

University of California
 Agriculture and Natural Resources
Making a Difference for California

KINGS COUNTY



YOUTH TALK

May 2018

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Kings County 4-H News

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- State 4-H News
- JoAnn 4-H Rewards
- State Field Day
- State Conference (SLC)

Inserts—Flyers

Deadline
4-H News articles due for
Youth Talk – May 25th
Please send all articles to ~
tawatkins@ucanr.edu

The annual California 4-H State Field Day is



the largest and most comprehensive educational event for 4-H youth members and 4-H volunteer

educators. 4-H'ers from throughout the state come together to compete at the state level for various competitions. Learn more about the individual contests and activities below and on our [State Field Day event page](#).

Saturday, June 2nd, 2018 **UC Davis, West Quad**

Contests Include:

- [State 4-H Presentation Day](#)
- [State 4-H Fashion Revue](#)
- [State 4-H Photography Contest](#)
- [State 4-H Film Festival](#)
- [State 4-H Interview Contest](#)
- Entomology Contest
- Spark Surveys
- Primary Member activities
- [Plant Science Contest](#)
- Educational Exhibits and booths
- [Judging Contest](#)
- [Logo Contest](#)



Up Coming Events—Save the Date



Upcoming 4-H Events you won't want to miss!

State Field Day
June 2, 2018 @ UC Davis

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

The Kings Fair Registration is now open!

All Entries must be submitted by **Wednesday, May 9th**

[The Kings Fair Website Entry Page](#)



Calendar Planning Meeting

Thursday, May 24th, 2018, 6PM @ UCCE Office

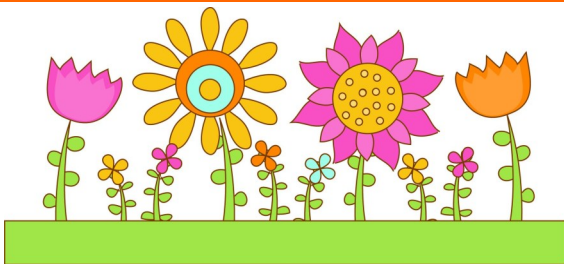
Did you have an event date that worked for you this past 4-H year? Or did you have an event date that had a conflict?? Please plan on attending our calendar planning meeting to plan out our event dates for the 2018/2019 program year!

If you are unable to attend, please email your suggested dates to tawatkins@ucanr.edu

Another Kings Fairground Clean-Up Day has been scheduled for:

Saturday, May 26th

The Kings Fair needs lots of help to get the fairgrounds ready for the county fair! Please plan on helping on this fairground clean-up day!



Council News

The next council meeting will be:

Tuesday, April 3rd

7:00 pm

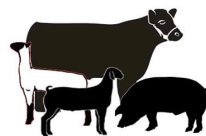
UCCE Office Multi-purpose Room

Host Club: Oakvale 4-H



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

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. They put together this video to educate exhibitors.

Check out this 5 minutes Video!

[Bio-Security Video](#)

(Best Practices for exhibitors to keep everyone healthy at the fair)



Kings County 4-H News



Cases for Kids



Amanda Curtis is working hard on her Emerald Star Project, Cases for Kids.

Amanda is making pillowcases for Kings County Foster Kids. She still needs your help by:

- Sew a Pillowcase
- Donate Fabric or Funds for Fabric
- Share the flyer with others

Please contact Amanda at cases4kidsproject@gmail.com or (559) 759-8251

(See Flyer for More Details)

Caring Counts



Angelina Raulino has been approved for an Emerald Star Project

She will be making bags for the Barbara Saville Women Shelter in Hanford

She is in need of donations.

Please see the flyer for a list of items needed. Money donation are also accepted.

Items or money can be dropped of at the UC-CE Office or you may contact Angelina at (559) 362-1059 or

caringcounts2018@gmail.com

Where can you purchase the 4-H Uniform Hat, Scarf, and Tie?

The 4-H Hat, Scarf, and Tie may be purchased from:

Leslie Carman 4-H Club Supplies
(888) 466-9433 or (805) 462-9433
www.4hsupplies.com



Also, Some of our local Kings County stores keep these accessories in stock:

Evangelho Feed & Seed—(9085 19 1/2 Ave, Lemoore, CA 93245), 559-927-7443

Sanchez Feed & Seed—(11320 Houston Ave, Hanford, CA 93230), 559-582-1787

(These companies are listed as a resource only and does not imply endorsement by the 4-H Youth Development Program).

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, you can 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.

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.

The Kings Fair
June 7–10, 2018

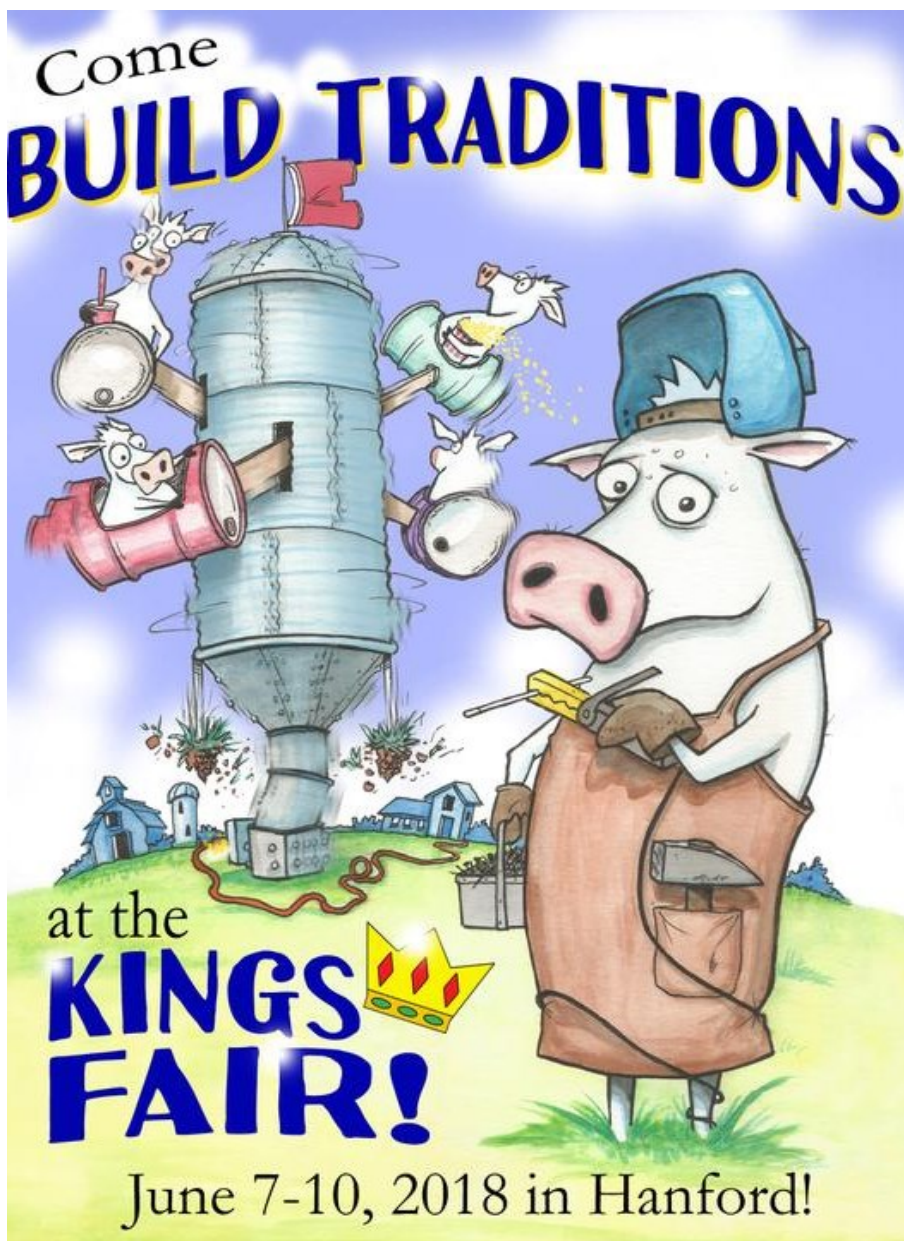
The Kings Fair Information

Entry links & Catalog are available on the
[Kings Fair website](#)

ALL fair Entries are due by Wednesday, May 9th, 2018.—[Entry Forms](#)

All entries will be submitted online except for the Jr. Indoor, Adult Indoor, and Dog Show entries. These 3 departments are paper entry, but still DUE to the fair office by May 9th.

* * * * *



Please Note some of the changes for this year.

The Fair has changed the schedule for this year. Please check out the updated schedule:

[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 Clean-Up Day
Saturday, May 26th

The Kings Fair needs your help to get the fairgrounds ready for Fair Week. Please plan on attending the clean-up day!

The Kings Fair
(559) 584-3318

CONGRATULATIONS TO ALL 4-H FAIR EXHIBITORS

The following members earned special awards at the 4-H Fair.

OUTSTANDING EXHIBITORS INDOOR EXHIBITS

General Projects

Lauren Vickers-Lemoore 4-H
Owen Dooley-Kings Harvest 4-H
Lilly Barcellos—Mid Valley 4-H

Photography

Megan Clarke-Island 4-H
Kendall Eurick-Kings Harvest 4-H
Regan Valov-Kings River 4-H
Gwynith Champlin—Kings Harvest 4-H
Anna Dooley-Kings Harvest 4-H

Clothing & Textiles

Laura Denham-Grangeville 4-H
Lilly Barcellos-Mid Valley 4-H
Ella Bettencourt-Kings River 4-H

Mary Oliveira Bezerra Award - (1st year Clothing Member)

Davin Collazo-Kings River 4-H

Home Arts & Crafts

Kallie Loogman-Kings River 4-H
Max Muldoon-Island 4-H
Regan Valov-Kings River 4-H
Jayda Yecny-Kings River 4-H
Brandi Garcia-Kings River 4-H

Food Nutrition

Lilly Barcellos-Mid Valley 4-H
Kyndall Schakel-Corcoran 4-H
Rory Valov-Kings River 4-H

Food Preservation

Lilly Barcellos—Mid Valley 4-H
Paige Clarke—Island 4-H
Austin Barcellos—Mid Valley 4-H

Dairy Foods

Gianna Warmerdam-Kings River 4-H

Beginning 4-H

Katelyn Warmerdam-Kings River 4-H
Austin Barcellos—Mid Valley 4-H

Scrapbooking

Lilly Barcellos -Mid Valley 4-H

Beginning 4-H

Wylee Barajas-Kings River 4-H

Place Setting

Brooke Winterowd-Kings River 4-H
Natalya Janik—Kings River 4-H



Quilting

Kendra Ward-Kings Harvest 4-H

People's Choice

Katelyn Warmerdam-Kings River 4-H

OUTSTANDING EXHIBITORS SMALL ANIMAL—LIVESTOCK

PYGMY GOAT

Best Exhibit

Trista Fry-Oakvale 4-H

Sr. Showmanship

Trista Fry-Oakvale 4-H

Champion Pygmy Goat

Trista Fry-Oakvale 4-H

Reserve Champion Pygmy Goat

Hadley Garcia-Island 4-H

DOG

Best Exhibit

Brooke Faria—Kings River 4-H

Jr. Showmanship

Ella Bettencourt—Kings River 4-H

Int. Showmanship

Elia Nave-Island 4-H

Sr. Showmanship

Reilly Nava-Island 4-H

Jr. Obedience

Brooke Faria-Kings River 4-H

Int. Obedience

Addison Fagunes-Mid Valley 4-H

Sr. Obedience

Hadley Garcia-Island 4-H

Agility - Large Dog

Elia Nava-Island 4-H

Agility - Small Dog

Hadley Garcia-Island 4-H

Off Lead Obedience

Brooke Faria-Kings River 4-H

Off Lead Agility

Brooke Winterowd-Kings River 4-H

POULTRY

Best Exhibit

Anna Dooley—Kings Harvest 4-H

Jr. Showmanship

Jack Crisp-Island 4-H

Int. Showmanship

Anna Dooley-Kings Harvest 4-H

Sr. Showmanship

Shelby Currie-Lemoore 4-H

Best of Show Poultry

Anna Dooley-Kings Harvest 4-H

Reserve Best of Show Poultry

Gwynith Champlin-Kings Harvest 4-H

RABBITS

Best Exhibit

Trista Fry -Oakvale 4-H

Jr. Showmanship

Grace Van Velson-Corcoran 4-H

Int. Showmanship

Jayleen Chavez-Kings River 4-H

Sr. Showmanship

Trista Fry-Oakvale 4-H

Best in Show Rabbits

Trista Fry-Oakvale 4-H

Reserve Best in Show Rabbits

Grace Van Velson-Corcoran 4-H

ROUND ROBIN COMPETITION SMALL ANIMAL

Junior Division Participation

Grace VanVelson-Corcoran 4-H
Ella Bettencourt-Kings River 4-H
Jack Crisp-Island 4-H

Intermediate Participation

Anna Dooley-Kings Harvest 4-H
Jayleen Chavez-Grangeville 4-H
Addison Fagundes-MidVally 4-H

Senior Division Participation

Trista Fry-Oakvale 4-H
Shelby Currie-Lemoore 4-H
Hadley Garcia-Island 4-H

DAIRY CATTLE

Best Exhibit

Carter Muir-Kings Harvest 4-H

Jr. Showmanship

Carter Muir-Kings Harvest 4-H

Int. Showmanship

Thomas Rosa-Kings Harvest 4-H

Sr. Showmanship

Mary Rosa-Kings Harvest 4-H

Grand Champion Dairy Cattle

Hannah Dutra-Kings Harvest 4-H

Reserve Champion Dairy Cattle

Skylnn Sozinho-Kings River 4-H

Jr. Dairy Champion Dairy Cattle

Sage Sozinho-Kings River 4-H

Jr. Dairy Reserve Dairy Cattle

Carter Muir-Kings Harvest 4-H

Sr. Dairy Champion Dairy Cattle

Hannah Dutra-Kings River 4-H

Sr. Dairy Reserve Dairy Cattle

Skylnn Sozinho-Kings River 4-H

Replacement Heifer Champion-

Holstein-Sage Sozinho-Kings River 4-H

AOB-Skylnn Sozinho-Kings River 4-H

Yearling Heifer Champion-

Holstein-Carl Mendes-Kings River 4-H

AOB- Carter Muir-Kings Harvest 4-H

BEEF

Best Exhibit

Jared Thompson-Lemoore 4-H

Jr. Showmanship

Thane Herman-Grangeville 4-H

Int. Showmanship

Melody Cavazos-Corcoran 4-H

Sr. Showmanship

Jared Thompson-Lemoore 4-H

Grand Champion Market Steer

Jared Thompson-Lemoore 4-H

Reserve Champion Market Steer

Lonni Oppendyk-Corcoran 4-H

Grand Champion Beef Market Calves

Jared Thompson-Lemoore 4-H

Champion Breeding

Lonni Oppedyk-Corcoran 4-H

SHEEP

Best Exhibit

Steven Loogman-Kings River 4-H

Jr. Showmanship

Noah Mendes-Kings River 4-H

Int. Showmanship

Steven Loogman-Kings River 4-H

Sr. Showmanship

Rory Valov-Kings River 4-H

Grand Champion Market Lamb

Steven Loogman-Kings River 4-H

Reserve Champion Market Lamb

Aubree Fagundes-Kings River 4-H

Champion Breeding Sheep

Steven Loogman-Kings River 4-H

DAIRY GOATS

Best Exhibit

Justin Gerking-Island 4-H

Jr. Showmanship

Kallie Loogman-Kings River 4-H

Int. Showmanship

Steven Loogman-Kings River 4-H

Sr. Showmanship

Tara Fry-Oakvale 4-H

Grand Champion Dairy Goat

Steven Loogman-Kings River 4-H

Reserve Champion Dairy Goat

Trista Fry-Oakvale 4-H

Junior Champion Dairy Goat

Trista Fry-Oakvale 4-H

Senior Champion Dairy Goat

Steven Loogman-Kings River 4-H

MARKET GOATS

Best Exhibit

Hayden Watkins-Mid Valley 4-H

Jr. Showmanship

Hayden Watkins-Mid Valley 4-H

Int. Showmanship

Misty Gomez-Corcoran 4-H

Sr. Showmanship

Brandi Garcia-Kings River 4-H

Grand Champion Market Goat

Hayden Watkins-Mid Valley 4-H

Reserve Champion Market Goat

Misty Gomez-Corcoran 4-H

SWINE

Best Exhibit

Kallie Loogman-Kings River 4-H

Jr. Showmanship

Cerenity Pacheco-Corcoran 4-H

Int. Showmanship

Audrey McCarty-Corcoran 4-H

Sr. Showmanship

McKenna Garcia-Grangeville 4-H

Grand Champion Market Swine

Kallie Loogman-Kings River 4-H

Reserve Champion Market Swine

Austin Pugh-Grangeville 4-H

Champion Breeding Swine

Kallie Loogman-Kings River 4-H

ROUND ROBIN COMPETITION

LARGE ANIMAL

Junior Division

1st—Kallie Loogman-Kings River 4-H

2nd—Hayden Watkins-Mid Valley 4-H

3rd—Thane Herman-Grangeville 4-H

4th—Noah Mendes-Kings River 4-H

5th—Carter Muir-Kings Harvest 4-H

6th—Cerenity Pacheco-Corcoran 4-H

Intermediate Division

1st—Steven Loogman-Kings River 4-H

2nd—Kyndall Schakel-Corcoran 4-H

3rd—Thomas Rosa-Kings Harvest 4-H

4th—Audrey McCarty-Corcoran 4-H

5th—Melody Cavazos-Corcoran 4-H

6th—Misty Gomez-Corcoran 4-H

Senior Division

1st—Trista Fry-Oakvale 4-H

2nd—Brandi Garcia-Kings River 4-H

3rd—Jared Thompson-Lemoore 4-H

4th—Rory Valov-Kings River 4-H

5th—Mary Rosa-Kings Harvest 4-H

6th—McKenna Garcia-Grangeville 4-H

THANK YOU!!!

To all the facilities and department chairs, clerks, leaders and parents who help make the fair successful.

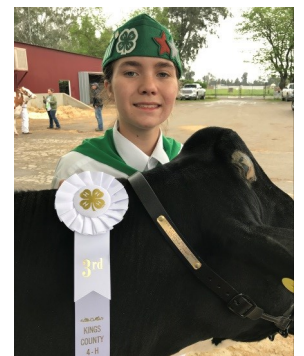
INDOOR EXHIBITS: 371

LIVESTOCK EXHIBITS: 211

**The Best Exhibitor award was presented to the participant that the JUDGE viewed as having the best exhibit in each species. The award was based on the quality of the animal shown, neatness, and cleanliness of the exhibit. This did not have to be the Champion of each division.



Pictures sent in from the 2018 4-H Fair!!





More 4-H News.....



JOANN 4-H Rewards



Save 15% with JOANN 4-H Rewards!

Current & lifetime members, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards. JOANN will give a minimum of 2.5% of every eligible transaction to support 4-H programming. [Sign up Today](#)



4-H Online
Record Book (ORB) - [Login](#)

Record Books will be Due Soon!

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** - Track your activities, events, profits and losses, skill development and learning experiences. In this competency skill you identify, create, classify, archive and preserve records.
- **Reflect on your yearly work** - Document your skill development and learning experiences in a written report.
- Measure your achievements and growth throughout your years in 4-H. Set goals, pursue strategies to meet those goals, and record how you may have had to shift gears in the face of challenges and obstacles.

[ORB User Guide](#)

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

Scholarship Recipients

Congratulations to our graduating seniors who have earned a college scholarship. Thank you for your hard work and dedication to the 4-H program. Good Luck as you continue with your educational goals.

Brazil Memorial All-Star Scholarship

Tara Fry and Kent Sheldon

Feaver Memorial Scholarship

Tara Fry—Oakvale 4-H

McCutcheon Memorial Scholarship

Drew Avila—Kings Harvest 4-H



***** Interested in being an Ambassador or All-Star Advisor for the 2018/2019 Program Year *****

We are looking for an adult 4-H volunteers to be the advisor to our group of All-Stars or Ambassadors for next year.

We are looking for someone who is:

- Caring
- Motivated
- Organized
- Passionate about Youth Development
- Willing to review the state leadership policy
- Demonstrates and teaches leadership skills
- Dedicated to our kids and the 4-H program

If you are interested in joining our leadership team, please complete the form and turn it into the UCCE Office or email it in.

[Leadership Advisor Application](#)



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 will be open soon, so start thinking about attending the CA State Leadership Conference!

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.



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>



Pictures from Fresno Grizzlies Baseball—My Job Depends on AG/4-H Night



Club News

Mid Valley 4-H

Mid Valley had lots to talk about this month. We had a shooting class at Kings Gun Center where Clayton Menezes shot over 124 rounds , Courtney Rhoades shot 75 rounds , Jillian Ramirez shot 100 rounds and Chelby Revious wasn't slowed down by her broken wrist, she shot over 75 rounds . Kelsey Neff presented us with an excellent healthy living report this April Meeting . She educated us on the importance of Calcium, and why it is so important to our bodies and where we can find it in our favorite foods. Now for the 4-H Fair, Mid Valley had so much fun participating! Hayden Watkins made grand champion market goat, and 2nd place in the round robin large animals. Addison Fagundes competed in dog care and received 1st place and went on to place 2nd in the round robin and 3rd in the small animal round robin. Nicolette Deftereos earned several ribbons for her entries in the indoor portion. Jillian Ramirez received 3 gold seals, one for her Valentines wreath, another for her ceramic Easter pot , and a gold seal for her homemade Jilli Balm. Austin Barcellos received best in show for food preservation and beginning 4-H. Lillian Barcellos received many awards as well including wood working and Fashion. Everyone is now looking forward to the Kings Fair with great hopes of doing just as good or better than the 4-H fair.

Submitted by Reporter Jullian Ramirez

Kings River 4-H

Happy Spring, 4-Hers! This month's Kings River 4-H Club meeting on April 9, 2018 had so many announcements that I can't wait to share with you! First, an invitation for all leaders, parents, and members to attend the monthly 4-H council meeting to learn more about 4-H and get your voice heard. Meetings held on the first Tuesday of every month at 7 pm at the ECCU Multi-Purpose Room. Are you a Junior or higher in High School? You could be the next District 7 Dairy Princess! Good luck to all the members who are going to the Regional Presentation Day in Wasco on April 28. Everyone who got Gold on their presentation at Presentation Day was invited. Christy Balderama from Kings County Human Services Agency sent Kings River 4-H club a letter thanking us for donating Christmas presents for foster kids. She writes that because of the support of clubs like ours, over 450 children received Christmas gifts. Good luck at the Kings Fair!

~ Gianna Warmerdam—Kings River 4-H Reporter

More Club News

Corcoran 4-H

April 2018 4-H Meeting—

To start our meeting off, we were led in the flag and pledges by Brittney Curtis and went through our minutes and reports. Madison Thomas, our treasure, led us in the treasures report and after, everybody had a chance to share their experience and stories about the Kings Fair. Everyone in the club participated so we got to hear about everyone's experiences and how they did. Kyndall Schakel, president, also mentioned merchandise and project reports that will be coming up soon. We then went over pins, medals, and stripes that you earned at the 4-H fair and how to get credit for the year. Also, anyone with a large animal in market will be needing to sign a contract to be in the auction at fair. These were due and the fair entries are due in May. At our next meeting, we will be doing project reports with our leaders and going over fair expectations and show times. Our next meeting, we will be the second Monday in May at Copper Hall at 6:00 p.m. Amanda also mentioned her friend is donating toiletries, so if you would like to donate drop them off to her and she will pass them down to her friend.

~ Respectfully Submitted by Grace VanVelson - Club Reporter

Grangeville 4-H

Busy, busy, busy describes the Grangeville 4H Club. Members were occupied getting items and livestock ready to exhibit in the 4H Fair that was held on April 5th. Macyn Cawley was excited to enter her suncatcher coaster in the Arts and Crafts exhibits. She was able to get a first place ribbon. Many other members also commented on the experience of the 4H Fair. Thane Herman said, "It was fun. I got first in Showmanship, third in Class and 3rd in Round Robin for my beef steer." The swine group did well too. McKenna Garcia got 1st place in senior showmanship. Austin Pugh stated, "I did great. I was 10th in showmanship and 1st in market and reserve champion." "I thought it was fun," said Anthony Gallegon. "I had fun showing my pig. I got 9th in Showmanship and 3rd place in market." In the Indoor Exhibits, Laura Denham received Best of Show in sewing her blue dress. All members were excited to get the chance to practice their skills before the Kings Fair on June 7-10th. Grangeville member Anna Rioux chaired a Day of Service on April 17th. Members met at Michaels and made cards to donate to various retirement homes. Thane Herman was busy organizing a fundraiser at Buffalo Wild Wings and members were able to go out to eat while earning money for the club. Other members were busy decorating the CE office for the month of April. After a successful fundraiser, the Swine club donated \$100 back to the Grangeville 4-H club. Leader Phillip Mello said that they wanted to give back to the club. In the April meeting, officer nominations were held and members will be voting on new officers in May. It looks like the Grangeville members will be looking forward to another busy month.

~ Submitted by Laura Denham

Countywide Poultry Project

The Kings Lion Club donated money to the countywide poultry project. **Thank You Lions Club!!!**



University of California Cooperative Extension Kings County 4-H Contacts

Tiffany Watkins
Vacant

UCCE 4-H Program Representative (50% time) 852-2743
4-H Support Staff 852-2731

tawatkins@ucanr.edu

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





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.

Cases for Kids

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:

<http://www.allpeoplequilt.com/millionpillowcases/instructions/RollItUp.pdf>

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

HEALTHY THINGS EVERY MOTHER SHOULD DO

We encourage moms to make their health a priority and take simple steps to live a safer and healthier life. While being a mother means caring for others, here are a few things moms can do to take care of themselves. Moms of every age can take steps to live a safer and healthier life.

- 1. Eat healthy:** You may have told your family, “Eat your fruits and vegetables”. It’s good advice for moms too!
 - Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
 - Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are filling and naturally low in fat and calories.
- 2. Move more:** Add physical activity to your life; its one of the most important things you can do for your health. Walk, run, dance, bike, swim, garden or do anything that will help you get the recommended min 2-1/2 hours of moderate activity each week. There are many benefits to physical activity. It can help:
 - Control your weight and increase your chances of living longer.
 - Reduce your risk of cardiovascular disease, type 2 diabetes and metabolic syndrome.
 - Strengthen your bones and muscles. Improve your mental health and mood.
 - Improve your ability to do daily activities and prevent falls.
- 3. Sleep well.** Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression. How you feel and perform during the day is related to how much sleep you got the night before.



What better gift to show your mom your love and appreciation than to cook something delicious for Mother’s Day. Try this spring salad.

Black Bean & Mango Salad

Ingredients

- | | |
|-----------------------------------|---------------------------------------|
| 1 cup coleslaw mix | 1 tablespoon finely chopped red onion |
| 3/4 cup diced ripe but firm mango | 1 tablespoon rice vinegar |
| 1/2 cup rinsed canned black beans | 2 teaspoons extra-virgin olive oil |
| 2 tablespoons salted pepitas | 8 leaves Boston lettuce |

Preparation

1. Combine coleslaw mix, mango, black beans, pepitas, red onion, vinegar and oil in a medium bowl. Serve the bean mixture on a bed of lettuce.

Make Ahead Tip: Refrigerate coleslaw-bean mixture for up to 1 day.



New veterinary clinic coming soon to Lemoore!!



K + K VETERINARY SERVICES

We will see all species including exotics and large animals. Doctors Kaitlen (Lawton) Betchel and Kayla McCrone will be offering both in hospital care as well as concierge medicine right to your home. Follow us on Facebook (K+K veterinary services), Instagram (kkvetservices) and Twitter (K+K Veterinary Services @kkvetservices) for both educational information as well as clinic updates.

Congratulations Kaitlen!!

Former Kings County 4-H Member, Kaitlen (Lawton) Betchel, has graduated veterinary school and has come back to the valley! Kaitlen (Lawton) Betchel and Kayla McCrone will be opening a vet clinic in Lemoore. They will be offering services to small, exotic, and large animals. Keep a look out for more information! Way to go Girls!

