lose? Maybe you want to lose 10 pounds, which is specific and measurable. It's also more realistic and attainable than say you want to lose 50 pounds (which is still attainable, but much more difficult). Ask yourself whether the goal is relevant. If there's no real reason you want to lose weight, you likely won't stick to the goal. Finally, make it time bound by putting some constraints on the goal. How quickly do you want to lose 10 pounds? Two weeks may not be attainable, but two months might be. By making your goal time bound, you're adding some built-in motivation and accountability.

Figure Out What's Holding You Back

Before you can implement steps to reach your goal, it's important to determine what's been holding you back so far. Are you struggling to feel motivated? Is working out hard because you don't have a babysitter? You can't justify the cost of a gym membership or personal trainer? Whatever is holding you back, it's important to acknowledge it so you can get past it.

Break the Plan Into Smaller Pieces

Rome wasn't built in a day and your goals won't be accomplished in one fell swoop either. Take the big goal and break it into smaller pieces. Set a smaller goal to start and celebrate when you accomplish it. You'll feel great about hitting a goal, which will make you more likely to continue.

Do What Can When You Can

Get extra movement during everyday tasks. Although it may not seem like much, every little bit of extra activity goes a long way when you're trying to be more active. Park in the farthest spot and walk a bit more when you go to the grocery store. Go for a walk on your lunch hour. Get up and walk around during television commercials.

Find Your Way

Working out for a specific event or goal can be great for motivation. To maintain motivation long term, it's important to find your "why". This is the real reason behind working out. When you know your "why" and are reminded of it every day, it's a whole lot easier to get up before sunrise for a run.

