



# DAVIS COUNTY 4-H

## Newsletter

March 2024



### Contact Information

Main Office  
(801) 499-5370, option 2

Davis County Extension  
80 E. 725 S., Suite B  
Kaysville, UT 84037

USU Utah House  
920 S 50 W  
Kaysville, UT 84037

### More ways to discover DC 4-H



Facebook  
Davis County 4-H



Instagram  
@daviscountyut4h



Online  
[www.daviscounty4h.org](http://www.daviscounty4h.org)





## FAVORITE FOODS COUNTY CONTEST

### REGISTRATION CLOSES MARCH 1

Participants are invited to prepare one of their favorite foods at home and bring it to display for our judges. You'll get to tell the judges all the reasons your dish holds a special place in your heart; where you discovered the recipe, unique preparation techniques, and any other aspects that make your dish stand out. You can compete as an individual or in a team of two.

**WHO:** Davis County 4-H'ers

**WHEN:** March 7, 6:30 pm

**COST:** FREE

**REGISTRATION:** [4h.Zsuite.org](http://4h.Zsuite.org)

**CONTACT:** [lauren.montgomery@usu.edu](mailto:lauren.montgomery@usu.edu)

## TRY TEAM - HAPPINESS TEAM

### REGISTRATION CLOSES MARCH 5

This year's TRY training will be held in Richfield, Utah. Training will be March 22-23. Friday night, we'll get acquainted and cover leadership, how to teach, & group facilitation techniques. Saturday, we'll cover project tracks.

Teams are committing to provide 6-8 hours of programming back in their counties between April and December 2024. See Zsuite for full details.

**WHO:** 4-H members 7th - 12th grade

**WHEN:** Registration closes 3/5!

**COST:** FREE!

**REGISTRATION:** [4h.Zsuite.org](http://4h.Zsuite.org)

**CONTACT:** [DeLayna.barr@usu.edu](mailto:DeLayna.barr@usu.edu) or (435)919-1325



## HORSE EDU-NIGHT

This month's Edu-night will focus on horsemanship and showmanship. If you participate in the horse program and are interested in competing in horse shows this summer, this is the perfect time to learn tips and tricks to help you confidently take to the arena!

**WHO:** Davis County 4-H Horse participants

**WHEN:** Friday, March 15 @ 6:00 pm

**WHERE:** Sunset Equestrian Center

820 Mare Circle, Kaysville, UT 84037

**REGISTRATION:** No registration required

**CONTACT:** [lauren.montgomery@usu.edu](mailto:lauren.montgomery@usu.edu)



## YOUTH MENTAL HEALTH SCREENING

Mental Health Screenings allow you to meet with a mental health provider and learn about community resources. Screenings address social and emotional needs, depression, anxiety, trauma, suicide, and safety concerns. The screening is not a full psychological evaluation. A clinical diagnosis will not be made. Parents must be present. Registration closes March 12.

**WHO:** Youth 11-18 years old

**WHEN:** Thursday, March 21, 4:00 - 7:00 pm

**WHERE:** North Davis Jr. High

**COST:** FREE

**REGISTRATION:** [dbh.utah.gov/screening](https://dbh.utah.gov/screening)

**CONTACT:** Angie Smith @ 801-336-1742



## CAPTAIN CREATE

### FOOD, FUN, AND READING

This event is hosted by our Extension Create Better Health team. The March event includes a children's story, craft, snack, physical activity, and more fun for kids and their grown-ups. At this event, we'll focus on welcoming spring! This is a great series for PreK - 2nd graders. Sign up for this fun series through Eventbrite by typing the URL below into your browser.

**WHO:** Youth PreK - 2nd and their grown-up

**WHEN:** Tuesday, March 12, 10:00-11:30 AM

**WHERE:** USU Kaysville Education Center  
80 E 725 S, Kaysville, Rooms 133 & 135

**REGISTRATION:** <https://bit.ly/cbh-davis-events>

**CONTACT:** [amberly.lambertsen@usu.edu](mailto:amberly.lambertsen@usu.edu)



## MARATHON KIDS

Sign up for the Davis County Spring Break Movement Challenge! You can do any kind of heart-pumping activity and track it in our free digital platform OR by using fun and free printable trackers available at [www.marathonkids.usu.edu](http://www.marathonkids.usu.edu). Every minute or mile of activity counts, so let's see how much we can move this spring break! Join us to try out a new movement path every weekday of DSD spring break, beginning April 1st.

**WHO:** EVERYONE! Prizes will be available!

**WHEN:** Starts on April 1st, 2024

**WHERE:** Online and at USU Kaysville Education Center

**COST:** FREE! Learn more at [marathonkids.usu.edu](http://marathonkids.usu.edu)

**CONTACT:** [emma.parkhurst@usu.edu](mailto:emma.parkhurst@usu.edu)

**SIGN-UP:** <https://app.marathonkids.org/club-profile/9590/enroll/true>





## COUNTY CLUBS

### CLUB

Cloverbuds  
Jr. Master Gardener  
Shooting Sports  
Teen Council  
Mountain Biking Club  
Davis County Dog Tribe

Bonnie's Fishing Club

### MONTHLY MEETING INFO

1st Wednesday, 5:00 pm  
2nd & 4th Monday, 5:00 pm  
2nd & 4th Tuesday, 5:30 pm, on break  
4th Monday, 6:30 pm  
Dates vary. Currently on break  
Contact leader, Brianna  
[daviscountydogtribe4h@gmail.com](mailto:daviscountydogtribe4h@gmail.com)  
Contact leaders, Matt or Mike  
[matthuntington8@gmail.com](mailto:matthuntington8@gmail.com) or  
[m\\_65\\_johnson@hotmail.com](mailto:m_65_johnson@hotmail.com)

County clubs are open to all DC 4-H members in the appropriate age ranges but may fill up. Participation is on a first-come, first-served basis. For club questions, contact Lauren via email at [lauren.montgomery@usu.edu](mailto:lauren.montgomery@usu.edu)

## COUNTY CONTESTS

Upcoming Contests

### IMPROMPTU SPEECH - APRIL 11-12

Choose your topic, spend 3 minutes of prep time, and then wow the judges with your gift-of-gab!

### COOKING CHALLENGE - APRIL 25

Impress the judges with your culinary creation using the secret ingredient (Zucchini) in 40 minutes or less!

**WHO:** All DC 4-H members

**WHEN:** April 11 -12 Impromptu; April 25 Cooking Challenge

**WHERE:** USU Utah House

**REGISTRATION:** Sign up for all contests though Zsuite

**CONTACT:** [lauren.montgomery@usu.edu](mailto:lauren.montgomery@usu.edu)



## NEW CLUB COMING SOON DAVIS COUNTY DISCOVER CLUB

We can't wait to start our new Discovery Club. This club will give kids in grades 3rd - 5th a chance to explore many new and different 4-H spark areas and get to know other 4-H'ers in the area. Club meetings will start April 16th and continue weekly through May 21st. This will be a parent-run club with guidance from one of our amazing program coordinators.

If you think this club is right for you and your child, join us for a parent meeting on March 19 @ 5:00 pm via Zoom. Meet DeLayna and get all the club details.

See the Parent Meeting event in Zsuite for full details.

Contact DeLayna at [delayna.barr@usu.edu](mailto:delayna.barr@usu.edu) with any questions.