KINGS COUNTY

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

YOUTH TALK
JUNE 2018

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Congratulations

to our selected
2018/2019
Kings County All-Stars

Paige Clarke (Island 4-H)
Hannah Costa (Kings Harvest 4-H)
Hadley Garcia (Island 4-H)
Elliot Martin (Kings River 4-H)
Reilly Nava (Island 4-H)
Kassidy Sheldon (Kings River 4-H)

All-Star Advisor: Angela Loogman

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County Ambassadors

Isabella Cawley (Grangeville 4-H)
Amanda Curtis (Corcoran 4-H)
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Brandi Garcia (Kings River 4-H)
Garret Martin (Kings River 4-H)
Steven Loogman (Kings River 4-H)
Rory Valov (Kings River 4-H)

Ambassador Advisor: Shanna Vickers

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Summer Camp

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Caring Counts
Cases for Kids
Nutritional Facts

Deadline
4-H News articles due for Youth Talk – June 22nd
Please send all articles to ~ tawatkins@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 at (559) 852-2561.

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Happy Father’s Day!
Council News
The next council meeting will be:

No Council Meeting
scheduled for June

Welcome Kayla McGrew

to our UCCE Staff.

Kayla has accepted the
position of Office Assistant
and will make a great
addition to our team.

Kayla was involved in 4-H as a youth member
and is now excited to be in the 4-H Office. Kayla
is in the office at 50% time.

kayla.mcgrew@co.kings.ca.us  (559)852-2731

Record Books will be Due Soon!
Contact your Club Leader for turn-in dates....

About 4-H Record Books
The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. Completing a 4-H Record Book is a process where you record project and club work using a standard format.

Why have 4-H Record Books?
Completing the Personal Development Report in the Record Book provides you an incentive for participation, learning, and achievement.

Benefits of completing a 4-H Record Book:
• Practice Records Management
• Reflect on your yearly work
• Measure your achievements and growth throughout your years in 4-H.

4-H Online Record Book (ORB) - Login

ORB User Guide
(record book are optional & not a 4-H requirement)

Up Coming Events—Save the Date

Up Coming 4-H Events you won’t want to miss!

Kings Fair
June 7 to 10, 2018

California State Fair
July 13 to 29, 2018

Kings/Tulare 4-H Summer Camp
July 22 to 27, 2018 @ Huntington Lake

2018/2019 4-H Enrollment
opens July 1st, 2018

Keep Your Animals Safe and Healthy at the Fair!
Youth from different 4-H Programs participated in a recent Bio-Security Research Project on how to formulate changes to decrease the potential of pathogen transmission at their county fair.

Check out this 5 minutes Video!

Bio-Security Video
(Best Practices for exhibitors to keep everyone healthy at the fair)

4-H Enrollment

4-H Online Enrollment Link
The Kings Fair
June 7—10, 2018

The Kings Fair Information

More information and Catalogs are available on the Kings Fair website

2018 Livestock Schedule
2018 Home Arts Schedule

Please contact the Fair Office for more information or details with the 2018 Fair Schedule

The Kings Fair
(559) 584-3318

See you at the FAIR!!

Kings River 4-H & Delta View 4-H Clubs are selling pre-sale ride carnival wristbands for $25.00. Contact a club member to purchase your wristband!
State Leadership Conference (SLC)
July 26th—July 29th, 2018
UC Davis

The annual California 4-H State Leadership Conference brings together youth (ages 13-19) from across California for leadership training, networking, and a memorable learning experience.

- Advanced leadership training
- Network and share ideas with other 4-H’ers from across the state.
- Experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Experience a slice of college life: live in the residence halls, eat in the dining commons, and participate in educational sessions, many of which are taught by University of California faculty and staff.

Registration Link: http://4h.ucanr.edu/4-H_Events/SLC/

2018 Tulare-Kings Summer Camp
July 22nd—27th, 2018
Huntington Lake

What is 4-H Camp?

4-H Summer Camp is a six-day, five-night overnight summer camp for youth ages 9 (as of 12/31/18) through 13 (completed 8th grade in 2018) years old. The camp planning is done by the youth camp staff (ages 14-19, current high school members) and adult camp committee. The goal of our staff is to create an exciting and nurturing environment where youth can develop self-confidence, teamwork, and try fun challenges. We want youth to get a sense of connection with themselves, their friends, and the environment. The camp activities are directed by the youth camp staff during the week of camp. Campers are divided into groups with youth staff members as leaders. The groups meet every day to plan skits, play sports, have craft time and have fun. Being in a group allows campers to meet new youth and make life-long friendships. The food at camp is prepared by experienced cooks and we have a nurse on-site at all times. (Registration Fee $300.00)

For More Camp Information, please click here:
http://ucanr.edu/sites/4-H_Tulare/4-H_Events/4-H_Summer_Camp/

To Register On-line, please complete this registration link:
https://ucanr.edu/survey/survey.cfm?surveynumber=24650
Kings County
CLUB News

Island 4-H

Submitted By: Reilly Nava
Meeting Schedule: 2nd Tuesday of the month at Island School, Lemoore
Club Contact Info: Lara Felipe
lara.felipe@ymail.com

This month Island 4-H met up at the Island school cafeteria and had there meeting. We had officer elections and we are proud to say our president for next year will be Hadley Garcia, Vice President is Brandon Rossi, and reporter is Anna Felipe. Our activity director is Angelina Raulino and our Sargent of arms is Ben Rossi. Can’t wait to have another amazing year, we also celebrated may birthdays and went over new and old business. Over all the meeting was great see you next month!!

Mid-Valley 4-H

Submitted By: Jillian Ramirez
Meeting Schedule: 2nd Monday of the month at Kit Carson School, Hanford
Club Contact Info: Cobi Revious
crevious@yahoo.com

Fun Fun Fun is what Mid-Valley has been up to! Our camping group had there yearly camp out this month. Chase and Mason Nunes, Addison and Frankie Fagundes, Jillian Ramirez, Clayton Meneses, Kortney and Cole Rhoads and lots of family headed up to Camp Edison for a fun night of tent camping. They learned how to start a fire with a flint stick. They also learned "leaves of three let it be" this could be poison oak or poison ivy. They had a fun hike down to Shaver Lake where they swam, fished and explored. Over head a Bald Egale flew over the lake and they were able to watch a female Bald Egale on a tree stump eating her prey. Kelsey Neff weighed and washed her steer and is preparing for the up coming Kings Fair. Lillian Barcelos attended 3 scrap book meetings and made a shadow box. We had a 22 rifle meeting Shelby Revous, Cole and Mason Nunes, Kortney and Cole Rhods and Jillian Ramirez all attened and shot over 50 rounds each. Clayton Meneses and his family attended Family Shooting day where they challenged one another in there shooting skills and had alot of fun. Mid-Valley is anxiously looking forward to this years Kings Fair we will keep you posted on how well we all did.

Corcoran 4-H

Submitted By: Grace VanVelson
Meeting Schedule: 2nd Monday of the month at John Muir Middle School, Corcoran
Club Contact Info: Rochelle VanVelson
rocheller65@hotmail.com

The May meeting for the Corcoran 4-H Club was held on Monday, May 14, 2018 at 6:00pm. The first thing we did as a group was that we were lead in pledges by Brittney Curtis and went over the last meeting’s minutes and old business. We then had time to go over our latest project reports and many people shared about going to Sectional Presentation Day (in Wasco), their presentations types and how they did as far as medaling. People also shared about project meetings and what they are working on. As far as new business goes, we split into groups and worked on project reports with our leaders. The reports were in preparation for the upcoming King’s Fair and they had to be turned in that night for review of good standing with the club. That night we also talked about the FFA/4-H practice fair and lunch which was being held on Saturday, May 19 at the school farm. The Corcoran 4-H Club was encouraged to participate with their animals and also help with awards and checking in people who were doing Showmanship. To close our meeting, we spoke about nominating new officers for next year and we will be announcing the new officers at the next meeting which is at Pizza Factory on Monday, June 4 at 6PM.
The Mid-Valley 4-H market goat project group has been very busy getting their goats ready for the Kings County Fair. We have held showmanship practice days, where we practice showing our goats and received instruction on how to improve. We are ready and excited for the fair!

The countywide poultry group has volunteered many hours of community service this past year. This is a great way to stay involved in your community and bring 4-H to the community. With being so involved and dedicated to their service work, the poultry group has received many donations to their project. Keep up the great work!

We want to hear what our county 4-H projects have been doing. Designate a project member to write a short article for the monthly Youth Talk. Submit your article to tawatkins@ucanr.edu by the 3rd Friday of the month.
CARING COUNTS

My name is Angelina Raulino, I am 13 years old and this is my 5th year in 4-H. For my Emerald Star Project, I am making starter bags for the Barbara Saville Women Shelter in Hanford. It is a difficult time for the women and children as they enter the shelter and I would like to create starter bags with the basics, to help get them started.

Some of the items that I would like to include in the bags are:

- Toothpaste
- Toothbrushes
- Soap
- Travel size shampoo
- Travel size conditioner
- Travel size hand lotion

Ways you can help:

- Donate items, this is a great way to go through and find good uses for the hotels items.
- Donate cash to purchase the items
- Share this flyer with others

Donations can be dropped off at:

- UCCE office, 680 Campus Drive, Suite A, Hanford CA 93230
- Call 559-362-1059 or email: caringcounts2018@gmail.com to make arrangements for pick up
- Bring to the Make Starter Bag Day on June 23, 2018 at 1:00 pm at Lemoore Trinity Small Hall, 425 Champion St, Lemoore CA 93245. This is the final day for this project.
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
County fair food: How to make healthy food choices

Posted on July 26, 2013 by Leutte Byrd, Michigan State University Extension

Fair season is here and for health conscious fair-goers finding healthy food choices are next to impossible. Michigan State University Extension recommends the following tips that can help you make better fair food choices:

- Don’t arrive hungry. Eat before you go so you can limit your food to a few treats instead of grazing on food all day.
- Drink plenty of water and stay hydrated, especially when the weather is hot.
- Check out all the offerings first, then choose three items over the course of the day. Ask for an extra plate and share your food choices. This way, you can taste a variety of food without doing too much damage.

According to the Calorie King website, fair food can range from 400 to 1,300 calories and 20 to 60 grams of fat per serving. Fair food is deep fried prepared in high amounts of butter, cheese, whipped cream and too much salt. Iowa State University Extension experts say a 150-pound person must walk one mile to burn off calories from consuming cotton candy; three miles for cheese on a stick; four miles for a corn-dog; five miles for a fried candy bar and 11 miles for a gigantic turkey leg.

There are a few healthier food options among corn dogs, funnel cake, cheese nachos, french fries, etc. Look for grilled foods like chicken, leaner cuts of meats like Philly steaks (without the cheese sauce), sandwich wraps, kebab’s, corn on the cob and sweet treats like fresh fruit, frozen yogurt, bananas, small portions of ice-cream and lemonade. Consider bringing your own healthy snack food as most fairs allow people to bring food. Pack water, unsweetened and low calorie beverages and include fresh fruit and veggies to nibble on. Remember to split and share those extremely large specialty fair items with friends. Planning and having a strategy in place can help you make healthier choices as you walk the fair midway.

Here are more frightening nutritional figures, from the Calorie King web site, about fat and calories in food at the fair:

- Fried Snickers (5 oz.): 444 calories and 29 grams (g) fat
- Fried Twinkie (2 oz.): 420 calories/34 g fat
- Funnel cake (1): 760 calories/44 g fat
- Twinkie Dog Sundae: 500 calories/14 g fat
- Cotton candy: 171 calories/0 fat
- Fried cheesecake (6 oz.): 655 calories/47 g fat
- Foot-long hot dog and bun: 470 calories/26 g fat
- Giant turkey leg: 1,136 calories/54 g fat

Provided by the University of California CalFresh Nutrition Program