



DECEMBER 2024

YOUTH TALK



KINGS COUNTY 4-H MONTHLY NEWSLETTER

HAPPENING THIS MONTH

- Dec. 3 4-H Fair Planning Meeting 5:30 p.m.
- Dec. 3 Leaders Council Meeting 6:30 p.m.
- Dec. 14 4-H Judging Day
- Dec. 24- UCCE Office Closed for
- Jan. 1 Winter Curtailment

4-H FUN FACT

California 4-H has four primary mission areas that all projects fall under: Civic Engagement, Leadership, Healthy Living, and STEM.



GRANGEVILLE 4-H AT THE HANFORD CHRISTMAS PARADE

JUDGING DAY IS DEC. 14!

Join us at the Kings County 4-H Judging Day event on December 14th at the Hanford Ag School Farm. Registration starts at 2:30 p.m. There will be a hot chocolate station, tree decorating contest, and line dancing!

See Flyer - Page 2

ENROLLMENT REMINDER!

All returning 4-H volunteers must have an active enrollment before Dec. 31st. Please ensure ZSuite and trainings are completed. All links have been sent via email.

ce.kings.ucanr.edu

This year's Kings County 4-H Fair will be **April 11-12, 2025**

wishing you all the happiest of holidays
- KINGS COUNTY 4-H STAFF





KINGS COUNTY 4-H JUDGING DAY

SATURDAY DECEMBER 14, 2024

HJUHSD FARM

**INTERSECTION OF CENTENNIAL & GREENFIELD
AVENUES IN HANFORD**

2:30 P.M. - REGISTRATION OPENS

3:00 P.M. - JUDGING BEGINS

**FOLLOWED BY WINTER FESTIVITES &
LINE DANCING**

**YOU CAN REGISTER AT THE EVENT OR
PRE-REGISTER AT:
[BIT.LY/2024JUDGINGDAY](https://bit.ly/2024JUDGINGDAY)**

All 4-H members are encouraged to participate and compete in our annual 4-H Judging Day Event.

Three Judging Divisions:

- Livestock
- Home Economics
- General

Each division will have 5 classes and 1 identification class. One of the 5 classes will be a reasons class to be presented to the judge.

Awards will be given to the top individuals and teams in each age group (junior, intermediate, and seniors).

Primary members will have a special judging day activity as well!

Upon conclusion of the judging contest, we will have lots of fun activities available for the 4-H members and their families! This includes a club Christmas Tree Decorating Contest, Hot Chocolate Bar, and line dancing.



**CHECK OUT OUR JUDGING DAY
WEBSITE FOR TIPS FOR
JUDGING AND GIVING REASONS**

Questions? contact Cayci Hill, Kings County 4-H CES
at 559-852-2730 or cdahill@ucanr.edu

TRACTOR SUPPLY PAPER CLOVER DRIVE

The annual Tractor Supply Paper Clover fundraiser is running from November 29th through December 15th this year! Do some in store or online shopping at Tractor Supply and purchase a paper clover while you're at it. With your help, 4-H can empower tomorrow's leaders one leaf at a time. All funds raised at the Hanford Tractor Supply store are given to the Kings County 4-H program and are designated to support 4-H camps, scholarships, and leadership activities.



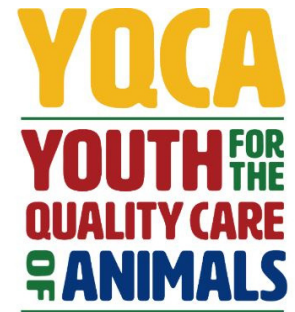
COMMUNITY SERVICE OPPORTUNITY

Hanford Police Department - Organized by Mid Valley 4-H

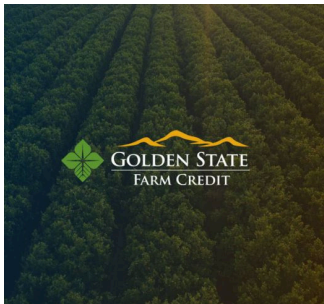
4-H Member Kaden Johnson Hargis and Volunteer Tammy Johnson are collecting coloring books, markers, crayons, and gift cards to fast food places for children that are waiting for CPS or a family member. Please drop off donations to the Kings UCCE office by December 11th.

IN-PERSON YQCA TRAINING

The Kings Harvest 4-H Club will be hosting an in-person YQCA training in February at the Kings Fairgrounds. The training is led by a local ag teacher and is a great opportunity to meet with other showmen and learn together. The date will be announced once scheduled. Training is required to exhibit animals in the Kings Fair. Training can also be completed online at yqcaprogrtam.org.



GOLDEN STATE FARM CREDIT YOUTH LENDING PROGRAM



Golden State Farm Credit is offering a youth lending program to help 4-H members with their junior livestock projects. The program includes interest-free financing for youth livestock projects for qualifying students within project limits, an easy application process, and educational information that discusses finances and budgeting. Learn more at goldenstatefarmcredit.com/youth-lending-program.

WINTER CURTAILMENT

The Kings UCCE Office will be closed for Winter Curtailment from Tuesday December 24th to Wednesday January 1st. We will reopen on Thursday January 2nd at 8:00 am.

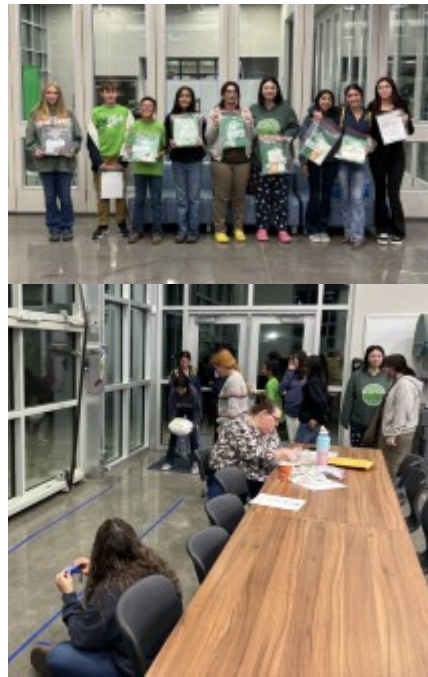
CAYCI HILL OUT OF OFFICE

Cayci Hill will be out of the office for baby bonding time from January 2nd-February 27th. She is scheduled to return on Friday February 28th. If you need assistance during that time please contact Kings County 4-H Office Assistant Dina Ledesma at 559-852-2730 eledesma@ucanr.edu or Tulare County 4-H CES Rochelle Mederos mederos@ucanr.edu.



CORCORAN 4-H - VOLUNTEER MADISON THOMAS

The Corcoran 4-H Club hosted their monthly club meeting at the Corcoran HS in building Studio 3:15 on Monday, Nov 11th, at 6 pm. The 4-H members had a great time participating in a turkey roll contest and held discussions preparing for upcoming events, two of which include the Kings County Judging Day and the Christmas Winter Social. The Corcoran 4-H'ers also had their club level awards with several members receiving accolades for their year pins, star rank achievements, record book medals, project medals, and officer book/officer service pins. Pictured from left to right are: Brylee Hunter, Dylan Howard, Ezekiel Hernandez, Riley Hernandez, Britney Curtis, Clare Curtis, Aliah Hernandez, Emily Amador Alvarez, and Bailey Gomez. Great job Corcoran 4-H'ers!! Our Healthy Living Officer, Mila, provided Mandarin Orange Cuties for the club and gave a presentation on nutrition and living a healthy lifestyle. Thank you Mila! The Christmas Winter Social will take the place of the typical Monday monthly club meeting Corcoran 4-H hosts each month. The Christmas Winter Social will be at the Corcoran HS in the TLC on Friday, Dec 13th starting at 6 pm. The Corcoran 4-H Club will have a short meeting to discuss necessary topics of interest and will then watch a previously voted on Christmas movie: How the Grinch Stole Christmas. At the conclusion of the club meeting, the Kings County Judging Day Christmas Tree Decorating Contest Committee and the Christmas Winter Social Committee met to come up with their gameplan for the events. The Kings County Judging Day Christmas Tree Decorating Contest Committee decided their theme for the contest and made plans to have another development meeting to make decorations, DIY some arts and crafts for the tree, and finalize their plans for the contest. The Christmas Winter Social Committee designated a chairperson for the event and delegated the Christmas cookie/pot-luck sign up sheet to a committee participant.



GRANGEVILLE 4-H - REPORTER SCARLETT CARTER

Grangeville 4-H Photography took a field trip to the Japanese Friendship Garden inside Fresno's Woodward Park. They learned about basic photography tips and tricks. After the photography session they had a picnic lunch at the Art of Life area in the park. On November 7 Grangeville 4-H public speaking was held. They learned tongue twisters and practiced what they had learned from the last class. On November 26 Grangeville 4-H public speaking worked on parts for a skit and picked topics for their presentations. On November 8th and the 25th 4-H members held Christmas float meetings to work on the float. The Grangeville 4-H members rode and walked in Hanford's Annual Christmas Parade the theme was season of light. On November 24th the Countywide Dog project was held new members had fun learning about agility. This was the first exposure to obstacle exploration, safety, and building confidence. The Countywide Dog Project Intermediate and advanced worked on hand signals, body cues, and targeting.



KINGS HARVEST 4-H REPORTER CARTER MUIR

Happy Holidays from Kings Harvest 4-H we had our meeting and did our Toys for Tots and our can food drive. We had a dairy meeting and members are signing up for judging day, our club is doing the general classes. Our next meeting will be a Christmas Exchange and Socks for Seniors also more Toys for Tots.

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

December 3rd - 6:30 p.m. and February 4 - 6:30 pm



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.



JANUARY COUNCIL MEETING CANCELLED



Sign up: bit.ly/volunteercafe_daycamp



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

VOLUNTEER CAFE

Day Camp: Cultivating Positive Ethnic Identity
Thursday, Dec. 19, 7-8 pm

Learn why a positive ethnic identity is important for youth. Emily will share how their day camp in San Bernardino County started and how it's going now. Their fun and hands-on activities supported kids from all backgrounds and helped kids feel good about their ethnic backgrounds. These activities can also be used to expand your programming in afterschool clubs.

FINANCIAL MANAGEMENT SERIES

Module 4 is now available! In Module 4, you'll dive into the unique aspects of managing gifts, scholarships, and special financial situations in California 4-H. By the end, you'll feel confident handling these matters responsibly and in line with 4-H values. This module takes about 10 minutes to complete.

About the Series: The Financial Management Series offers quick, targeted learning for 4-H volunteers, especially those in financial roles like Club Leaders, Treasurer Advisors, and VMO Treasurers. Modules cover essential topics, including: Basics of financial management, Setting up and authorizing bank accounts, Planning, fundraising, and resource management, Managing gifts, scholarships, animals, and firearms, Financial reporting and compliance (February 2025), Responsibilities of 4-H Unit and VMO Treasurers (April 2025), Managing excess funds, disbursements, taxes, and property (June 2025).



Can be found on CA 4-H Resources Website - Volunteer Hub



UPDATE FROM KINGS UCCE CALFRESH HEALTHY LIVING

Eat, Drink and Be Merry!

Lots of people struggle with weight gain during the holidays, but we can't blame it all on the cookies left for Santa. The good news is you don't have to avoid all treats at the holidays to stay healthy. You can enjoy favorite holiday foods by remembering moderation is key and slimming down recipes can save calories.



Be Mindful of Moderation

- Continue to eat balanced meals that contain fruits and vegetables, lean proteins, whole grains and dairy foods. Filling up with fiber and protein helps keep hunger away and may mean you spend more time with friends at holiday parties and less time hovering over the buffet. High-calorie foods don't have to be avoided completely, especially nutrient-rich choices. Foods like avocado-based dips, olives and cheddar cheeses make any holiday party tray too delicious to resist. The healthy fats in avocado and olives and the protein/calcium combination of cheese make them good choices in moderation.

Satisfy with a Recipe Slim Down

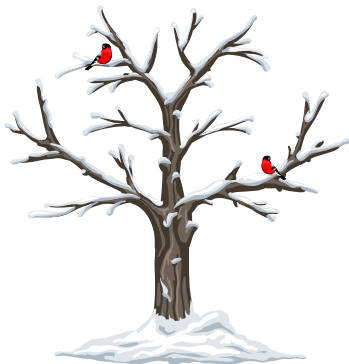
- Realistically there are some recipes that could use a little help in the calorie-cutting department. Increase fiber by substituting whole grain flour in baking and opt for fruit-based desserts when possible. Cut fat and calories by using Greek style yogurt to replace some of the butters, oil or sour cream in holiday recipes and using light cheddar cheese in favorite holiday casseroles.

One simple trick to surviving the holidays is to be prepared. Make plenty of snacks and dishes that meet your own dietary requirements ahead of time. Allow for small indulgences like a little dark chocolate or a few bites of a favorite dish so you don't feel deprived.



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

UPDATE FROM KINGS UCCE MASTER GARDENERS



December Gardening Tips

Autumn is the coldest month of the year in our area, but here are a few activities to get you out in the garden: add compost to prepare soil for next spring, fertilize cool season lawns, prune trees and shrubs, apply new layer of mulch to protect plants from freezing temperatures, handpick snails or set out bait.

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

