



YOUTH TALK

APRIL 2025



KINGS COUNTY 4-H MONTHLY NEWSLETTER

HAPPENING THIS MONTH

- Apr. 1 Leaders Council Meeting 6:30 p.m.
- Apr. 9-10 Regional Presentation Day
- Apr. 12 Central Valley Fashion Revue
- Apr. 15 4-H Fair Entries Due
- Apr. 21 Kings Fair Market Contracts Due
- Apr. 25 4-H Fair - Dog Show
- Apr. 27 4-H Fair - Rabbit Show

4-H FUN FACT

The four H's stand for:

Head: Problem Solving
Hands: Skills development
Heart: Emotional Development
Health: Physical Development

Kings County 4-H in the Local News:

Last month Kings County 4-H'ers were featured twice in the Hanford Sentinel and once in Christian News Magazine! See links below to read more



4-H Dog Project at Farm Day



4-H Community Service at Valley Christian Home



Alana Edmondson Student Spotlight Pg 9

NEW UCEE WEBSITE

The new Kings UCCE Website is now active! We are working to update and fix any issues. If you have trouble finding items please contact us and we will assist you.

ce.kings.ucanr.edu





KINGS COUNTY 4-H YOUTH TALK | APRIL 2025

UPCOMING EVENTS



Regional Presentation Day

Wednesday April 9th and Thursday April 10th

Fresno UCCE Office

550 E. Shaw Ave Suite 210-B, Fresno, CA

5 pm - 7 pm both evenings

Registration Due April 4th

If you cannot attend this in-person event check out the Virtual Options. Good Luck to all presenters!



Central Valley Fashion Revue

Saturday April 12th

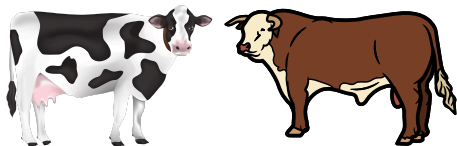
Reedley College - Student Center

995 N. Reed Ave, Reedley, CA

Check-In 1 pm, Judging 1:30 pm, Fashion Show 3 pm

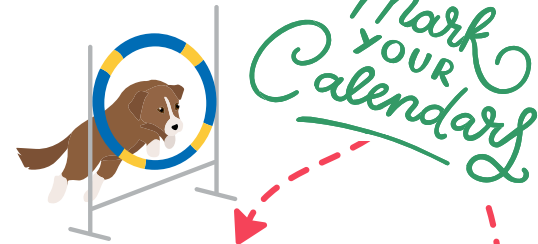
Registration Due April 7th

Good Luck to all participants!



Learning Experience at Overland Stockyards

On Monday, April 14th at noon Mid Valley and Kings River 4-H beef members would like to invite you to Overland Stockyards. We will be watching an auction, talking with the auctioneer, taking a tour of their facilities, having a mock auction where you actually get to bid (it's fun), and having lunch. If you'd like to order lunch, we will be pre-ordering ahead of time and eating while we watch the auction. I'm thinking hamburgers and fries. 4-H or FFA members that show Beef or Dairy are invited. Plus any siblings that would love this experience. If you would like to come, please let Tammy know by Thursday, April 10th at 6pm. If you have any questions and to RSVP 559-904-3934 Tammy Johnson.



4-H Fair Dog Show

Friday April 25th at 6 pm

Thomas Residence

10497 24th Ave, Lemoore, CA

Entries due online by April 15th

Guest and Spectators are welcome to attend!



4-H Fair Rabbit Show

Sunday April 27th from 2-4 pm

Kings UCCE Office

680 N. Campus Drive Suite A, Hanford, CA

Entries due online by April 15th

Guest and Spectators are welcome to attend!



Tractor Supply Spring Paper Clover

April 18th to May 5th

Hanford Tractor Supply Store

1625 W Hayden Ave, Hanford, CA

During the drive customers have the opportunity to donate to the 4-H program when making their purchases. Each paper clover sold at the Hanford Tractor Supply Store raises money for the Kings County 4-H program. Funds support scholarships to 4-H camps and leadership activities.





KINGS COUNTY 4-H FAIR 2025

FRIDAY MAY 9 & SATURDAY MAY 10



JOIN US

Please join us at the Kings Fairgrounds May 9th and 10th for 4-H Fair!

The Kings County 4-H Fair is a free, annual countywide event that gives 4-H members the opportunity to exhibit the projects that they have worked on over the past year. It is also a chance for members to explore other 4-H projects and hang out with friends. 4-H Fair charges no entry fees, so come on down and practice your skills.

The event is open to all active Kings County 4-H members; there is an opportunity for all projects to be exhibited in some way. More information about the categories can be found in the 4-H Fair Book.

★ **ENTRIES DUE BY APRIL 15TH**

2025 4-H FAIRBOOK

FAIR BOOK, ENTRIES, & MORE INFO CAN BE FOUND ON OUR WEBSITE: [BIT.LY/4-HFAIR](https://bit.ly/4-HFAIR)



SPECIAL THANK YOU TO OUR VOLUNTEERS AND SPONSORS WHO MAKE THIS EVENT POSSIBLE!

QUESTIONS? CONTACT THE KINGS COUNTY UCCE OFFICE AT 559-852-2730



SCHEDULE

*Tentative and Subject to Change

FRIDAY

- 5:00 - 6:30 p.m.** Indoor Exhibit Drop off and Judging
Barnyard Olympics and Yard Games
- 5:00 to 7:00 p.m.** Dinner Sponsored by Leaders Council
- 6:30 to 8:30 p.m.** Indoor Workshops and Demonstrations

SATURDAY

- 6:00 to 9:00 a.m.** Gates Open
- 7:30 to 8:30 a.m.** Livestock Weigh-In
- 8:30 to 9:00 a.m.** Livestock Workshops and Demonstrations
- 9:00 a.m.** Large Animal Shows Begin
- 9:00 to 1:00 p.m.** Kids Kamp
- 10:00 to 4:00 p.m.** Indoor Exhibits Open for Viewing
- 12:00 to 2:00 p.m.** Lunch Sponsored by Leaders Council
- 2:30 p.m.** Round Robin
- 4:00 p.m. (est.)** Awards Ceremony
- All Livestock and Indoor Exhibits released after awards ceremony**

★ **Reminder: The Dog and Rabbit Shows will be held separately this year**



4-H Fair Dog Show

Friday April 25th
6 pm

10497 24th Ave, Lemoore, CA



4-H Fair Rabbit Show

Sunday April 27th
2-4 pm

Kings UCCE Office

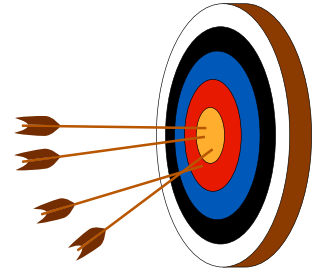


UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

The University of California Division of Agriculture & Natural Resources (UC ANR) is an equal opportunity provider.

NEW PROJECT ALERT - ARCHERY!

Volunteers Jeff and Joe Fabry are starting a countywide Archery Project based out of Grangeville 4-H. Archery is open to all 4-H members 9 years and older. Primary members cannot participate. If you are interested in joining, please email Cayci Hill at cdahill@ucanr.edu for more information. Shout out to Jeff and Joe for bringing back this awesome project!



COMMUNITY SERVICE UPDATE

Kaden Johnson Hargis appreciates the Kings County 4-H club's contributions towards his community service monthly projects. Special thank you to Kings River 4-H, Kings Harvest 4-H, and Mid Valley for their donations that have helped make a difference in our Hanford community. For April, we are asking for donations to help the Women and Children's shelter and then for May we would like to collect for CASA. If you'd like to make a donation, you can drop off items to the 4-H office or call/text Tammy Johnson 559-904-3934 and we'd be happy to come to a club meeting and pick up the items too.

- **April - KCAO Barbara Saville Shelter**

- 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. Toys for children 2 months to 15 years of age.

- **May - CASA (Court Appointed Special Advocate)**

- Children books (7-18 age books). Cards and game boards while they are waiting in the courtrooms for court hearings. Also thinking about movie tickets gift cards and Fast Food gift cards so they can do something with the Advocate after their hearings.

KINGS FAIR INFO

YQCA Requirement

California Department of Food and Agriculture requires all livestock exhibitors to complete the youth quality assurance certification program. This is a web based program each exhibitor can do at home. Visit yqcaprogram.org to register and complete certification. Proof of completion will be required with entry submission. You will need to upload your certificate with your entries. Cavy, Dog, Pygmy and Primary Members DO NOT need to complete YQCA certification.

Helpful links from the Kings Fair Website:

Market Animal Contracts Due - Due by April 21st at 4:00 pm

Online Livestock Entries - Due by May 30th at 11:30 pm

2025 Livestock Handbook

Online Still Exhibit Entries - Due by May 30th at 11:59 pm

2025 Jr Still Exhibits (Indoor) Handbook



2025 Entry & Fair Updates

Dena Rizzardo Kings Fair CEO

The Kings Fair online entries and Exhibitor Handbooks are now available! You'll find links below for both livestock and still exhibits. This year, in collaboration with 4-H, we've made significant changes to the 4-H and Junior Still Exhibit Department to simplify the entry process. Please take a moment to review the updates.

Livestock Exhibitors

Please be aware that there may be changes to the livestock schedule. Stay tuned and watch for updates. We are currently working on a special exception request to allow yearling and replacement heifers to show. While I can't share full details yet (as we are still negotiating the details), please know that we're actively pursuing this and have a Plan B in place. If you submitted a contract in February as recommended, we will have a show and sale we just don't have all the specifics yet. Please allow 30–45 days for more information. We understand this uncertainty is challenging, but please be patient we are working for you, not against you.

Poultry Meat Pen Exhibitors

If you'd like to participate, we've brought in two excellent judges who will evaluate your poultry knowledge by age group. This will count as your showmanship, and awards will be given. You'll just need to enter poultry showmanship by age, as usual. Participants will rotate through three hands-on stations with age-appropriate questions covering: Breeds, Diseases, Egg cycle, Avian anatomy, and 9 cuts of a chicken. Study materials will be provided as soon as they are available. A new poultry book with showmanship classes and meat pen class will be online soon with stud materials. If you enter and participate in this contest, you will be eligible to raise and enter a meat pen at home for our online video auction, which will take place during Saturday's sale. You will be present to sell, and a photo of the birds you've raised will be displayed on monitors.

Participants must: Process your own birds, Deliver them to buyers, and Provide proof of delivery before receiving your auction check. This opportunity is designed to be fun and educational, not overwhelming. We're excited to incorporate Realityworks curriculum, and our judges are passionate and ready to support you. We don't want to lose our poultry exhibitors we want you to stay engaged and involved!

Fairgrounds Updates

We're excited to announce a new partnership with Helm & Sons Amusements! Please welcome Davey, Colleen Helm, and their team. This exciting partnership brings: A large front carnival and kiddy land in the back, plus many new features we haven't offered in years, Pre-sale carnival wristbands now available – follow the link on The Kings Fair website, No wristbands needed for exhibitors or adult advisors to enter the fair, Livestock weekly parking passes will be available for purchase on our website mid-April. These passes are valid all week, except Saturday. On Saturday, they will allow parking in the front lot from 6 AM to 2 PM. Please note: Daily parking in the front lot is \$10, managed by Helm & Sons (June 19–22), No in-and-out privileges for this lot, Admission to the fair is FREE, but all vehicles will be charged for parking, Security screenings will be conducted at every entrance plan accordingly this is for everyone's safety.

Livestock Fitting Areas & Fire Safety

Each club or chapter will be assigned one 12x12 fitting space per species, special requests will not be taken to ensure everyone is provided a spot. All popups must: Be no larger than 12x12, Have the CPAI-84 Fire Certification label sewn in, Example label and info here [FLAME RETARDANT CERTIFICATION DOCUMENTS | FoodTent.com](https://www.foodtent.com/flame-retardant-certification-documents), Popups without the proper label will be removed, No barbecues, crockpots, or any type of cooking devices are allowed on the fairgrounds, You may bring in pre-prepared food for your livestock exhibitors, but it must be stored in an ice chest and brought in prior to open hours of the fair there are no exceptions to this rule the gate security will turn you around and make you take it back to your car if food is brought in during the following hours: Thursday 4pm–10pm, Friday 4pm–10pm, Saturday 2pm–10pm and Sunday 2pm–10pm. No outside alcohol is permitted on the fairgrounds if you are caught with outside alcohol, you are jeopardizing the entire facility and the insurance of the fairgrounds, carnival, and foundation we will respectfully ask you to pack up your items, remove yourself and your exhibitor(s) from the fairgrounds. Exhibitors are not allowed to bring in evaporative coolers and porta coolers for personal use in livestock. Generators must be placed in designated fenced areas, per State Fire Marshal requirements. Bring a long extension cord, as your fitting area may be some distance from the generator area.

Social Media & Website Links

Please follow our updated Facebook page to stay current!
New Kings Fair Facebook: <https://www.facebook.com/profile.php?id=61574982536475>
Still Exhibit Entries: <https://thekingsfair.com/still-entries>
Livestock Entries: <https://thekingsfair.com/livestock>
Instagram: @thekingsfair
Helm & Sons Amusement (Magic Money): Magic Money

Final Note – Title 19

We are carefully watching Title 19, which is set to reach final public comment April 21. If passed, it could have major impacts on all state facilities, including fairgrounds. This regulation is complicated, burdensome, and a complete overreach by the State Fire Marshal's Office. We're working hard to oppose it, but your voice matters too. Please stay informed and speak out against the proposed revisions to Title 19 this will have a major impact on how we conduct future events and business.

Thank you for your continued patience and dedication. We're all in this together, and we're doing everything we can to make this year's Kings Fair an amazing experience for everyone. There will be another email when poultry information is complete and when I know more regarding our dairy exception request.

Congratulations to all Kings County 4-H'ers who participated in Presentation Day and Food Olympics!

2025 KINGS COUNTY 4-H PRESENTATION DAY RESULTS

Demonstration

- Keegan Carson Kings River 4-H Gold Seal
- Ramsey Carson Kings River 4-H Gold Seal
- Dylan Howard Corcoran 4-H Gold Seal
- Christopher Montoya Kings River 4-H Gold Seal
- Isabelle Montoya Kings River 4-H Gold Seal
- Scarlett Sayles Grangeville 4-H Gold Seal

Share the 4-H Fun Skit

- Ace Camara Grangeville 4-H Gold Seal
- Scarlett Carter Grangeville 4-H Gold Seal
- Abriel Edmondson Grangeville 4-H Green Seal
- Alana Edmondson Grangeville 4-H Gold Seal
- Aris Edmondson Grangeville 4-H Green Seal
- Ava Edmondson Grangeville 4-H Gold Seal

Educational Display Talk

- Scarlett Carter Grangeville 4-H Gold Seal
- Charlotte Robinson Kings Harvest 4-H Gold Seal
- Heidi Robinson Kings Harvest 4-H Gold Seal
- Adeleigh Sayles Grangeville 4-H Gold Seal
- Elizabeth Sayles Grangeville 4-H Green Seal
- Wynn Sayles Grangeville 4-H Gold Seal

Share the 4-H Fun Skit

- Corban Edmonson Grangeville 4-H Gold Seal
- Adeleigh Sayles Grangeville 4-H Gold Seal
- Elizabeth Sayles Grangeville 4-H Green Seal
- Scarlett Sayles Grangeville 4-H Gold Seal
- Wynn Sayles Grangeville 4-H Gold Seal

2025 KINGS COUNTY 4-H FOOD OLYMPICS RESULTS

FAVORITE FOODS CONTEST

Favorite Foods Category

- Ezekiel Hernandez Corcoran 4-H Overall Gold Medal

Healthy Living Category

- Wynn Sayles Kings Harvest 4-H Overall Gold Medal

FOOD PHOTOGRAPHY CONTEST

Farm to Fork Category

- Christoher Montoya Kings River 4-H Overall Gold Medal
- Isabelle Montoya Kings River 4-H Intermediate Bronze Medal - Tie
- Elizabeth Sayles Grangeville 4-H Green Seal
- Scarlett Sayles Grangeville 4-H Intermediate Bronze Medal - Tie
- Lane Toledo Kings Harvest 4-H Senior Bronze Medal

Favorite Food Category

- Ezekiel Hernandez Corcoran 4-H Intermediate Bronze Medal
- Lane Toledo Kings Harvest 4-H Overall Gold Medal

Healthy Living Category

- Ezekiel Hernandez Corcoran 4-H Overall Gold Medal
- Lane Toledo Kings Harvest 4-H Senior Bronze Medal

CUPCAKE DECORATING CONTEST

- Scarlett Carter Grangeville 4-H Blue Seal
- Ezekiel Hernandez Corcoran 4-H Intermediate Bronze Medal
- Mila Ramirez Corcoran 4-H Overall Gold Medal
- Elizabeth Sayles Grangeville 4-H Green Seal
- Scarlett Sayles Kings Harvest 4-H Blue Seal
- Wynn Sayles Corcoran 4-H Junior Bronze Medal

PLACE SETTING CONTEST

- Ezekiel Hernandez Corcoran 4-H Overall Gold Medal
- Christopher Montoya Kings River 4-H Junior Brone Medal
- Isabelle Montoya Kings River 4-H Intermediate Bronze Medal



WHAT ARE 4-H COUNTY AMBASSADORS?

Kings County 4-H Ambassadors are representatives and champions of the 4-H program. They act as visible 4-H members - role models for their fellow 4-H members, their county, their state, and their world. County Ambassadors gain leadership skills by helping to plan and execute our countywide 4-H events such as Achievement Night, Judging Day, and Farm Day. The photos on the right are of our current ambassadors - Clare, Alana, and Adeleigh - in action!

County Ambassadors have the opportunity to interact with various groups during their term. The list below outlines typical County Ambassador interactions.



Community Organizations

- Participate in outreach and represent 4-H in the community to increase the visibility of the 4-H program.
- Service learning activities typically require collaboration with other organizations in the community.

Volunteer Management Organization

- Participate in county 4-H council/management board meetings and/or coordinate committees to help plan county events.
- Provide updates on the County Ambassador plans.

4-H Club, Units, and Program

- Encourage younger members to increase their participation.
- Visit county clubs, units, and programs to introduce the team to members and inform them of events and activities within 4-H.



Ambassador is the highest leadership position youth members can hold at the county level. It is a working honor in which ambassadors commit to 12 months of service from July 1st - June 30th. Those who successfully complete their term of service are eligible to receive \$6,000 from the Marion Brazil Memorial Scholarship fund.

For more information, visit the Kings County 4-H website:

<https://bit.ly/kings4h>



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Agriculture and Natural Resources

4-H Youth Development Program



KINGS COUNTY 4-H AMBASSADOR SELECTION PROCESS

Qualifications

3 Important Steps

STEP 1

**Application, Resume,
and References
Due May 1st**

STEP 2

**Individual Interview
May 15th**

STEP 3

**Notification Letters
Mailed by May 19th**



1. Must be between 14 – 18 years old and meet the 4-H membership requirements for the length of the term of service. On the first day of the appointment to County Ambassador, applicants must be 14 years old.
2. Applicants must have at least one year of prior 4-H membership, which does not need to be consecutive or the most recent year.
3. Applicants must demonstrate leadership experience and skills by documenting the following:
 - a. Mastery of a project: A minimum of 6 hours of instruction, supported by a skills statement.
 - b. Significant leadership roles: 40 hours, with at least 10 hours within 4-H.
 - c. Civic Engagement and/or community service: 30 hours, with at least 6 hours through 4-H.
 - d. Public speaking engagements: 10 total, including at least 2 at 4-H events.
 - e. Involvement in 4-H: A list of 15 activities, which may include project skill activities, attendance at 4-H events, honors and recognition. OR achieve a Gold Star Rank.

Application

Applicants will submit the required application form, substantiating documents, and letters of recommendation to the Kings UCCE Office by May 1, 2025. The following are the required application elements:

1. Applicant Information
2. Essay Responses
3. 4-H Resume
4. Written Evidence of Leadership Experience and Skills
5. Three (3) Letters of Recommendation
 - a. One Letter: from a 4-H youth member
 - b. Two Letters: from adults who have knowledge of the applicant's leadership experiences, skills, and character. At least one of the letters must be from a 4-H adult volunteer who has knowledge of the applicant's skills and character demonstrated within 4-H.

Interview

Applicants who submit a completed application and are eligible will be contacted with an interview date and time. The interview panel will consist of two 4-H adult volunteers and one youth member. The interview will start with time for you to give a short introduction about yourself. After your introduction, you will be asked a set of standard questions that will be provided ahead of time to all candidates. At the conclusion of the interview, there will be an opportunity for you to ask any questions if you have them.

Notification

The interview panel will review the candidates and make their recommendations. You will be notified by mail of your selection status within 10 days following the interview.



Informational Zoom Meeting:
Wednesday April 16th at 6:30 pm
Meeting ID: 974 1802 6641 Passcode: 976510

The University of California
Division of Agriculture &
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an equal opportunity
provider.

**Have questions? Contact Kings
County 4-H CES
Cayci Hill at 559-852-2730 or
cdahill@ucanr.edu**

GROW MAKE SERVE THRIVE

CALIFORNIA 4-H STATE FIELD DAY

UC DAVIS | SATURDAY MAY 17

CONTESTS | BOOTHS | FOOD | FUN

State Field Day is California 4-H's largest event of the year, and is a culmination for many annual projects. State Field Day (SFD) will be on Saturday, May 17th at Wellman Hall on UC Davis's campus. SFD 2025 hosts nine contests, including the Avian Bowl, which is new this year. Pre-qualification is required for most State Presentation and Fashion Revue categories, check each contest webpage for more details. Alongside a day of learning and fun, there will be food available for purchase and educational booths. To learn more, please visit the [event website here](#).



REGISTRATION CLOSING APRIL 28

2025 CONTESTS INCLUDE:

PRESENTATIONS, FASHION REVUE, AVIAN BOWL, ROBOTICS, FORESTRY, PLANT SCIENCE, PHOTOGRAPHY, INTERVIEW, INSECT ID

>>>>> **REGISTER HERE** <<<<<

QUESTIONS? EMAIL 4HSFD@UCANR.EDU

AMBASSADOR SPOTLIGHT ARTICLE BY ADELEIGH SAYLES, GRANGEVILLE 4-H

My name is Adeleigh Sayles, and I have been in 4-H for 4 years. My favorite 4-H project is the sheep project. I love working with animals and caring for them. The work that is required for raising a sheep may not always be enjoyable or fun, but I love showing my sheep at the fair. I have been in the sheep project since I entered 4-H which was 4 years ago. I have never raised any other animal but sheep. I was in Round Robin one year and while showing the other animals was fun, showing sheep is my specialty. I think the hardest part about showing sheep is teaching them how to walk and teaching them to get up on the stand. I have to get them on the stand to groom them and work with their legs. Another thing I like about raising and showing sheep is because they are the right size to show for me. I tried showing the other large animals. The cow was too big for me, the goat was too small for me, and pigs have a very different way of showing them. When I show a sheep, it is just the right size for me.



Another thing I like about showing sheep is I like to groom them and bathe them. Sheep are always rolling around in the dirt and getting shavings and grass all over them. I have learned in my first year of the sheep project that I must keep my sheep well-groomed. Keeping my sheep well-groomed includes shearing them, bathing them, and brushing there legs. Grooming a sheep requires a lot of hard work and care but seeing them when I'm all done makes all the hard work worth it.

I have also learned that I need to keep my sheep healthy. This means watching for things that are not normal. For example, runny nose, red/misty eye(s), ears down, not being alert, sneezing and coughing, walking weirdly, etc. I know when I see one or some of these signs, I need to tell my project leader to get my sheep medical help. There was one time this year when I noticed my sheep had a red eye, but there was stuff around the eye so I thought his eye must be watering to get all the gunk out. The next day I looked at it again and it was completely normal. I'm just glad it wasn't something serious like pink eye or any other eye infection. But I always watch my sheep's behavior and physical condition to know if there is something wrong with them. Even though showing and working with a sheep is hard work and sometimes not fun, it is still really fun to show, groom, and walk them. This is why the sheep project is one of my favorite projects in 4-H.



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



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

April 1, May 6

VOLUNTEER CAFE APRIL 17TH

Explore math activities in a hands-on way that can make them fun and exciting. Dive into shapes, Mobius strips, stitching curves, Sierpinski triangles, and the Koch snowflake. You'll get to try out these activities yourself and see how math can be incorporated into your STEM projects in a fun way.

Via Zoom: Register to receive login information

YOUTH MENTAL HEALTH FIRST AID CERTIFICATION

Over the past year, California 4-H has certified over 50 adults from 24 counties in Youth Mental Health First Aid. Our goal is to get at least 4 to 5 adults from each county certified in Youth Mental Health First Aid. Why? A critical step of the teen Mental Health First Aid (tMHFA) action plan is to get the help of a trusted adult.

Adult Certification - Youth Mental Health First Aid for 4-H adult volunteers & 4-H staff

Youth Mental Health First Aid teaches adults working with youth how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge. All courses will be held virtually. There is pre-work required before the first course, which should take you no more than 2 hours. Please log in to ZSuite before using the link. If you click the link before logging in, you can go to the Events tab to select the workshop you are registering for.

April 29 & May 15:00-8:00pm

Register at <https://bit.ly/Youth-MH-Apr-May> by April 21

Costs are covered by the State 4-H office.

\$25 cancellation fee charged to counties for no-shows and cancellations less than 48 hours.



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.



UPDATE FROM KINGS UCCE NUTRITION EDUCATORS

"GOT MILK"

Typically, when parents think about their children's health, they don't think about their bones. But building healthy bones by adopting healthy nutritional and lifestyle habits in childhood is important to help prevent osteoporosis and fractures in life. Osteoporosis, the disease that causes bones to become less dense and more prone to fractures, has been called "a pediatric disease with geriatric consequences" because the bone mass attained in childhood and adolescence is an important determinant of lifelong skeletal health. The health habits your kids are forming now can make, or literally break, their bones as they age.



The best way to help your kids develop healthy habits for life is to be a good role model. Research suggests that active children have active parents. If you make physical activity a priority and try hard to maintain a healthy diet, including plenty of calcium, chances are your positive lifestyle will "rub off" on them along the way.

Here are some things you can do:

- Be a role model. Drink milk with meals, eat calcium-rich snacks and get plenty of weight-bearing exercise.
- Don't smoke. Incorporate calcium-rich foods into family meals.
- Serve fat-free or low-fat milk with meals and snacks.
- Limit access to soft drinks and other snacks that don't provide calcium.

Talk to our children about their bone health and let them know it is a priority for you. Your kids may not think much about health, but they are probably attracted to health benefits like energy, confidence, good looks and strength.



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

UPDATE FROM KINGS UCCE MASTER GARDENERS



April Gardening Tips

Transplant seedlings of tomatoes, peppers, eggplant, okra, and sweet potatoes this month when nighttime temperatures are in the 50's or above. Plant seeds or transplant seedlings of summer and winter squash, cucumber, and melon. Towards the end of the month, plant seeds of beans and corn. Early in the month, you can still plant radishes, greens, and onions, but be prepared to harvest them while small; they will go to flower quickly in the lengthening days and warm temperatures.

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

4-H RESOURCES

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

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