Fresno County 4-H Guidelines



University of California

September 2023

Agriculture and Natural Resources 4-H Youth Development Program

Sept.	EVENT/DEADLINE	Page
4	4-H Office is closed to observe Labor Day	
8	Fresno Fair- On-line entry deadline for Junior Still Exhibits	
12	RSVP deadline for Achievement Night Dinner- email elramirez@ucanr.edu	4
12	County Leadership Council 6:30 PM in-person or via ZOOM	2
16	Leadership Training 9:00 AM @ Fairmont Elementary School	6
17	County Achievement Night- 4:30 PM @ The Grove in Sanger	4
20	Countywide Dog Care & Obedience Project 5-6 PM Treasure Igmire Park	7
20	Incentives & Recognition Committee Meeting at 6:00 PM via ZOOM	2
22	Livestock Entries due for the Caruthers Fair (on-line)	6
23-24	4-H Shooting Sports Certification Workshop– Archery in Yolo County	Aug. Issue
23-24	Love your Fresno Fairgrounds Day- 8 AM @ Fresno Fair Grounds	6
24-30	Fresno County celebrates National 4-H Week	4
25-29	BFF prepaid wristbands are ready for pick-up	8
27-30	Caruthers Fair– Free admission! 13599 South Raider Avenue, Caruthers	6
30	All Around Ag Award Nominations due	4
October	EVENT/DEADLINE	Page
6	Deadline to submit entries for 4-H Week Contest	4
4-15	Big Fresno Fair	8
21	Time Travelers Country Fair @ Kearney Park	Insert F
22	Countywide Girl's Health Project Meeting 2-3:30 PM Call 325-4045	7



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- 4- 4-H Week
- 4- County Achievement Night
- 4- Tool Box Nominations
- 5- County Medalists
- 6- Leadership Training Day
- 6- Fair Clean-Up Days
- 6- Caruthers District Fair
- 7- Countywide Projects
- 8- The Big Fresno Fair Dates Inserts/Flyers:
- A- Achievement Night
- B- Leadership Training Day
- C- Periods
- D- Money Management
- E- Master Chefs- Casting
- F- Time Traveler's Fair

Deadline

4-H News articles due for Guidelines - September 20th Please send articles totlnewton@ucanr.edu

"Learn from the mistakes of others. You can't live long enough to make them all yourself." -Eleanor Roosevelt

Words To Live By:



Our programs are open to all potential participants. Please contact the Fresno County UCCE office (two weeks prior to the activity), at (559) 241-7519, if you have any barriers to participation requiring any accommodation.



UC Cooperative Extension

550 E. Shaw Avenue, Suite 210-B Fresno, California 93710

Phone: (559) 241-7519 Website: cefresno.ucanr.edu



Fresno County 4-H Leader's Council & Committee Meetings

Fresno County Leadership Council Meeting Tuesday, Sept. 12, 2023 at 6:30 PM

Join Zoom Meeting https://ucanr.zoom.us/j/99749859527?
pwd=WG9IOHN0cis1WIU3azNLbDZ2V1N1UT09



Meeting ID: 997 4985 9527 Passcode: 678293 -- +16699006833, # US (San Jose)

Incentive and Recognition Committee Meeting September 20, 2023 at 6:00 PM

Join Zoom Meeting
https://ucanr.zoom.us/j/93216457808?
pwd=c0pHM2NGWnExbWJrcEpxcnhNWTh1UT09

Meeting ID: 932 1645 7808 Passcode: 671384 --- One tap mobile +16699006833 US (San Jose)

Join using computer or phone

All Meetings One Tap Mobile +1669 900 6833 #US (San Jose)

A Welcome Change- a New Location!

The 4-H Office has a new location! The Office is now located on the first floor of the University of California Center—same building! The office is now on the first floor, making it even more convenient to access. Simply walk in the front doors and make a right turn. The mailing address remains the same-

550 East Shaw, Suite 210-B Fresno, CA 93710

The phone number remains the same -

559-241-7519



The new office location offers, more storage, meeting space and more windows for a bright and cheery office.

Volunteer Leader Retreat: Project Leader Clinic

November 11 & 12, 2023 UC Davis Campus

This retreat is for 4-H Adult Project Leaders and 4-H Project Teen Leaders to learn project specific skills to lead that project from beginning to end. More information and registration is coming soon!

Presenters Needed!

Are you an experienced project leader who loves to help others get better at their project skills? Are you interested in being an esteemed presenter at the Volunteer Retreat? You may present individually or as a team, including expert Teen Leaders. Presenters registration fees are waived/Apply now at https://bit.ly/PL Clinic Presenter2023

4-H Enrollment is Open!

Now is the time for new 4-H members, returning 4-H members, new volunteer leaders and returning volunteer leaders to enroll in 4-H! The new system is up and running!

If you are a new member you MAY NOT actively participate without completing the enrollment process. All enrollment fees are paid to your 4-H Club Leader or Treasurer.

Youth annual fee \$72.00 Adult volunteers \$30.00

Paper enrollment is also an option for anyone having issues with internet access.

2023-2024 Youth Enrollment Forms

Fees may be partially or entirely waived if financial assistance is necessary.

2023-2024 Fee Waiver Request Form

Please contact the 4-H Office with any questions (559) 241-7519.

Online Youth Enrollment: **ZSuite Site**

ZSuite Tip-sheet 6/2023

Adult Volunteers-First Step <u>Click Survey</u> Second follow link here-<u>Click Here to begin</u>

Adult Volunteer Application Packet Used only if completing paper forms. Recommend online enrollment using ZSuite Site



Emerald Star Webinars for the 4-H Achievement Program

September Webinars on Wednesday-

6th, 13th, 20th and 27th

7:00 to 8:00 PM



Register Now at:

bit.ly/ESI II Webinar

2023 On-line Workshop Series for 4-H Project Leaders

This series is designed to help adult 4-H volunteer educators learn how to plan and facilitate 4-H learning experiences (projects) with young people in community 4-H club projects, after-school club programs, day camps, and other educational experiences. In the four-part series, 4-H volunteer educators learn about their roles, responsibilities, lesson planning, making learning engaging, working with youth, and effective hands-on learning. Sessions cover content from *The UC 4-H Volunteer Educators' Guide: For Volunteers Facilitating 4-H Educational Experiences* (published in 2023).

Participation: Complete the full four-part series to earn a certificate and 4-H volunteer name badge. They will be mailed to your UC cooperative extension county 4-H office in January 2024.

Note: In order to receive these incentives, participants must have active (approved) 4-H volunteer status, through the 4-H volunteer appointment process, by December 31, 2023.

Virtual Workshops Facilitated Statewide by Volunteer Workgroup

Option #1: In-Person Workshops Facilitated by 4-H Professionals-Pending Until November

Option #2: Virtual Workshops Facilitated Statewide by Volunteer Workgroup - RECOMMENDED

4-H Volunteer registration at https://bit.ly/4hpl (no fee and no deadline)

The full series consists of 4, 2-hour sessions. Each session is offered twice: Tuesdays in September $(5, 12, 19, 26) \mid 6:30-8:30pm$ OR Wednesdays in October $(4, 11, 18, 25) \mid 6:30-8:30pm$.

- *Session 1: Best practices in youth development: Focusing on youth sparks, sense of belonging, and positive relationships with adults. (The 4-H Thriving Model of Positive Youth Development)

 Offered September 5 & October 4.
- *<u>Session 2:</u> Learning in 4-H: Facilitating hands-on experiential education and planning your project.

 Offered September 12 & October 11.
- *Session 3: Working With All Ages (from 5 to 18) and Abilities (The Ages and Stages of Youth Development)

 Offered September 19 & October 18.
- *<u>Session 4:</u> Creating effective youth-adult partnerships & Working with youth leaders (Junior and Teen Leaders)

Offered September 26 & October 25

All adult volunteers are invited to attend the virtual workshops listed above. The 4-H Statewide Workgroup has created valuable content to expand and enhance your leadership skills. In-person sessions will not be an option until November. Leaders attending all 4 sessions will receive a certificate and a 4-H name badge. Please use the bit.ly link above in blue type to register for sessions. There is no cost to participate. Attend one session or all 4!

Community Service Opportunity!

Please plan to participate in the canned food, non perishable food drive benefitting Reedley Community College Student Food Pantry hosted by Sierra 4-H.

Food items will be collected at Achievement Night September 17th.

All contributors will receive an opportunity for a special prize drawing held at conclusion of evening. Questions/Contact: Janeen McCorkle <u>Janeen.mccorkle@reedleycollege.edu</u>



National 4-H Week to be Celebrated with a Contest- Plan to Participate!

In honor of National 4-H Week, please plan to participate in the annual Fresno County 4-H Window Display / Social Media Contest. Fresno County's 4-H observance is **September 24 - 30, 2023** due to our county fair dates. This is a time for clubs to promote 4-H and encourage new membership.

The annual Display Contest for 4-H Week will award \$225 in prize money to clubs based on display entries. (\$100 for 1st, \$75 for 2nd, \$50 for 3rd). The display should promote 4-H and 4-H projects in a fun & creative way. The added category of Social Media/Electronic Posts offers a technology based category. Displays/Posts must be set up during the week of 9/24 – 9/30. If your display site allows for additional days please feel free to expand duration. Submit photos/links of displays to the tinewton@ucanr.edu by October 6th . Please note location of display and viewing hours. For electronic posts note # of views, comments, shares. Entries will be judged based on creativity, informational/educational value, accessibility to general public and overall appeal of the display. Let's celebrate 4-H Week by sharing all that 4-H has to offer! Recruitment materials and informational brochures are available at the 4-H office. Feather flags and table covers also available and must be reserved in advance by contacting the office 559-241-7519. Follow here for State 4-H UC ANR Branding Tool Kit resources as they become available: https://ucanr.edu/sites/CA 4-H Brand Toolkit/Toolkits/National 4-H Week/



County Achievement Night- Plan to Attend!

Sunday, September 17, 2023



The Grove (Hobbs) – 14265 East Goodfellow Avenue, Sanger Games & Activities begin at 4:30 PM & Dinner is Served at 5:30 PM

Plan to attend Fresno County Achievement Night for an evening of celebrating numerous **AMAZING** 4-H'ers and Leaders.

Awards to be presented include-

- *County Record Books
- *4-H Scholarships
- *First Year Project Completion
- * Club Officer Book Medalist
- * 100% Attendance

*Adult Volunteers serving as 1st, 5th, 10th, 15th, and 20 plus years of service will receive special recognition.

ALL 4-H member award recipients will receive a complimentary dinner as well as ALL current 4-H Leaders. Additional dinner plates available at a cost of \$10 each. Please **RSVP** for dinner by **September 12th to Elizabeth at elramirez@ucanr.edu**.



ATTENTION LIVESTOCK PROJECT LEADERS

There is a group of community leaders, businesses and individuals that have come together to recognize those students that demonstrate a sincere desire to make agriculture their future.

The **All Around Ag Award** needs your help in identifying project members who are well rounded, hard working, and could benefit from a special tool box gift awarded during the Fresno Fair. This award is open to Fresno Fair Livestock 4-H exhibitors. **Previous tool box recipients are not eligible**.

Nominations are due September 30th and can only be submitted by leaders. For further details and application forms-

https://ucanr.edu/sites/4-H-Fresno/2019_Fresno_County_Fair_Information/



Achievement Night- Sunday, September 17th- Plan to Attend!

Some of the 4-H members that will be recognized at Achievement Night include Record Book and Officer Book Medalist. Congratulations to the following individuals that excelled in those areas!

Congratulations

Record Book Medalists- Gold

Record Book Medalists- Gold (cont.)

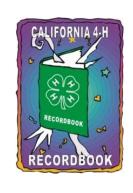
Record Book Meda	alists- Gold	
Taylin Flores	American Union	INT
Nicholas Guizar	American Union	INT
Jaelyn Selzer	American Union	JR
Samantha Guizar	American Union	JR
Callie Flores	American Union	SR
Lena Valorosi	Blossom Trail	INT
Cormick Ryan	Blossom Trail	INT
Ronan Ryan	Blossom Trail	INT
Blakeleigh Snell	Blossom Trail	INT
Harrison Sellenrick	Blossom Trail	JR
Morgan Metzler	Blossom Trail	JR
Kylar Ryan	Blossom Trail	JR
Asa Chester	Blossom Trail	SR
Kendall Metzler	Blossom Trail	SR
Emma Kasper	Blossom Trail	SR
Rachel Rusconi	Blossom Trail	SR
Hannah Rusconi	Blossom Trail	SR
Trinity West	Blossom Trail	SR
Sloan Ryan	Blossom Trail	SR
Paige Metzler	Blossom Trail	SR
Jeremiah Valorosi	Blossom Trail	SR
Gatlin Snell	Blossom Trail	SR
Kashlynn Moore	Fairmont	INT
Peyton Lauzon	Fairmont	INT
Addison Dutrow	Fairmont	INT
Ashley McCann	Fairmont	JR
Bode Downes	Fairmont	JR
Brynn Downes	Fairmont	JR
Ivy Parsons	Fairmont	JR
Macie Richardson	Fairmont	SR
Tyler Bettencourt	Kerman	INT
Emilia Calzada	Kerman	INT
Harleen Sran	Kerman	INT
Bristol Anderson	Kerman	INT
Richard Phillip Goulart IV	Kerman	JR
Rebecca Borges	Kerman	JR
Payton Goulart	Kerman	JR
John Borges	Kerman	SR
Evan Kliewer	Kingsburg	INT
Rachel Nelson	Kingsburg	INT
Gretchen Kliewer	Kingsburg	INT
Jina Khezri	Lone Star	INT
Mari Komaki	Lone Star	INT
Senna Saad	Lone Star	JR
Alexis Piche	Lone Star	JR
Addie Niles	Lone Star	JR

Reedley

INT

Brielle Turner

Jonathan Hofer	Reedley	INT
Alysia Corrales	Reedley	INT
Zoey Sullivan	Reedley	INT
Kaycie Huffman	Reedley	$_{ m JR}$
Taylor Cockrell	Reedley	$_{ m JR}$
Elise Magallanes	Reedley	$_{ m JR}$
Nathen Huffman	Reedley	JR
Aliyah Corrales	Reedley	$_{ m JR}$
Marshall Ward	Reedley	JR
Kirstin Cockrell	Reedley	SR
Allison Juarez	Renegades	INT
Jose Patino	Rural Route	INT
Ariel Davis	Rural Route	INT
Manuel Patino	Rural Route	$_{ m JR}$
Carter Flores	Sierra	INT
Livi Hester	Sierra	INT
Morgyn Allbritton	Sierra	INT
Jackson Flores	Sierra	INT
Austynn Beckham	Sierra	INT
Logan Friend	Sierra	INT
Wyatt Friend	Sierra	INT
Ava Clark	Sierra	JR
Taylor Sellers	Sierra	SR



Officer Book Medalists

0 0 0	
Historian American Union	Samantha Guizar
Secretary Blossom Trail	Gatlin Snell
Treasurer Blossom Trail	Sloan Ryan
Historian Blossom Trail	Trinity West
Secretary Fairmont	Kashlynn Moore
Treasurer Fairmont	Davin Dyes
Reporter Kerman	Jakob Johnson
Secretary Kerman	Jordan Flores
Historian Kerman	Layna Gailey
Treasurer Kerman	Massey Babshoff
Secretary Kingsburg	Finn Marshall
Treasurer Lone Star	Mari Komaki
Historian Lone Star/Fowler	Addie Niles
Treasurer Reedley	Jonathan Hofer
Secretary Reedley	Kaycie Huffman
Secretary Renegades	Miranda Moya
Historian Rural Route	Alivia Cummings
Historian Rural Route	Taylor Thomas
Secretary Rural Route	Tori Garcia



Leadership Training Day

For Club Officers & Adult Volunteers



Saturday, September 16th

Fairmont Elementary School 3095 N. Greenwood Avenue Sanger

> Time: Check In 8:45 AM Welcome: 9:00 AM Sessions Begin: 9:15 AM

All sessions will be offered twice and include President, Vice President, Treasurer, Secretary, Flag Bearer, Historian, Hospitality, Jr/Teen Leader, Adult Volunteer Leader, and a Mock Club Meeting.

Gain the tools needed to grow and develop your leadership skills. Club Officers are of utmost IMPORTANCE to the SUCCESS of your club! Event concludes at 11:15 AM

Love Your Fresno Fair Grounds Days

Are you planning to show livestock at the Big Fresno Fair? If yes, then plan to volunteer to assist in clean up at the fair on-

Saturday, September 23rd and/or

Sunday, September 24th

8:00 AM

Please bring rags, rakes, shovels if available or just show up to be a helper.

Caruthers District Fair

September 27-October 1: Free Admission to the Public

Junior Livestock Schedule & Information

Entry Deadline for Livestock entries: September 22nd

September 27 (Wednesday)

2:00 PM: Registration and Weigh-in begins 5:00 PM: Registration and Weigh-in closes

September 28 (Thursday)

9:00 AM: Lamb Showmanship (FFA followed by 4-H 9:00 AM: Swine Showmanship (FFA followed by 4-H) 10:30 AM: Market Lamb Show (FFA followed by 4-H) 10:30 AM: Market Swine Show (4-H followed by FFA) 1:00 PM: Beef Showmanship (4-H followed by FFA)

Breeding Beef followed by Market Beef and Stockers and Feeders

4:00 PM: PeeWee Showmanship

September 29 (Friday)

9:00 AM: Goat Showmanship (FFA followed by 4-H)

9:00 AM: Dairy Cattle Showmanship (4-H followed by FFA)

10:00 AM: Dairy Goat Show followed by Market Goat Show (FFA followed by 4-H)

10:30 AM: Dairy Cattle Show (Milk Cows 12 noon)

3:00 PM: Round Robin

September 30 (Saturday)

12:00 PM: Buyer Registration

1:15 PM: Cash Awards (premium) presentation—Chapter/Club and individual 1:30 PM: Junior Livestock Auction—market beef, sheep, swine, and goats

October 1 (Sunday)

6:00 AM: Animal exhibits may begin to leave the fairgrounds



Countywide Projects Offered...

Military History Book Study Project

Are you a history buff? Have interest in military aircraft? Enjoy reading books and group discussion?

If yes, then this is the project for you! **Leaders:** Valerie and Sloan Ryan are planning for 6 twohour project meetings beginning in November. Sample of books, The Monuments Men by: Robert M Edsel, Yeager by: Charles "Chuck" Yeager, Call Sign White Lily by: M.G. Crisci. Please contact Sloan at strfarmboy@gmail.com or call 559-513-3333 for additional details. Due to the subject matter recommended for members ages 12 and older.



Hormones and Menstruation Periods.....

We're talking about periods!

Join us as we explore a girl's monthly cycle from a new perspective.

This program is not geared towards sex education only body literacy as it pertains to female hormones, this 5th vital sign. There's a lot of taboo around this topic and it can be uncomfortable for some. But we're going to take that head-on and address it with sensitivity together because this information is pertinent for healthy living.

Interested? Please refer to *Insert C* for complete details.



Would you like to train your dog in obedience and learn dog handling? If you answered yes, consider joining the 4-H County Wide Dog

Project. Leaders of the project are Anne Cehrs and Richard Benefiel, a former dog resource leader for Fresno County 4-H. Joining this project will not only help you to train your dog so that it is well behaved and responds to commands but will also prepare you to show your dog at our 4-H Dog Show in May and at the Fresno Fair or other dog shows as well.

The first meeting will be held on-

September 20th ~ 5 to 6pm **Treasure Ingmire Park**

on the corner of Clovis Ave and Sierra Ave in Clovis. Please text Anne at 559-618-0250 to register. You must also sign up for the project at the online enrollment site. Project meetings will be **held the first and third Wednesday of each month** with a break during the winter months.

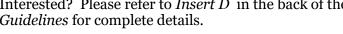
An ideal project dog should be calm, attentive, nonaggressive, responsive to praise, and at least six months of age. For project meetings you will need a dog collar (a choker collar works best for training), a 6-foot leash and a 3-foot leash, a small baggie or pocketful of very small dog treats, a water bowl and plastic bags to clean up after your dog. It is advisable to purchase the "Dog Resource Handbook" from the 4-H office for \$22 or directly from Ohio State University Extension Publications (extensionpubs.osu.edu)

Money Management Project

Topics to be covered:

- You and Your Money
- **Budgeting**
- Savings and Checking
- Credit
- **Investing**
- Other topics will be chosen by the group and may include Borrowing / Lending, Banking, Credit / Debit Cards, Renting vs. Buying, and more.

Interested? Please refer to *Insert D* in the back of the Guidelines for complete details.



2023 Fresno Fair Information and Dates

Wednesday, October 4th to Sunday, October 15th

Theme: "Picture Yourself Here!"

The 4-H Office has a small supply remaining of white shirts and pants. If your members have outgrown uniform pieces from years past, please consider donating to the "Whites Exchange Closet" These items are offered to 4-H'ers at no cost. If you have a uniform need, please contact Tracy Newton (559) 241-7519 to access the supply on hand. Limited supply of hats, scarves, and neckties are available for purchase at the 4-H Office Monday - Friday 8:30 am to 5:00 pm. Cash or checks only, payable to Fresno County 4-H.

All livestock department purchased wristbands must be picked from September 25-29th.

Livestock Dates

Saturday, September 23rd & Sunday, September 24th

8:00 AM: Love your Fair Grounds Day. Members, parent and leaders are asked to come help clean and set up the barn area in preparation for the fair. Email tcollims@fresnofair.com to sign up to help.

Wednesday, October 4th

8:00 AM: Dairy Goat Show

Thursday, October 5th

8:00 AM: Dairy Cattle Show- 4-H followed by FFA 10:00 AM: Pygmy Goat Show- FFA followed by 4-H

2:00 PM: Replacement Heifer Show

Saturday, October 7th

Phase I of Junior Livestock Auction

10:00 AM: Fur & Feathers

4:30 PM: Dairy Buyer Dinner & Social

6:30 PM: Dairy Replacement Heifer & Doe Auction

Tuesday, October 10th

5:30 PM: Sheep Lead Competition followed by Costume Contest 6:00 PM: Beef Lead Classes followed by Cattle Costume Contest

Wednesday, October 11th

8:00 AM: Market Lambs- 4-H followed by FFA 8:00 AM: Market Boer- FFA followed by 4-H 8:00 AM: Market Hogs- 4-H followed by FFA 9:00 AM: Market Beef Show- FFA followed by 4-H 1:00 PM: Market Beef- FFA followed by 4-H

6:30 PM Selection of ALL Market Champions—Goat, Sheep, Beef, Hogs

Thursday, October 12th

8:00 AM: Beef Showmanship- FFA followed by 4-H 8:00 AM: Swine Showmanship- 4-H followed by FFA 9:00 AM: Sheep Showmanship- 4-H followed by FFA 9:00 AM: Meat Goat Showmanship- FFA followed by 4-H

5:00 PM: Beef Lead Class

6:00 PM: Peewee Sheep Showmanship followed by Peewee Meat Goat & Swine Showmanship

Junior Exhibits 4-H Awards ceremony held Thursday, October 12th in Junior Building at 6:00 pm.

Friday, October 13th

9:00 AM: Large Animal Round Robin

4:30 PM: Champion of Excellence Interviews

Saturday, October 14th

9:00 AM: Phase II of Junior Livestock Auction

Sunday, October 15th

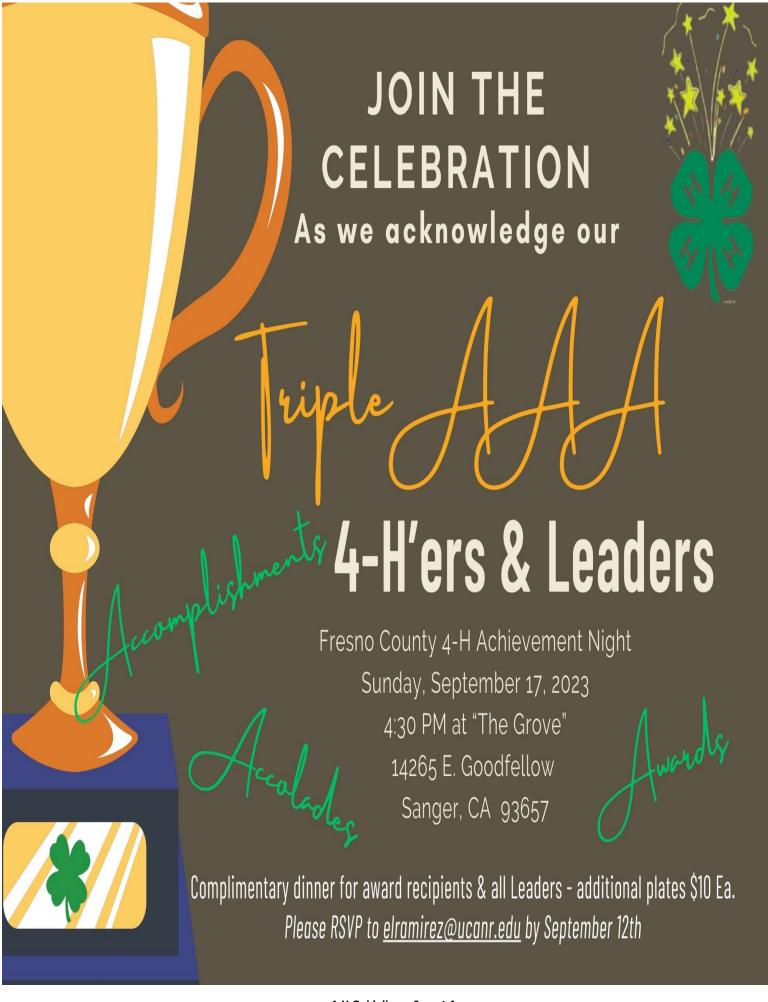
1:00 PM: Barnyard Olympics

4:00 to 8:00 PM: Haul out for Phase II. Check premium book for club's assigned time

**For additional times and dates visit:

https://cdn.saffire.com/files.ashx?t=fq&rid=FresnoFair&f=2023 BFF LIVESTOCK HANDBOOK FINAL .pdf





4-H LEADERSHIP TRAINING

SESSIONS OFFERED FOR CLUB OFFICERS & VOLUNTEER LEADERS



SATURDAY, 16 SEPTEMBER AT 9 AM

FAIRMONT ELEMENTARY SCHOOL

3095 N. GREENWOOD AVENUE, SANGER

OUESTIONS?

559-241-7519

WWW.UCANR.EDU/SITES/4-H-FRESNO/ANNUAL_EVENTS_PAGE/LEADERSHIP_OFFICER_TRAINING/



We're talking about P E R I O D S

Countywide Project:

Hormones and Menstruation

Periods...... We're talking about periods!

Join us as we explore a girl's monthly cycle from a new perspective.

While often shrouded in a cloud of mystery & even shame, we'll be going "behind the scenes" to look at this 5th vital sign. Yup, vital sign! Back in 2015 the ACOG (American College of Obstetricians & Gynecologists) decreed that a girl's cycle is her 5th vital sign & indicator of health.

In this project, we'll be exploring the different phases of a cycle & how each plays into a girl's everyday health - in the way she feels, eats, moves, & thinks. These incredible hormones really do impact so many aspects of our lives!

This program is not geared towards sex education but only body literacy as it pertains to female hormones & this 5th vital sign. There's a lot of taboo around this topic & it can be uncomfortable for some. But we're going to take that head-on & address it with sensitivity together because this information is pertinent for healthy living.

We'll have 5 meetings that will include both experiential learning & some time in the kitchen preparing foods that support each cycle phase. (There will be a small fee to cover the supplies for the cooking portion.)

There is no age requirement for this class because the information is pertinent to girls whether or not they have started cycling. Parents are always welcome to attend & participate in our meetings - though please check with your daughter for her permission as well.

<u>Project meetings will take place on Sunday afternoons from 2-3:30 on the following tentative dates:</u> <u>October 22, December 3, January 21, February 25, & March 17.</u>

Interested or have questions? Call or text **Kristen Gilster at 559.325.4045** (*Please note: this is the final year this project will be offered, so now's your chance to join!*)

MONEY MANAGEMENT PROJECT

Leader: Sean Ryan

str1398@gmail.com 530-903-0942

6 Hours needed to complete a project

75% of meetings need to be attended to complete a project Meetings held at either the Ryan House (Sanger) or via Zoom



Meetings:

Target audience is Teens (Intermediate or Senior Members)

Meetings are expected to be 1 hour long each

Tentatively meetings will be held the during the 1^{st} or 3^{rd} week of each month (likely a weekday afternoon – will discuss as a group)

Topics:

You and Your Money

Budgeting

Savings and Checking

Credit

Investing

Other topics will be chosen by the group and may include Borrowing / Lending, Banking, Credit / Debit Cards, Renting vs. Buying, and more.

Opportunities / Resources:

Presentations

Interested in Communication Skills for your record book? Participating members are encouraged to choose a topic to discuss (must be 5 minutes in length and be memorized) or even lead a topic discussion.

Make ups for meetings

Everybody is encouraged to make it to all meetings as you are available. If you cannot there are make-up options:

Oral Presentations

Written Presentations on a topic

Other ideas will be presented

Other comments:

Ideal for Teens (Senior Members) or well engaged Intermediate Members.

Will cover a broad range of financial and career topics as directed by the group. The meetings are expected to be highly engaging with components of teaching and discussion.

MasterChef JUNIOR NOW CASTING!

Follow us on social media @MasterChefJrUSA



MASTERCHEF JUNIOR IS ON A NATIONWIDE SEARCH FOR THE MOST TALENTED HOME COOKS IN AMERICA BETWEEN AGES 8-13 (must be at least 8 yrs old as of February 1st 2023)

IF YOU THINK YOUR CHILD IS THE NEXT MASTERCHEF JUNIOR,
WE'D LOVE TO MEET THEM!

TO APPLY GO TO: WWW.MASTERCHEFJUNIORCASTING.COM

FOR APPLICATION INSTRUCTIONS, AUDITION GUIDELINES, ELIGIBILITY REQUIREMENTS



Presents "TIME TRAVELERS' COUNTRY FAIR"

Fresno County 4-H has been invited to host a booth and volunteer on October 21st at Kearney Park.

This is an educational/cultural/historical event for K-12 grade students. We need help! We are looking for volunteers to empty trash and direct foot traffic. We are also looking for groups to have stations at the event. Time Travelers' focus is on the people and cultures that settled in the Valley in the late 1800's and early 1900's, and how they lived. The May 2023 event offered writing with quill pens, packing live mules, cooking over a campfire, panning for gold, and sack races. Other features were African American quilters, butter churning, cow milking and more. We are looking forward to a bigger, longer event in 2023.

If your 4-H member or club has booth activity ideas or would like to volunteer at the event, please contact Nancy Faria at nfaria@valleyhistory.org. Admission fees waived for participants. For event details see site below. 4-H Program promotional materials will be provided by the 4-H Office. Please contact Tracy Newton to obtain supplies.

https://www.valleyhistory.org/time-travelers-country-fair



List of events offered May 2023 – African American History Through the Arts, Biscuit on a Stick, Blacksmith, Buffalo Soldiers, CA Bear Flag, Dr. Meux, Gold Panning, Julia Bell, Laundry, Logging, "Minnie" Eshleman, Music in the Round, Pack Mule Station, M. Theo Kearney, Photo Op, Quill Pens, Rope Making, Sikh Exhibit and Toys & Games.