### 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)

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**Also in this edition....**

1. **Council News**
2. **Kings Fair Information**
3. **I & R Committee Meeting**
4. **Did You Know?**
5. **Color Me Green Run**
6. **Kings County 4-H Fair News**
7. **4-H Fair Concessions**
8. **Emerald Star News**
9. **4-H Fashion Revue Results**
10. **Tractor Supply - Paper Clovers**
11. **Leaders & Sponsors Dinner**
12. **More Presentation Day Results**
13. **Comm. Research Advisory Board**
14. **4-H, FFA & Grange Agree (cont.)**
15. **Shooting Sports Update**
16. **Kings Co. Mini Grants**
17. **Sheep & Market Goat Clinic**
18. **Sectional Presentation Day**
19. **Raise Your Hand**
20. **CA State 4-H Scholarships**
21. **State Leadership Conference**
22. **West Regional Leaders Forum**
23. **4-H Club News**
24. **Color Me Green Run**
25. **Kings Co. 4-H Sponsors**
26. **Sheep & Market Goat Clinic**
27. **Kings County 4-H Scholarships**
28. **Leadership Conference**
29. **Kings Fair Information**
30. **4-H Club News**

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**Deadline**

4-H News articles due for Youth Talk – April 21st

Please send all articles to ~gdiiener@ucanr.edu

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**INFO**

**EVENT/DEADLINE**

<table>
<thead>
<tr>
<th>APR</th>
<th>INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fashion Revue- Judging 12 noon @ UCCE Office, Fashion Show 4:30</td>
</tr>
<tr>
<td>1</td>
<td>Countywide Pygmy Goat Meeting @ Garcia Residence 1 pm</td>
</tr>
<tr>
<td>2</td>
<td>Countywide Poultry Meeting @ Currie Residence 12 noon</td>
</tr>
<tr>
<td>3</td>
<td>CA Focus Registration ends</td>
</tr>
<tr>
<td>3</td>
<td>State Leadership Conference Early Bird Registration ends</td>
</tr>
<tr>
<td>4</td>
<td>I &amp; R Committee Meeting @ UCCE Office  5:30 pm</td>
</tr>
<tr>
<td>4</td>
<td>Council Meeting @ UCCE Multi Purpose Room  7 pm</td>
</tr>
<tr>
<td>6-8</td>
<td>Kings County 4-H Fair @ Kings Fairgrounds</td>
</tr>
<tr>
<td>10</td>
<td>Kings Fair Mkt. Swine, Sheep, Goats &amp; Feeder Calves contracts DUE</td>
</tr>
<tr>
<td>14</td>
<td>All Star Applications due to UCCE Office</td>
</tr>
<tr>
<td>17</td>
<td>Countywide Public Speaking Meeting @ UCCE Office  6:30 pm</td>
</tr>
<tr>
<td>21</td>
<td>Color Me Green Run registration DUE</td>
</tr>
<tr>
<td>22</td>
<td>Countywide Dog Meeting @ Kings Fairgrounds  1 pm</td>
</tr>
<tr>
<td>25</td>
<td>Countywide Rabbit Meeting @ UCCE Office  6:30 pm</td>
</tr>
<tr>
<td>26</td>
<td>Paper Clover begins at Tractor Supply Company, Hanford</td>
</tr>
<tr>
<td>26</td>
<td>Countywide Leadership Development Meeting @ UCCE Office  6:30 pm</td>
</tr>
<tr>
<td>27</td>
<td>All Star Interviews  @ UCCE Office</td>
</tr>
<tr>
<td>29</td>
<td>Central Area (Sectional) Presentation Day hosted by Tulare County</td>
</tr>
<tr>
<td>30</td>
<td>State Management Board Meeting</td>
</tr>
</tbody>
</table>

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It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at [http://ucanr.edu/sites/anrstaff/files/215244.pdf](http://ucanr.edu/sites/anrstaff/files/215244.pdf)). Inquiries regarding ANR’s nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

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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://cekings.ucanr.edu/](http://cekings.ucanr.edu/)  Link To Calendar: [http://cekings.ucanr.edu/Kings_County_4-H_Program/](http://cekings.ucanr.edu/Kings_County_4-H_Program/)
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](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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, April 6th</td>
<td>12 noon</td>
<td>Indoor Exhibits Building opens for table set-up for clubs</td>
</tr>
<tr>
<td></td>
<td>3:30-6:30 pm</td>
<td>Judging of Indoor Exhibits</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>(Bring your wagons to help transport exhibits)</em></td>
</tr>
<tr>
<td>Friday, April 7th</td>
<td>4:00-7:00 pm</td>
<td>Viewing of Indoor Exhibits</td>
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<tr>
<td></td>
<td></td>
<td>{4-5 pm: Kings River</td>
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<tr>
<td></td>
<td></td>
<td>5-6 pm: Mid Valley</td>
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<td></td>
<td></td>
<td>6-7 pm: Oakvale</td>
</tr>
<tr>
<td>Saturday, April 8th</td>
<td>9:00-12 noon</td>
<td>Viewing of Indoor Exhibits</td>
</tr>
<tr>
<td></td>
<td></td>
<td>{9-10 am: Grangeville</td>
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<tr>
<td></td>
<td></td>
<td>10-11 am: Lemoore</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11-12 am: Corcoran</td>
</tr>
<tr>
<td></td>
<td>12 noon-1 pm</td>
<td>Release of Indoor Exhibits</td>
</tr>
</tbody>
</table>

Livestock Exhibits

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, April 6th</td>
<td></td>
<td>Dog &amp; Rabbit Show</td>
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<tr>
<td>Friday, April 7th</td>
<td></td>
<td>Beef, Market Goat, Sheep &amp; Swine weigh-in</td>
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<td></td>
<td></td>
<td>Poultry, Beef and Dairy &amp; Pygmy Goat Show</td>
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<td>Dairy Replacement &amp; Dairy Yearling Inspection</td>
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<tr>
<td>Saturday, April 8th</td>
<td></td>
<td>Dairy, Swine, Market Goat &amp; Sheep Show</td>
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<tr>
<td></td>
<td></td>
<td>Large &amp; Small Animal Round Robin</td>
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<td></td>
<td></td>
<td>Awards Assembly in the Sheep/Swine Ring</td>
</tr>
</tbody>
</table>

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.
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, Kassidy 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)

**$40 PURCHASED**

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

**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

**$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

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

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.

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.

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, 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

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**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](http://ucanr.edu/survey/survey.cfm?surveynumber=19734). Leaders Council will review the grants and respond accordingly.

**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!)

**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*. 

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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/](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://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Forms_and_Resources/](http://cekings.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.

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**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/](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 then 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!

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**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/)
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.

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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.


Way to go Tara!

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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 Classic 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

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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

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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

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Youth Talk-April 2017 Page 10
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 alooogman00@gmail.com
To register: http://www.edu/survey/surveyofm/surveynumber=20343

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

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
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/KingsCounty4HColroMeGreen5K

or

Registration/Waiver forms available from:
Kings County UCCE Office
680 N. Campus Dr. Suite A, Hanford
559-852-2730
or
http://cekings.ucanr.edu/Kings_County_4-H_Program/

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

Registration Deadline: Wednesday, April 12, 2017
Register at: http://ucanr.edu/presentation_day_2017

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

University of California
Agriculture and Natural Resources
4h.ucanr.edu

Don’t miss it!
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.