



YOUTH TALK

OCTOBER 2024



KINGS COUNTY 4-H MONTHLY NEWSLETTER

HAPPENING THIS MONTH

- Oct. 1 Leaders Council Meeting 6:30 p.m.
- Oct. 4 Window Displays Due
- Oct. 6-12 National 4-H Week
- Oct. 10 Thursday Night Market Place Booth
- Oct. 19 Achievement Night/Leaders Recognition Dinner

4-H FUN FACT

The 4-H motto is "To Make the Best Better". The motto's goal is to encourage members to stretch their abilities to reach their full potential.



NATIONAL 4-H WEEK IS HERE!

National 4-H Week takes place October 6th - October 12th this year. The week is full of opportunities to promote 4-H.

[Read More - Page 2](#)

ACHIEVEMENT NIGHT & LEADERS RECOGNITION DINNER

Saturday October 19th
Corcoran HS TLC
5:30 p.m. Dinner
6:30 p.m. Awards

[See Flyer - Page 3](#)

ceking.s.ucanr.edu

KINGS FAIR DATES
JUNE 19 - 22, 2025



NATIONAL 4-H WEEK OCTOBER 6-12, 2024 "BEYOND READY"

October 4th - Window Displays Due

Every year during 4-H week there is a window decorating contest! Each club is encouraged to decorate a window at a local business to bring awareness to the 4-H program. The winning club receives a \$75 reward!



Shout out to Lane Toledo of Kings Harvest 4-H whose photo was chosen by the California 4-H State Office to be used as an official Zoom background!

October 8th - Board of Supervisors

The Kings County 4-H Ambassadors and 4-H Staff are presenting a proclamation at the Board of Supervisors meeting to have National 4-H Week officially recognized in Kings County.

October 10th - Thursday Night Market

Join us at the Kings County 4-H booth set up at the Thursday Night Farmer's Market in downtown Hanford. We would love to have members bring displays of their projects and to help recruit new families!



Share on Social Media!

- Sun Oct 6: #BeyondReady Day- How has 4-H made you #BeyondReady
- Mon Oct 7: Leader Appreciation- Highlight the 4-H leaders who have impacted you.
- Tue Oct 8: Healthy Habits- How has 4-H supported healthy habits for you?
- Wed Oct 9: Wear it Wednesday- Show your 4-H pride! Wear green or a 4-H shirt.
- Thu Oct 10: Throwback Thursday- Share photos of events and opportunities you've participated in because of 4-H!
- Fri Oct 11: Fair Friday- Preparing for fair is a big experience for 4-H'ers. Share your fair photos!
- Sat Oct 12: Share your Spark- Share how 4-H has helped you find and develop your spark.





Saturday
October 19, 2024
5:30 p.m. - Dinner
6:30 p.m. - Awards

Join us to
recognize the
achievements of
our 4-H community
during the 2023-
2024 4-H year

KINGS COUNTY 4-H ACHIEVEMENT NIGHT & LEADERS RECOGNITION DINNER

Corcoran High School | TLC Building
On the corner of Whitley and Dairy Avenues

Awards Presented

County Ambassadors
Record Book Medals
Project Medals
Officer Book Medals
Outstanding Project Awards
Leaders Awards

Must **RSVP** by October
11th to receive a
complimentary dinner

**TACO BAR, RICE, BEANS,
AND SALAD**

Members are invited to bring their projects or displays to showcase their
project work from the 2023-2024 4-H year

Join us for a

STAR WARS SURPRISE

IMPORTANT LINKS

ACHIEVEMENT NIGHT
RSVP

THE EVENT WILL TAKE PLACE ON SATURDAY OCTOBER 19TH IN THE TLC BUILDING AT CORCORAN HIGH SCHOOL. THERE WILL BE A COMPLIMENTARY DINNER OF TACOS, RICE, BEANS, AND SALAD SERVED. DINNER WILL START AT 5:30 P.M FOLLOWED BY THE AWARDS CEREMONY AT 6:30. PLEASE FILL OUT THIS [SURVEY](#) OR EMAIL CDAHILL@UCANR.EDU TO RSVP BY OCTOBER 11TH IF YOU WOULD LIKE TO HAVE DINNER. WE ARE LOOKING FORWARD TO SEEING YOU THERE!

VIRTUAL COOKING
PROJECT

WOULD YOU BE INTERESTED IN PARTICIPATING IN A COOKING PROJECT THAT MEETS VIRTUALLY OVER ZOOM? 4-H'ERS WOULD COOK IN THEIR OWN KITCHENS AT HOME WHILE FOLLOWING ALONG WITH THEIR PROJECT LEADER AND FELLOW MEMBERS ON ZOOM. PLEASE COMPLETE THIS [SHORT SURVEY](#) TO LET US KNOW IF THAT IS SOMETHING YOU ARE INTERESTED IN! IF WE HAVE ENOUGH INTEREST, WE WILL PLAN A COUNTYWIDE VIRTUAL COOKING PROJECT TO TAKE PLACE THIS YEAR. LET ME KNOW IF YOU HAVE ANY QUESTIONS!

LEADER SPECIAL
RECOGNITION

DO YOU HAVE A 4-H ADULT VOLUNTEER THAT YOU WOULD LIKE TO HAVE RECOGNIZED AT THIS YEAR'S ACHIEVEMENT NIGHT? KINGS COUNTY 4-H'S ADULT VOLUNTEERS WORK HARD AND VOLUNTEER THEIR TIME TO PROVIDE AWESOME EDUCATIONAL OPPORTUNITIES TO OUR YOUTH MEMBERS. IF YOU HAVE A LEADER OR GROUP OF LEADERS THAT YOU FEEL DESERVE SPECIAL RECOGNITION FOR THEIR WORK IN THE 2023-2024 4-H YEAR, PLEASE COMPLETE [THIS SURVEY](#) TO NOMINATE THEM.

COUNTYWIDE DEBATE
PROJECT

DO YOU LIKE PUBLIC SPEAKING BUT WANT TO TRY SOMETHING DIFFERENT? HOW ABOUT JOINING THE COUNTYWIDE DEBATE PROJECT! THIS PROJECT IS NEW THIS YEAR AND WILL BE FOR INTERMEDIATE AND SENIOR MEMBERS AGES 11-18. THE PROJECT WILL MEET IN-PERSON IN HANFORD. SUBMIT YOUR INFORMATION TO [THIS SURVEY](#) IF INTERESTED AND I WILL PASS ALONG YOUR INFORMATION TO THE PROJECT LEADER MADISON THOMAS.



COUNTYWIDE PROJECTS

Countywide projects are open to members of any club! If you would like to join these projects please email cdahill@ucanr.edu to get signed up.



• RABBITS

- OPEN TO ALL MEMBERS
- BASED OUT OF ISLAND 4-H
- LEADERS: JOE AND KATHY LUGO

• DOG

- OPEN TO ALL MEMBERS
- BASED OUT OF GRANGEVILLE 4-H
- LEADER: HEATHER THOMAS

• COOKING

- OPEN TO ALL MEMBERS
- VIRTUAL MEETINGS OVER ZOOM
- BASED OUT OF CORCORAN 4-H
- LEADER: MELANIE CURTIS

• SHOOTING SPORTS: RIFLE AND PISTOL

- OPEN TO MEMBERS 9 YEARS AND OLDER
- BASED OUT OF GRANGEVILLE 4-H
- LEADERS: JIM SAYLES

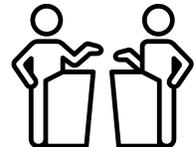
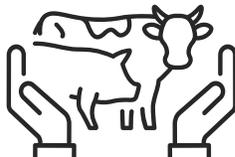
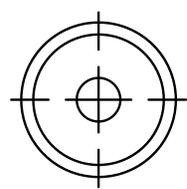
• LIVESTOCK JUDGING

- OPEN TO MEMBERS 9 YEARS AND OLDER
- BASED OUT OF GRANGEVILLE 4-H
- LEADER: SARAH WEBER

• DEBATE

- OPEN TO MEMBERS 11 YEARS AND OLDER
- BASED OUT OF CORCORAN 4-H
- LEADER: MADISON THOMAS

RABBIT MEETING
 THURSDAY OCTOBER 17, 2024
 6:30 P.M.
 KINGS UCCE MULTI-PURPOSE ROOM
 680 N. CAMPUS DRIVE, SUITE A
 HANFORD, CA 93230



WANT TO CONTRIBUTE TO THE YOUTH TALK?

We would love to have submissions from our 4-H members, especially the club reporters! Submit photos, articles, or info you would like shared with the Kings County 4-H program by the last Thursday of the month to be featured in the next Youth Talk. Please send reports to cdahill@ucanr.edu



ADULT VOLUNTEER OPPORTUNITIES

LEADERS COUNCIL

WHAT IS IT?

The Kings County 4-H Leaders Council is made up of 4-H volunteers and senior 4-H members. The council oversees the county program by planning events, creating committees, and voting on important program business. Council meetings are open to all 4-H volunteers, parents, and 4-H members.

WHEN DOES IT MEET?

First Tuesday of each month
6:30 p.m.
 Kings UCCE Multi-Purpose Room
 680 N. Campus Drive Suite F
 Hanford, CA 93230

IN-PERSON & VIRTUAL!

If you can't make it in-person, join the meeting virtually on Microsoft Teams! Link: [Join Council Meeting Now](#)
 Meeting ID: 256 037 947 845
 Passcode: YEnUpt

UPCOMING MEETINGS

October 1st, November 5th, December 3rd



WE WANT YOU!

In order to make our program the best it can be, we need more participation and input from our volunteers, parents, and 4-H members!

We are asking for one youth member per club to attend each meeting & give a club report. The meetings are also open to youth members who would like to give a presentation.

Youth who give a report or presentation at a council meeting will receive a raffle ticket. One winner per council meeting will be chosen. Winner will get to choose from a variety of prizes.

New this year!
 Hybrid Meetings

September's Leaders Council Raffle Winner was **Brylee Hunter** from **Corcoran 4-H** - She gave a presentation about her **Goat Project!**

Winter 2025 Online Workshop Series for 4-H Project Leaders

Series is 8 hours (4 sessions, 2 hours each)
 Tuesdays in February | 6:30-8:30pm

Learn about your role, lesson planning, making learning hands-on and engaging, working with youth of all ages, and working with junior and teen leaders.

Register at <https://bit.ly/4HPL2025>
 Complete the series to earn a 4-H name badge.

UNIVERSITY OF CALIFORNIA
 Agriculture and Natural Resources

Thur, Oct 17
 7 - 8 pm

Fun with a Purpose: Creating Belonging in 4-H

Explore different types of group activities that foster belonging in 4-H in a fun way with **Scott Mautte, MS**

REGISTER
bit.ly/Fun-with-a-Purpose

A special thank you to Topaz, Jayden, Madison, Jennifer T., Andrea, Tony, Jennifer B., Jennifer C., Houston, and Sarah for attending the Volunteer Orientation on September 17th!



Community Service Opportunities

MID VALLEY 4-H WELCOMES YOU TO PARTICIPATE!

TEEN LEADER KADEN JOHNSON HARGIS AND LEADER TAMMY JOHNSON INVITE ALL 4-H CLUBS IN KINGS COUNTY TO PARTICIPATE IN THE FOLLOWING MONTHLY DONATION DRIVES TO SUPPORT ORGANIZATIONS IN OUR AREA. PLEASE DROP OFF DONATIONS TO THE KINGS UCCE OFFICE OR CONTACT TAMMY BY THE 10TH OF EACH MONTH SO DONATIONS CAN BE TAKEN TOGETHER.

- **OCTOBER- CASA (COURT APPOINTED SPECIAL ADVOCATE) (587-9908)**
 - THEY ARE ASKING FOR CARD GAMES AND BOARD GAMES FOR THEIR OLDER CHILDREN 12-18. ANYTHING THAT YOU THINK THAT AGE GROUP WOULD ENJOY.
- **NOVEMBER- KINGS COUNTY SHERIFF'S OFFICE (584-1431)**
 - COLORING BOOKS, MARKERS, CRAYONS, GIFT CARDS TO FAST FOOD PLACES FOR CHILDREN THAT ARE WAITING FOR CPS OR A FAMILY MEMBER.
- **DECEMBER - HANFORD POLICE DEPARTMENT (585-2850)**
 - COLORING BOOKS, MARKERS, CRAYONS, GIFT CARDS TO FAST FOOD PLACES FOR CHILDREN THAT ARE WAITING FOR CPS OR A FAMILY MEMBER.
- **JANUARY - SPCA (925-1630)**
 - PUPPY FOOD, PUPPY PADS, DOG AND CAT TOYS, DOG AND CAT FOOD, SMALL BLANKETS, BLEACH, AND UNSCENTED LAUNDRY SOAP.
- **FEBRUARY- KINGS NURSING & REHAB CENTER (582-4414 EXT 129) ANNETTE**
 - WOULD LIKE A NEW SET OF BINGO CARDS AND ALSO PRIZES TO GO WITH IT. COULD BE LOTION OR SOMETHING THEY CAN PUT IN THEIR ROOMS.
- **MARCH - VALLEY CHRISTIAN HOME (572-4781 OR 308-8330) DAMON**
 - WOULD LIKE 4-H'ERS TO COME VISIT, THEY CAN DO BINGO, GARDENING, ARTS & CRAFTS WITH THE RESIDENTS. (WE WILL CALL AND GET A DATE WHEN IT GETS CLOSER TO MARCH)
- **APRIL - KCAO BARBARA SAVILLE SHELTER (585-1018)**
 - TWIN SHEETS, TWIN BLANKETS, TOWELS, BODY WASH, SHAMPOOS, CONDITIONERS, BRUSHES, HAIR GEL, DEODORANT, SLEEPING PILLOWS, PLUSH PILLOWS TO CUDDLE WITH, AND ANY HYGIENE PRODUCTS WITH NO ALCOHOL.
- **MAY - CASA (COURT APPOINTED SPECIAL ADVOCATE) (587-9908)**
 - CHILDREN BOOKS (7-18 AGE BOOKS). CARDS AND GAME BOARDS.



BURRIS PARK COMMUNITY SERVICE DAY

BURRIS PARK, LOCATED IN KINGSBURG, CA, WILL BE HOSTING A COMMUNITY SERVICE DAY ON SATURDAY OCTOBER 26TH FROM 9AM-12PM FOR STUDENTS OF ALL GRADE LEVELS TO ATTEND. THE SERVICE DAY ACTIVITIES INCLUDE A VARIETY OF MAINTAINING OUR RIPARIAN HABITAT, WILDLIFE MEADOW AND PARK AREAS TO ENCOURAGE MORE NATIVE PLANTS TO GROW AND HABITATS TO FORM. EMAIL CDAHILL@UCANR.EDU TO SIGN UP.

LIONS CLUB RECYCLE FOR SIGHT

MAKE A POSITIVE DIFFERENCE BY DONATING YOUR USEABLE EYEGLASSES & HELP SOMEONE SEE BETTER. THE HANFORD BREAKFAST LIONS CLUB HAS A COLLECTION BOX IN THE KINGS UCCE OFFICE. THE USED GLASSES WILL BE RECYCLED AND GIVEN TO PEOPLE IN NEED.



WHAT IS UCANR?

University of California Agriculture and Natural Resources (UCANR) is a program that connects UC research in agriculture, natural resources, nutrition, and youth development with local communities to improve the lives of all Californians.

UPDATE FROM KINGS UCCE CALFRESH HEALTHY LIVING

Pumpkins.... Not Just for Carving!

Carving pumpkins is an October tradition for many of us. But did you know that pumpkins are very nutritious? They are loaded with antioxidants, dietary fiber, vitamins and minerals. The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene which may reduce the risk of developing certain types of cancer and offers protection against heart disease.



Love to eat pumpkin seeds. Estimate how many seeds are in a pumpkin, by counting the number of sections in the pumpkin and multiply by 16. The seeds are high in iron and can be roasted to eat. The flowers that grow on pumpkin vines are also edible. Pumpkins have more fiber than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron.

Here's a recipe twist for a pumpkin spread. It can be eaten hot or cold. Enjoy!



Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFershHealthyLiving.org for healthy tips.

UPDATE FROM KINGS UCCE MASTER GARDENERS

October Gardening Tips



- Compost - Add leaves dropped during fall. Turn and keep it moist.
- Adjust watering schedules according to the weather and plants' changing need for water. Check systems for leaks and broken emitters and perform maintenance as needed.
- Apply organic mulch where thin or soil is bare beneath trees and shrubs.

4-H RESOURCES

- [Kings County 4-H Website](#)
- [4-H Handbook for Families](#)
- [4-H Record Book Information](#)
- [California 4-H Resource Center](#)

CONTACT US

Kings UCCE Office
680 N. Campus Drive Suite A
Hanford, CA 93230
559-852-2730

Cayci Hill - cdahill@ucanr.edu
Dina Ledesma - eledesma@ucanr.edu

