

KINGS COUNTY



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



YOUTH TALK

JUNE 2018

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I pledge...

My Head **My Heart** **My Hands** **My Health**

To clearer thinking To greater loyalty To larger service To better living

For my club, my community, my country and my world.

University of California
Agriculture and Natural Resources
#UCANR4H

- State 4-H News
- State Conference (SLC)
- Summer Camp

- Inserts
- Caring Counts
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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

Congratulations
to our selected
2018/2019
County Ambassadors

Isabella Cawley (*Grangeville 4-H*)
Amanda Curtis (*Corcoran 4-H*)
Ashley Eller (*Lemoore 4-H*)
Anna Felipe (*Island 4-H*)
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




Deadline
4-H News articles due for
Youth Talk - June 22nd
Please send all articles to ~
tawatkins@ucanr.edu

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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

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.mcgreg@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.

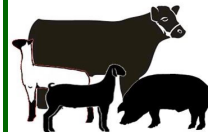


4-H Online
Record Book (ORB) - [Login](#)

[ORB User Guide](#)

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

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

**Enrollment for the 2018/2019 program
year begin July 1st, 2018.**

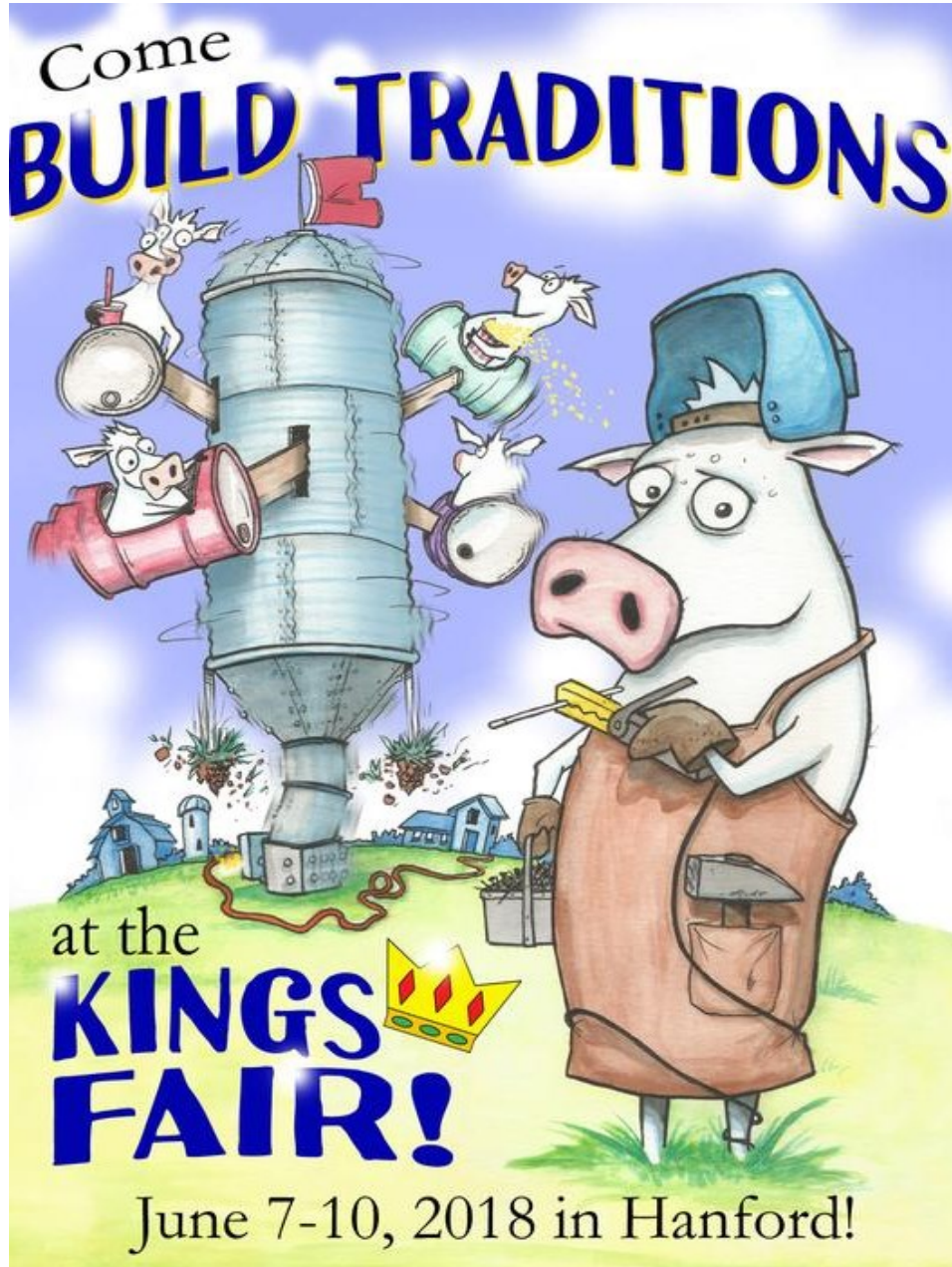
[4-H Online Enrollment Link](#)

See you at the FAIR!!

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

*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>



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@gmail.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 riffle meeting Shelbey 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.



Kings County CLUB News Continue...

Grangeville 4-H

Submitted By:
Laura Denhman

Meeting Schedule:
2nd Tuesday of the month at Pioneer School, Hanford

Club Contact Info:
Alicyn Cawley
lara.felipe@ymail.com

May was the last meeting of the year for Grangeville 4-H Club. The members were already looking forward to the upcoming year as elections for the 2018-2019 officers were held. In order to run for office, members had to prepare and present a speech and the club voted. The 2018-2019 officers are: President-Isabella Cawley, Vice-President-Avery Estes, Secretary-Dawyson Mello, Attendance Secretary-Makenna Garcia, Treasurer-Johnathan Thomas, Historian-Cameryn Soto, Reporter-Emma Estes, Healthy Living Officers- Austin Pugh and Thane Herman, Sargent of Arms-Ronnie Montgomery, Oliver Cawley, and Quinn Cawley, and the Sunshine Officers-Isabella Mello, Annie Gallegos, and Trinity Pugh. All of these officers were sworn in, promising to do their best. President Isabella Cawley stated, "For the upcoming Grangeville 4-H Club year, my main goal is to get our members engaged in more activities!" Dawyson Mello hopes to take in-depth notes and create an upbeat secretary's report. She says, "This next year is going to be a great year. Mrs. Cawley and Mrs. Riox are doing a great job with leading the club, and I can't wait to see how much better we get with them leading us." With all of these new officers, it is a recipe for a successful, organized, and fun year! 4-Hers have also been very busy gathering up their rewards and ribbons from a successful 4-H fair, and now everyone is looking forward to the Kings County Fair. ~ On behalf of the Grangeville 4-H Club, we hope to see you there!☺



Kings County PROJECT NEWS

GOATS



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!

POULTRY

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.

University of California Cooperative Extension Kings County 4-H Contacts

Tiffany Watkins
Kayla McGrew

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

852-2743
852-2731

tawatkins@ucanr.edu
kayla.mcgreg@co.kings.ca.us





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

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