#GivingTuesday

4-H will once again participate in #GivingTuesday, the global day for giving back. The CA 4-H Foundation Board is working hard to raise matching funds. Gifts received on this day through online giving will be matched 1:1. Kings County is encouraged to donate early on November 28th so you don’t miss out on the opportunity to double your gift.

After Black Friday and Cyber Monday comes #GivingTuesday, a global day of giving back. This November 28th, join 4-H in giving life skills to our youth.

#GivingTuesday

Also in this edition.....
2- Council News
2- Welcome New 4-H Program Rep.
2- Volunteer Leader On line Training
2- Did You Know?
2- 4-H Program Fee Waivers
2- 4-H Enrollment
3- 4-H Family Handbook
3- Judging Day
3- Color Me Green Planning Mtg.
4- 4-H Presentations
4- Agriculture Photos Needed
4- Food Olympics Planning Mtg.
4- 4-H Sunday
5- 4-H Mini Grants
5- Relay for Life
5- Emerald Star News
6- Central Youth Summit
6- ORB Training Online
6- America’s Farmers
7- Shooting Sports Workshops
7- Spark Surveys
7- Nat’l Youth Summit-Agri Science
8- 4-H Club News
8- Find us on Facebook
8- UCCE Office Contacts

Insert- Ag. Photos Needed
Insert- Cases for Kids
Insert – Healthy Tips

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 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.
Council News
The next council meeting will be:
**Tuesday, November 7**
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!

**Welcome our New 4-H Program Rep.**

My name is Tiffany Watkins and I am the new 4-H Program Representative for Kings County. I am excited to be in this position and representing the 4-H Program for Kings County.

I have been involved with 4-H for many years. 4-H has such a positive impact on our youth and I look forward to being apart of this great program. Please contact me with any questions and I will see everyone out at the events.

Email: tawatkins@ucanr.edu
Phone: 559-852-2743

**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.

**Did You Know?**

The Kings County 4-H Council BBQ is the only fundraiser the council has during the year. The profits of the fundraiser provides the funds needed to run the local 4-H program. This includes the trophies, ribbons and medals given out at Judging Day, 4-H Fair, Presentation Day, Food Olympics, Achievement Night for Record Book and Project awards, trip scholarships for members and chaperones to attend Central Youth Summit, State Leadership Conference, Washington & California Focus.

Thank you for your support of the 4-H Program.

**4-H Enrollment**

Click on the link above for access to the 4-H Online enrollment system.

**2017-2018 4-H Program Fees**

* $10.00 per leader
* $36.00 per member

Fees are to be paid at your club meeting. After you have paid your fees the community club leader will confirm your status.
4-H Family Handbook

The State 4-H Office has published a New 4-H Family Handbook. The handbook has tons of useful information for not only new families but returning families as well.

Now available on the State 4-H website under Member Resources page. This handbook was created to help new families get to know the resources and activities available in 4-H in California. A County Contact Sheet is also part of the resources available, so you can keep your local 4-H contact information handy. This handbook will be updated regularly; please share any comments and suggestions for improvement with your county 4-H Program Representative.

Kings County 4-H Judging Day

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

Pre-register using this link:
http://ucanr.edu/survey/survey.cfm?surveynumber=21787
Pre-register now to avoid long lines on Judging Day.
Tri-tip Sandwich, chips & water will be available—$5.00

PARKING:
Enter the fairgrounds through Gate B on Hanford-Armona Road. Park in the grassy areas around the rabbit, swine and dairy barns as well as the area behind the dairy milking barn. Do Not park under the barns. Please be respectful of the RV group using the grounds and do not park in their area.

Pre-registered members:
Check in at the table marked PRE-REGISTRATION to pick up your judging cards.

Registration day of event:
Members will go to the table for their age division:
Primary—5-8 years old
Junior—9-10 years old
Intermediate—11-13 years old
Senior—14-19 years old
You will be assigned numbers and given cards for the judging classes.

Orientation:
All members will be seated in chairs in the Dairy Pavilion and listen to an orientation as to how the event will be run. Members will then be divided into group according to the colored dot on their Livestock card. All livestock classes will be judged in rotation first and then you will be able to judge the Home Economics and General classes after Livestock has been completed.

Awards Assembly:
The awards will be given out in the Dairy Pavilion after all tabulations are completed.

Color Me Green 5K Run/Walk Planning Meeting

Monday, November 27, 2017
5:30 pm UCCE Office

Cobi Revious has scheduled a meeting for Color Me Green 5K Run/Walk, 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 share the responsibilities of this huge event. Needed are:

- Course Manager
- Volunteer Manager
- Sponsorship Manager
- Marketing/Advertising Manager
- Vendor Manager

Plan to attend the meeting and volunteer to be a part of the event.
Contact Cobi Revious at 287-5732 for job descriptions.

4-H members are #TrueLeaders
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 be enrolled in the photography project to enter photos. Click below for a flyer explaining what is required.

Photos Wanted!!

4-H Presentations

Public speaking continues to be a cornerstone of the 4-H Youth Development Program. During the century long history of 4-H, the presentation program has expanded to include competitions and various public speaking formats. 4-H alumni will often mention that they learned how to speak more effectively through their participation in the 4-H presentation program. The Presentation Manual was designed to help guide 4-H members in developing their public speaking abilities. To learn more about 4-H presentations, please visit: [http://4h.ucanr.edu/files/2193.pdf](http://4h.ucanr.edu/files/2193.pdf).

Kings County 4-H Presentation Day will be held on Saturday, February 24th. It is never too early to begin working on a presentation!

**Please Note:** There have been some changes in the Presentation Manual. Some of the changes include the scoring key. The points required to earn a gold medal at the county level and advance to the next level have increased.

Food Olympics Planning Meeting

**Tuesday, November 7th**
6:00 pm UCCE Office

If you are interested in helping with the planning of the Food Olympics event, please attend the meeting.

The Food Olympics will be held in conjunction with County Presentation Day on-

**Saturday, February 24th**

Hanford West High School Cafeteria

The Food Olympics will include the following contests-

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

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

See the [Kings County 4-H website](http://4h.ucanr.edu/files/2193.pdf) for more information!!

4-H Sunday

Kings County 4-H members attended services at St. Brigid’s Church in Hanford in celebration of National 4-H Week. Members participated in the services by doing the readings and taking the gifts up to the altar. Thank you to the Warmerdam Family from Kings River 4-H for coordinating the service.

Clubs represented at 4-H Sunday were Grangeville, Kings Harvest & Kings River.
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. Leaders Council will review the grants and respond accordingly.

Relay for Life 4-H for Hope Team

Congratulations to the Kings County 4-H Relay for Life team for attaining their fundraising goal. The team raised a total of $1,715.00 for the fight to find a cure for cancer. Special thanks to the following for their help with the campsite and car race:

Michelle White-Chairman
Grangeville 4-H ~ Paint the Town Purple
Car & Race ~ Island 4-H
Car Drivers ~ Maxx Muldoon & Jack Crisp
Survivor Bags ~ Kings River 4-H & Kelley Medeiros
Silent Auction Basket ~ Lemoore & Kings Harvest 4-H
Drinks/ Snacks ~ Lemoore & Mid Valley 4-H
Set up & Take Down ~ Renee Creech, Kayla McCalvy, Cobi Revious, Vickers Family, Michelle White, Terrie Evangelo
Overnight chaperone ~ Shanna Vickers

A BIG thank you to the walkers who showed their support for the team by walking laps throughout the day and evening. Michelle White, Kristen Menezes, Jeri Ramirez, Trista Fry, Ben & Brandon Rossi, Addison & Frankie Fagundes, Jayleen Chavez, Shanna, Lauren & Brody Vickers, Cathy & Bonnie Lowas, Jamison Blanchard, Cawley Family, Maxx Muldoon, Gwen & Adallyn Luna, Cobi Revious, Renee Creech, Jillian Willhite, Kayla McCalvy, Justin, Jeff & Alicia Gerking.

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.

Cases for Kids flyer

The next round of applications for an Emerald/Ruby 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
Central Youth Summit (LCORT)

Leading the Pack

January 26-28, 2018

Fee: $150.00 (scholarships available)
Conference T-shirt: $10.00

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 central area.

Registration Link-Deadline December 1st
http://ucanr.edu/survey/survey.cfm?surveynumber=21680

Kings County 4-H Council offers 8 scholarships that pay 1/2 of the fee to members who have not previously attended. There will be 8 additional scholarships available to members who have previously attended. Members must apply using the form below and submit an Annual Project Report (APR) or Record Book from last year.

The State Management Board is offering 2 full fee waivers ($150.00) for Central Youth Summit. Contact the UCCE Office if you are interested in finding out more about these waivers.

Trip Scholarships Eligibility Criteria Trip Scholarship request form

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, January 13, 2018 from 9am-noon

Pre-registration is not necessary! Check out the flyer here for login instructions. ORB Support Website is filled with both written instructions and "How to" videos to help you navigate using the CA 4-H Online Record Book.

America’s Farmers Grow Communities

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

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

Share this opportunity with the farmers in your life on the Grow Communities Facebook page www.Facebook.com/AmericasFarmersGrowCommunities. This page provides program updates, posts about advocating for ag and information about winners. You can also join the conversation on Twitter using #GrowCommunities. The program is part of the America’s Farmers initiative, which has awarded more than $29 million to farming communities in the past five years. For eligibility requirements and more information go to www.AmericasFarmers.com.
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 trainings 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/](http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/). Training will be held on the dates listed below.

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Date</th>
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<tbody>
<tr>
<td>Rifle</td>
<td>November 18 &amp; 19</td>
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<tr>
<td>Pistol</td>
<td>December 9 &amp; 10</td>
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<tr>
<td>Shotgun</td>
<td>November 18 &amp; 19</td>
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<tr>
<td>Archery</td>
<td>December 9 &amp; 10</td>
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<tr>
<td>Western Heritage</td>
<td>January 6 &amp; 7</td>
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<tr>
<td>Muzzle Loading</td>
<td>January 13 &amp; 14</td>
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2018 National Youth Summit on Agri-Science

January 12-15, 2018
National 4-H Conference Center in Washington, DC

Register and find out more information at [National 4-H Youth Agri-Science Summit](http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/).

Join delegates from across the country to explore Why science in agriculture is important, and why it matters to me and my community. Registration closes on December 29th.

High school students, grades 9 through 12, are invited to participate and discover the role science plays in our food, animals, and health. They’ll hear from today’s science leaders about advancements in science and technology impacting our global food supply to understand just how much science matters in our everyday lives. Attendees will be immersed in an agenda focused on agriculture, food security, and sustainability while also getting the chance to learn more about careers in agri-science and develop action plans to impact their community.
4-H Club News

Corcoran 4-H

The first thing we did was call the meeting to order as well as recite the flag salute and 4-H pledge. We went over our budget, minutes and talked about the Cotton Festival. We had a presentation from Roxy Hart about a cat rescue house. The owner takes as many abandoned or stray cats as she can manage to give them a place to live. This owner bought a 5-bedroom home for not only cats but also peacocks and dogs. We will be collecting donations for our next meeting for this rescue project. Donations should include, food, litter, bleach, pads, cleaning supplies, etc. To donate you can either bring it to the next 4-H meeting or find them on the web at http://www.cathouseonthekings.com/. We also talked about the County 4-H BBQ Fundraiser on Nov. 1. The $25 ticket includes a cooked tri-tip with dinner rolls for a family of 6. We will be having a pick-up location for people in Corcoran who purchase tickets. If you are interested in ticket, please contact Rochelle VanVelson at 310-869-1978. Our next meeting is on Monday, November 13 at 6pm at Cooper Hall, John Muir Middle School.

Submitted by,
Grace VanVelson, Reporter

Grangeville 4-H

The Grangeville Club was active with community service this past month. They were in charge of the Paint the Town Purple Event and got area clubs involved in collecting money for the American Cancer Society. Grangeville members also were quick to sign up to collect money and walk laps at the Relay for Life event on October 14th. Club members were also busy selling tickets and baking desserts for the 4-H Council drive thru dinner that will be held on November 1st. Lastly, Grangeville members had fun dressing up for their annual costume contest. October was a “Boo”sy month for Grangeville 4-Hers.

Submitted by,
Laura Denham, 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.

Oakvale 4-H Member attends National Rabbit Convention

Trista Fry, a member of the Oakvale 4-H Club, attended the Nation Rabbit Convention in Indianapolis, Indiana in early October. She was a member of the District 2 Intermediate Judging Team and Breed ID Team. The team consisted of Riley Wright, Betina Cavaletto, Trista Fry and Katie Sharp. Although they did not place in the top three, Trista had a fantastic learning experience.

University of California Cooperative Extension Kings County 4-H Contacts

Tiffany Watkins  
UCCE 4-H Program Representative (50% time)  
852-2743  
tawatkins@ucanr.edu

Teresa Evangelo  
4-H Support Staff  
852-2731  
tlevangelo@ucanr.edu

OFFICE HOURS: 8am-12 noon and 1pm-5pm  Monday-Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
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.

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:

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

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
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
WHAT WILL YOUR NUMBERS SAY?

The average American is expected to consume some 3,157 calories this Thanksgiving, and that’s only if you don’t go back for seconds. Put your stretchy pants on—Thanksgiving is coming fast. It’s estimated that the average American consumes over three times the daily number of recommended calories on the unofficial kick-off to the holiday season (depending on your weight, you can pack on as many as five pounds by the time New Year’s Day rolls around). So, what’s the best way to avoid overeating on Turkey Day and control your calorie count? Don’t skip breakfast! Although many people avoid eating to “save room” for the big feast, eating something small in the morning means you won’t be starving by the time the turkey is carved. It also helps to be aware of the foods that pack the most calories, and modify your portion size accordingly. If this is the year you’re finally going to keep your winter waistline in check, take a look at how your dinner plate breaks down nutritionally:

**Turkey (dark meat with skin)**  
Serving size: Two or three slices (8 oz.)  
Calories: 424  
Fat: 17.8g  
Carbs: 9g  

**Green bean casserole**  
Serving size: 1 serving  
Calories: 161  
Fat: 9g  
Carbs: 17g  

**Cranberry sauce**  
Serving size: 1 slice  
Calories: 86  
Fat: 0g  
Carbs: 22g  

**Sweet potatoes with marshmallows**  
Serving size: 1 heaping scoop  
Calories: 609  
Fat: 8.8g  
Carbs: 131.6g  

**Pumpkin pie**  
Serving size: 1 slice  
Calories: 316  
Fat: 14g  
Carbs: 41g  

**Stuffing**  
Serving size: 1 cup  
Calories: 320  
Fat: 18g  
Carbs: 42g  

**Mashed potatoes and gravy**  
Serving size: 1 cup + 1/4 cup  
Calories: 237 + 206 (443 total)  
Fat: 9g + 16g  
Carbs: 35g + 8g  

**Cornbread**  
Serving size: 1 piece  
Calories: 173  
Fat: 5g  
Carbs: 28g  

**Pecan Pie**  
Serving size: 1 slice  
Calories: 503  
Fat: 27g  
Carbs: 64g  

**Total**  
Calories: 3035  
Fat: 124g  
Carbs: 385.6g

**Recommended daily intake**  
Calories: 2,400 (men) 1,850 (women)  
Fat: 80g, 62g  
Carbs: 360g, 275g

Enjoy your food, but eat less. Avoid oversized portions.

Contributed by University of California, CalFresh Nutrition Education Program