Youth Talk

October 2017

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4-H Enrollment for 2017-2018 is now open!

Please click on the link below to enroll for the 2017-2018 year.

4hOnline
Enrollment and Event Registration

Returning 4-H members and leaders, must use the same family email address that has been used in the past. Please do not create a new email or family. If you do not remember the family email address you used, contact the UCCE Office at 852-2730. If you have forgotten your password, simply click on “I forgot my password” and a new one will be emailed to you. Click here for instructions to enroll.

2017-2018 4-H Program Fees

$10.00 per leader
$36.00 per member

Deadline
4-H News articles due for Youth Talk – October 27th
Please send all articles to ~ tlevangelo@ucanr.edu

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.) Inquiries regarding ANR’s nondiscrimination policies may be directed to John L. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.
Council News
The next council meeting will be:
**Tuesday, October 3rd**
7:00 pm
UCCE Office Multi-purpose Room
Host Club: Corcoran
Topics for discussion at the October meeting will include: Council BBQ and Judging Day, etc.

Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome to attend the meeting as well!

Volunteer Leader Online Training

**New** for this year, there will be required online training for all new and returning volunteers which can be viewed on your computer at your convenience. After submitting your 4-H online enrollment you will receive an email stating that your enrollment is incomplete along with a link to complete the online training below.

**Returning 4-H Leader Process**

*Returning Leaders Training will include:*
A. Toward an Interculturally Connected 4-H (60 min.)
B. Abuse Risk Management for Volunteers (15 min.)

**New 4-H Leader Process**

**New 4-H Adult Volunteer Leader Interest Survey**

*New Leaders training will include:*
A. Orientation (60 minutes)
B. Foundations of Positive Youth Development (20 min.)
C. Toward an Interculturally Connected 4-H (60 min)
D. Abuse Risk Management for Volunteers (15 min.)

The trainings will need to be completed by December 31st to activate your volunteer leader appointment for the 2017-2018 4-H year.

**4-H Program Fee Waivers**

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval.

- **Fee Waiver Information**
- **Fee Waiver Forms**

We are thankful for the Kings County 4-H Sponsoring Committee’s contribution toward lowering the program fee cost for our members.

**Incentives & Recognition Committee Meeting**

**Tuesday, October 3rd**
5:30 PM
UCCE Office – Ste. G

The I & R Committee will meet prior to Council to discuss changes to the All Star program and Trip Scholarships. Everyone is invited to attend these committee meetings but each club should have a designated representative that can regularly attend.

**Did You Know?**

Kings County 4-H Leaders Council offers scholarships for members and adult leaders to attend conferences. The scholarships cover a percentage of the conference fee to help offset the cost of attending a conference.

Youth scholarships are available for:
1. Central Youth Summit (formerly LCORT)
2. State Leadership Conference
3. California Focus
4. Washington Focus

Adult Leader scholarships are available for:
1. State Leaders Forum
2. Western Regional Leaders Conference

More information can be found on the Kings County 4-H website:

**Trip scholarships**

**Welcome to 4-H!**

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

**Tuesday, October 24**
7:00 PM
UCCE Multi-Purpose Room

Please call ahead and reserve a space so there will be adequate materials available. Reserve your space by calling 852-2730 or email ilevangelo@ucanr.edu.
4-H Council Drive Thru Fundraiser

Wednesday, November 1st
UCCE Office-680 N. Campus Dr.
4:00—6:00 pm
Price: $25.00

Whole, cooked, ready to eat Tri-tip with 6 large rolls

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

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

Help is Needed:

Adult help is needed to wrap and package the tri-tip and rolls in the afternoon and supervise the youth. Youth are needed to pass out the meals to those picking up the meal. Everyone’s help is needed to set up and clean up.

Sweet Shop:

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

Tickets counts are due to the UCCE Office by Oct. 20th!

Kings County 4-H Judging Day

Saturday, November 4, 2017
Kings County Fairgrounds
12:30 pm Registration begins
1:00 pm Orientation

Pre-register by November 1st. Use this link: http://ucanr.edu/survey/survey.cfm?surveynumber=21787

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

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

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

Giving Reasons for a Judging Contest

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

Reasons Format

Opening Statement:
I placed this class of_______________________ 4-1-2-3.

Explanation:
In my top pair, I place 4 over 1 be cause:______________________________.
For my middle pair, I place 1 over 2 because:______________________________.
In my bottom pair, I place 2 over 3 because:______________________________.

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

Color Me Green 5K Run/Walk

Saturday, March 17, 2018
Burris Park

Cobi Revious is chairing the event this year, and would appreciate the involvement of youth members and adults. Lots of help will be needed in advertising and implementing this event. Cobi is looking for volunteers to share the responsibilities of this huge event. Needed are:
- Course Manager
- Volunteer Manager
- Sponsorship Manager
- Marketing/Advertising Manager
- Vendor Manager

Contact Cobi Revious at 287-5732 for job descriptions.

4-H members are #TrueLeaders
Celebrate National 4-H Week
October 1st—7th

Theme: #True Leaders

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

4-H Sunday

Sunday, October 1st
St. Brigid’s Church
10:00 am
1001 N. Douty, Hanford

All 4-H members are invited to join in the celebration of 4-H Week by attending a service at St. Brigid’s Church. Gianna & Christiana Warmerdam have taken the leadership of 4-H Sunday and are in need of readers and gift bearers. Contact Christiana at 904-8202 if you would like to participate. Please wear your 4-H uniform or 4-H shirt. Plan to meet outside of church at 9:45 to march in together.

Street Banners

Kings County 4-H will hang banners over the main streets in Hanford, Lemoore and Corcoran. Stop, take a picture and email it to tlevangelo@ucanr.edu. Post the picture on a social media site using the hashtags above.

Window Display

Celebrate National 4-H Week by creating a display to advertise 4-H. Once your display is in place, take pictures and submit to the UCCE Office via email to tlevangelo@ucanr.edu by October 13th. Be sure to include the location of the display and the viewing hours. Judging will be based on creativity, information/educational value, accessibility to the general public and the overall look of the display. Prize money will be awarded to the clubs/project groups with the top three displays—1st place—$75; 2nd place—$50; 3rd place—$25.

Board of Supervisors Presentation

On Tuesday, October 3rd at 9 am, the Kings County Board of Supervisors will present a proclamation declaring 4-H Week in Kings County to the 2017-2018 All Star Candidates.

Agriculture Photos Wanted

The Kings County Ag Commissioners Office has offered a wonderful opportunity to 4-H members. They are looking for pictures showcasing agriculture in Kings County to be used in their annual crop report.

Now is a perfect time to get some great harvest photos around Kings County. Pictures must be received by March 2, 2018 5:00 pm. You do not have to enrolled in the photography project to enter photos. Click below for a flyer explaining what is required.

Photos Wanted!!

Emerald Star News

Cases for Kids

Amanda Curtis has been approved for her Emerald Star Project-Cases for Kids. Her goal is to provide 300 pillowcases for children in foster care in Kings County. She is asking for help in her project by (1) making pillowcases, (2) donations of fabric or monetary donations to purchase fabric, and (3) share the flyer with others. For more information contact Amanda at cases4kidsproject@gmail.com.

The next round of applications for an Emerald Star Project are due November 3rd to the UCCE Office.

Eligibility: Members who have completed two years of 4-H and will be at least 13 years of age by December 31, 2016 are eligible to apply for the Emerald Star Program.

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

More information on the Emerald Star Program can be found on the Kings County 4-H website: Emerald Star
2016-17 Record Book Winners Recognized at Achievement Night

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Outstanding Record Books Awards

**Brock Toledo Dairy Award**
Megan Clarke, Island

**Brazil Sheep Award**
Steven Loogman, Kings River

**Perreira Photography Award**
Paige Clarke, Island

Congratulations!
Congratulations to all award winners at Achievement Night

Corcoran 4-H

Achievement Night Attendance Award

Congratulations to Kings River 4-H Club for winning the attendance award at Achievement Night.

Kings River 4-H

Oakvale 4-H

Lemoore 4-H

Island 4-H

Kings Harvest 4-H

Kings River 4-H

Grangeville 4-H
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.

Relay for Life Team Meeting
October 4th
6:00 pm UCCE Office

The Kings County 4-H Relay for Life team is in desperate need for help to support the team. The participation by 4-H members has been declining during the past year and more help is needed to man the booth, walk the track and support the members. This is a wonderful community service opportunity to count towards your 4-H Record Book.

Sign up on this survey if you would be able to walk the track during the event:
LAP WALKERS NEEDED

Sign up to be a member of the team: http://main.acsevents.org/goto/Kings4-H
Contact Michelle White mwhite2465@sbcglobal.net to find how your club or members can help the Relay for Life team.

Relay for Life
October 14 & 15
Hanford High School

4-H for Hope Flyer
Kings County 4-H Offers Mini Grants

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.

America’s Farmers Grow Communities

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

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

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

October 4-15

Join the Paper Clover Fundraiser at the Tractor Supply Company in Hanford, Oct. 4-15! Donate $1 during checkout to support 4-H. **Kings County 4-H earned $608.40 in the Spring Paper Clover fundraiser.***

During the semi-annual event, friends and family are also invited to support 4-H by donating $1 at checkout 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. Funds received will provide scholarships for members to attend camp and leadership conferences.

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

Central Youth Summit (LCORT)

~SAVE THE DATE~

Central Youth Summit
Leading the Pack
January 26-28, 2018

Age Eligibility 11-14 years old

*Central Youth Summit* is the new name for LCORT. This conference will be held at Wonder Valley Ranch in Sanger.

Members attend workshops engaging 4-Hers in learning opportunities to increase their leadership, citizenship and public speaking abilities. There will be fun recreational and social activities allowing members to network with others from around the state.

The registration will be available at a later date. The fee to attend is $150.00. Kings County 4-H Council offers 16 scholarships that pay 1/2 of the fee to members who have not previously attended. Members must apply and submit their record book.

4-H Online Record Book (ORB)

ORB Internet Café Training Online-

Want to learn how to better use the CA 4-H Online Record Book? The State 4-H Office will be hosting 2 online opportunities to learn ORB for staff, volunteers and youth members. This is the same training that has been offered live in counties over the past few years but now you can access from the comfort of your own home! Unable to attend either date? Not a problem, the training will be posted on our 4-H Youtube page following each training.

The live virtual training will take place on:

- **Saturday, October 14, 2017 from 9am-noon**
- **Saturday, January 13, 2018 from 9am-noon**

Pre-registration is not necessary! Check out the flyer here for login instructions. [ORB Support Website](mailto:ORBSupportWebsite) is filled with both written instructions and "How to" videos to help you navigate using the CA 4-H Online Record Book.
Shooting Sports Workshops

Safety First Shooting Association
River Oaks Range, Winton
Cost $35.00 per person

Kings County Shooting Sports project is in need of more leaders to assist the great job Gregg Chrissakis has been doing. If you have an interest in sharing your Shooting Sports skills with youth, how about becoming a 4-H Shooting Sports adult volunteer or teen leader? There will be a variety of 4-H Shooting Sports leader certification offered this fall. The classes will be held over a weekend format. You must be a 4-H leader or member and attend both days to receive certification to lead the shooting sports discipline of your choice at the project, club and camp levels. The cost includes a resource binder and light breakfast both days.

For more information go to http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/. Training will be held on the dates listed below.

Rifle: November 18 & 19
Pistol: December 9 & 10

Kings County currently does not a leader for the following disciplines:
Shotgun: November 18 & 19
Archery: December 9 & 19
Western Heritage: January 6 & 7
Muzzle Loading: January 13 & 14

WIN A GIFT CARD!

Help us learn more about what 4-H does for you! We are giving away a $10 Target gift card to the first 50 youth that complete all their Sparks Surveys in the Online Record Book. Surveys open October 1, 2017 and close January 31, 2018. Gift cards will be mailed to you in early November. Winners will be notified via email in late October.

Without the Sparks Surveys, we wouldn’t know this about our 4-H youth:

85% are interested in science
86% have a positive attitude towards physical activity
83% are involved in their community

“What I like most about 4-H is that I can be who I want to be. I can express myself at the meetings and I’m able to raise an animal. I really enjoy doing that. I love the activities that 4-H has to offer such as cooking, food preservation, outdoor cooking and being able to volunteer my time to help my community” - Youth, Santa Barbara

To access the surveys, use this link: https://4horb.ucanr.edu/login.cfm

Your 4hOnline login email is the same to login to ORB. Surveys you need to take will all be listed – it’s easy to take them!
4-H Club News

Grangeville 4-H

The Grangeville 4-H Club is ready for another year of 4-H. New officers and club leaders have been installed. Both club meetings and projects are underway! Members are gearing up for the upcoming "Paint the Town Purple" event. The club members will be collecting money for the American Cancer Society. Grangeville 4-H is hoping to see you at the Relay for Life event on October 14th. Club members are also busy selling tickets for the 4-H Council drive thru dinner that will be held on November 1st. See any Grangeville members for tickets for a ready to eat tri-tip dinner. The many upcoming events are sure to keep club members busy this Fall!

Submitted by,  
Laura Denham, Reporter

Kings Harvest 4-H

Welcome back every one to a new 4-H year! On September 11, 2017 the Kings Harvest Club had our very first meeting of the year. It was just like any other meeting. We did the Pledge of Allegiance and then the 4-H pledge. Then we installed the new officers. The names of the new officers are:

- President: Thomas Rosa  
- Vice President: Mary Rosa  
- Secretary: Morgan Spiro
- Treasurer: Giovanna Champi  
- Reporter: Kendall Eurick  
- Historian: Anna & Abigel Dooley
- Sargent of Arms: Tanner, Blake Ozuna & Hanna Dutra
- Healthy Living Officer: Kendra Ward

After that we then discussed some 4-H stuff regarding the new year of 4-H. Then we played a bean bag toss game inside and then we ended the meeting. Have a good rest of the month 4-Hers!

Submitted by  
Kendall Eurick, Reporter

Island 4-H

At the Island 4-H September meeting we had our new officer installation. We also voted on our club fundraiser for this year. Our Activity Director had us play a game where we would find something on her list such as a pen... and if we had the object, the first person to give it to her without running would get a fruit snack. She called it the pocket scavenger hunt. IT WAS A FUN GAME! We also had an ice cream social.

Submitted by  
Elia Nava, Reporter

Lemoore 4-H

Lemoore 4-H is gearing up for another great year! At our first meeting for the new year we installed our new officers and welcomed our new members. We had a wonderful ice breaker activity held by our recreation officer, Tyler Eller, and discussed our plans for the year. We met all of our project leaders, who are eager to get started! The general consensus was we can't wait to have another fun filled year.

Submitted by  
Lauren Vickers, Reporter
Hi! I’m Amanda Curtis and I’m a 5th year 4-Her from Corcoran. Eight years ago, I was adopted. When I first came to live with my family, I didn’t know they would be my forever family. I didn’t know what would happen to me. Now life is a lot different, but I want to help kids going through what I went through.

There are about 300 children in foster care in Kings County — they need support and hope and I want to help with my project.

I am making and collecting pillowcases for Kings County Foster kids. How you can YOU help? It’s easy! You can:

1) Sew a pillowcase* or cases to donate.
2) Donate fabric or funds for fabric.
3) Share this flyer with others.

*Directions for the pillowcases can be found here:

Donations can be dropped off at the Kings County UCCE/4-H Office, or at Sawtelle & Rosprim Machine Shop in Corcoran. For more information, contact Amanda Curtis at: cases4kidsproject@gmail.com or 559-759-8251
Kings County 4-H
“4-H for Hope”

Relay for Life

Saturday, October 14—15, 2017
Hanford High School

Event starts @ Noon on 10/14 and ends @ 9:00 am 10/15

To join our team go to: http://main.acsevents.org/goto/Kings4-H

For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net

4-H Clubs/Members can help in the following ways:

- Members and adults sign-up as team members, collect donations for the team, attend committee meetings, and come out to walk the day of the event.
- Clubs sign-up for a sub-committee at Council Meeting.
- Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).
- Purchase and/or sell luminaries.
- Donate items such as water, Gatorade, juice, snacks, etc. to sell the day of the event.

Team Committee Meetings to be held at 6:00 pm @ UCCE Office on below listed dates:

Wed., August 30th
Wed., Sept. 20th
Wed., Oct. 4th

University of California
Agriculture and Natural Resources 4-H Youth Development Program

RELAY FOR LIFE
American Cancer Society
DONATE $ AT CHECKOUT
SEND KIDS IN YOUR STATE
TO 4-H CAMP & OTHER LEADERSHIP EXPERIENCES
Help show what Kings County Agriculture means to you!

The Kings County Agricultural Commissioner is looking for photographs showcasing agriculture in Kings County for the 2017 Kings County Crop Report. Submit your favorite agriculture related photographs taken in Kings County for a chance to be featured.

Photos should include location taken, as well as photographer’s name, and 4-H Club.

A limit of 5 pictures per member can be submitted electronically to:

Shanna.Vickers@co.kings.ca.us (attachments need to be limited to less than 10 MB per email)

Or

Dropped off on a flash drive directly to the Agriculture Commissioner’s office located at

680 N. Campus Dr. Suite B
Hanford
Attention: Shanna Vickers

Flash drives should be labeled with a name and phone number to be returned.

Submissions must be received by MARCH 2, 2018 5:00 PM

The 2016 Crop Report can be found at:

www.countyofkings.com/departments/agricultural-commissioner

Contact Shanna Vickers or Janet Eckles at the Agricultural Commissioner’s office with any Questions (559) 852-2830
Typically, when parents think about their children’s health, they don’t think about their bones. But building healthy bones by adopting healthy nutritional and lifestyle habits in childhood is important to help prevent osteoporosis and fractures in life. Osteoporosis, the disease that causes bones to become less dense and more prone to fractures, has been called “a pediatric disease with geriatric consequences” because the bone mass attained in childhood and adolescence is an important determinant of lifelong skeletal health. The health habits your kids are forming now can make, or literally break, their bones as they age.

WHY IS CHILDHOOD SUCH AN IMPORTANT TIME FOR BONE DEVELOPMENT? Bones are the framework for your child’s growing body. Bone is living tissue that changes constantly, with bits of old bone being removed and replaced by new bone. You can think of bone as a bank account, where (with your help) your kids make “deposits” and “withdrawals” of bone tissue. During childhood and adolescence, much more bone is deposited than withdrawn as the skeleton grows in both size and density. Up to 90% of peak bone mass is acquired by age 18 in girls and age 20 in boys, which makes youth the best time for your kids to “invest” in their bone health. Building your children’s “bone bank” account is a lot like saving for their education: The more they can put away when they’re young, the longer it should last as they get older.

WHAT IS OSTEOPOROSIS? Osteoporosis is a disease that causes bones to become fragile and break easily. When someone has osteoporosis, it means his/her “bank account” of bone tissue has dropped to a low level. If there is significant bone loss, even sneezing or bending over to tie a shoe can cause a bone in the spine to break. Hips, ribs and wrist bones also break easily. There is no cure for the disease. Osteoporosis is most common in older people but can also occur in young and middle-aged adults.

HOW CAN I HELP KEEP MY KIDS’ BONES HEALTHY? The best way to help your kids develop healthy habits for life is to be a good role model. Research suggests that active children have active parents. If you make physical activity a priority and try hard to maintain a healthy diet, including plenty of calcium, chances are your positive lifestyle will “rub off” on them along the way.

Here are some things you can do:

2. Serve fat-free or low-fat milk with meals and snacks.
3. Stock up on calcium-rich snacks that are easy for hungry children to find, such as:
   - Cheese cubes and string cheese
   - Calcium-fortified orange juice
   - Yogurt and frozen yogurt
   - Cereal with low-fat milk
   - Almonds
   - Broccoli with yogurt dip
4. Limit access to soft drinks and other snacks that don’t provide calcium by not keeping them in the house.
5. Help your kids to find a variety of physical activities or sports they enjoy participating in.
6. Establish a firm time limit for sedentary activities such as TV, computers and video games.
7. Teach your kids to never start smoking, as it is highly addictive and toxic.

Talk to your children about their bone health, and let them know it is a priority for you. Your kids may not think much about health, but they are probably attracted to health benefits like energy, confidence, good looks and strength.

Provided by the University of California, CalFresh Nutrition Education Program