



# 4-H ILLUSTRATED

BOX ELDER COUNTY

Utah State University  
COOPERATIVE EXTENSION 

<http://extension.usu.edu/boxelder>

June 2011



Participants in the 2011 4-H Talent Contest

## Box Elder County 4-H Talent Contest Winners

On Thursday, April 14, the Box Elder County 4-H Talent Contest was held at the Box Elder Middle School in Brigham City. The judges were Brittany Rockham and Rachel Christensen. The winners were as follows:

### JUNIOR DIVISION

Rosette in Piano: Derick Deakin  
Rosette in Dance: Valerie Wells  
Overall Junior Division Winner: Sadie Rose

### INTERMEDIATE DIVISION

Rosette in Piano: Caleb Barton  
Rosette in Vocal: Aleisia Averett & Kennady Cahoon  
Overall Intermediate Division Winner: Ryan Deakin

### SENIOR DIVISION

Rosette in Variety: Charles Davis  
Rosette in Piano: Heather McBride  
Rosette in Vocal: Kimberly Eden  
Rosette in Instrumental: Heidi Eden  
Overall Senior Division Winner: Abigail Payne

## Upcoming Events...

### June

- 10 .....Hog & Lamb Tagging at the Fairgrounds
- 10 .....Favorite Foods
- 17 .....Chef Extraordinaire & Healthy Cuisine Contest
- 18 .....Hog & Lamb Tagging at the Fairgrounds
- 20-23 ...Robotics Camp
- 21-22 ...Horse Shows
- 24 .....Public Speaking & Demos Contests
- 24 .....Senior Fashion Revue & Other Contests
- 27-30 ...We Do Robotics

### July

- 1 .....4-H Registration Deadline for fair exhibits
- 2 .....4-H Lagoon Day
- 7 .....Cooking Day Camps Begin
- 11-13 ...State 4-H Contests
- 14 .....Family Waterslide Activity
- 18-20 ...Li'l Detective Camp
- 19-20 ...Horse Shows
- 26-27 ...Outdoor Adventures
- 28 .....Service Field Trip

*For more information, contact:*

Lyle Holmgren - USU Extension Agent  
Mike Pace - USU Extension Agent  
Ann Henderson - USU Extension Agent  
Emily Bankhead - 4-H Youth Development Coordinator  
Donna Tracy - Secretary  
Shauna Petersen - Secretary

*Utah State University is an affirmative action/equal opportunity institution. Special Needs: For any special arrangements including dietary, physical accesses, or other accommodation requests, please call the USU Extension Office for Box Elder County. Fifteen working days are needed to facilitate special needs requests.*



## How About A Contest?

**Friday, June 10** -Register by June 3

**Favorite Foods Contest** - Begins at 10:00 a.m. at the Box Elder County Courthouse, Room 33—Brigham City. Register at 435-695-2544 or 877-390-2326 or ann.henderson @usu.edu. For contest guidelines visit <http://utah4h.org/htm/events/statecontests>.

**Friday, June 17, 10 a.m. - 1 p.m.**- Register by June 10

**Chef Extraordinaire** - An individual or team of two prepare and serve a meal for 4 guests and a judge within a three hour time limit.

**Healthy Cuisine Contest** - An individual or team of two prepare and serve a healthy, complete meal in 45 minutes with an additional 15 minutes for clean up.

**Friday, June 24, 1 p.m.** - Register by June 17

**Fashion Consumer Strategies** – Select and model an outfit for judges, sharing decisions made in the selection of the outfit. Demonstrate decision making skills used in selecting the most suitable of three outfits.

**Quilting Demo** – Contestants will construct a quilt and demonstrate a skill or method used in the construction of the quilt. Contestants will be judged on quilt construction and the demonstration.

**Senior Fashion Revue** - Sew and model an outfit for judges and answer questions about the selection of the outfit and construction techniques used.

## August Fashion Activities

**Fashion Workshop:** August 3 -10 a.m.—12 p.m.  
BATC Conference Room  
Learn basic modeling techniques and plan the theme, decorations and refreshments for the 4-H Fashion Show

**Fashion Workshop:** August 17 –10 a.m.—12 p.m.  
BATC Conference Room

Learn basic interview techniques, practice modeling and interview for the Junior Fashion Revue and Decorate Your Duds Contest and rehearse for the 4-H Fashion Show

4-H Jr Fashion Revue Contest: August 18, BATC, 10 –1 p.m.

4-H Decorate Your Duds Contest: August 18, BATC, 10-11a.m.

4-H Fashion Show: August 18, BATC Conference Room, 6 –7:00 p.m.

## CHANGES in the Senior Fashion Revue Contest

The Senior Fashion Revue Contest is now the Sewing and Fashion Contest at the state level. Because the number of participants has been dropping at the State Fashion Revue Contest, the contest has been re-structured to encourage more participation. If the number of participants goes up, Bernina will continue to provide a sewing machine as the first place prize. This year in addition to sewing and modeling an outfit, you may also sew and display an outfit for the contest. Both options will include an interview with the judges, but the new option won't include modeling. [Visit utah4h.org](http://utah4h.org) and click on [Events > State Contests > Sewing and Fashion Contest](#) to see the **NEW** contest [guidelines](#).

Box Elder County will adopt the new contest format in 2011. The Sewing and Fashion Contest will be held on Friday, June 24, 2011 from 10-11 a.m. Please pre-register for the contest by June 17th by contacting Ann (435-695-2544 or 877-390-2326 or [ann.henderson@usu.edu](mailto:ann.henderson@usu.edu)). If you have a conflict with this date, please contact Ann for alternatives.

## 4-H Sewing Camps

Sign up now for 2011 4-H Sewing Camps. For pictures of the projects, lists of supplies, and registration forms visit <http://extension.usu.edu/boxelder>.

June 15	Sewing Machine Basics & Designer Pillow Case
June 30	Skirt with an Elastic Waist
July 20	Techniques for Decorating Your Duds
July 27	Stack and Whack Table Runner



## 4-H Sewing: Skill Building Workshops

Have zippers got you puzzled? Do seam allowances always fray? Is it impossible to get the edge of a collar or facing to roll like you want it to? Then you might want to attend the 4-H Sewing: Skill Building Workshops. 4-H youth, leaders and parents are invited to attend these workshops. Each workshop will teach a set of basic sewing skills, and participants will create a binder of sewing samples to use as a reference. Each 4-H youth must have an adult or older teen attend the workshops with them to help them interpret the instructions and complete the samples. Adults may attend without a 4-H youth. The cost for the workshops is \$5. Participants may purchase The Complete Photo Guide to Sewing book (2009) for \$16 (optional). For workshop dates and locations, lists of supplies, and registration forms visit <http://extension.usu.edu/boxelder>.

## “New” 4-H Cooking Day Camps

Cooking camps will be offered this summer on how to make different kinds of cookies and quick breads. The fee for each camp is \$2.00. To register for the camps, print the form from the website and send the completed form with the fees to 4-H Cooking Day camps, USU Extension Office, 01 South Main, Brigham City, UT 84302 at least one week before the camp begins. Make checks payable to USU Extension. If you have any questions contact Carmela Johnson, [carmela.johnson@aggiemail.usu.edu](mailto:carmela.johnson@aggiemail.usu.edu) or call (435)695-2543.

**Camp time slots available: 10 a.m.-noon or 12:30 –2:30 p.m.**

### Cookies

July 7 Tremonton-Public Works Bldg., 300 E. 1200 S.  
July 14 Brigham City EMS Building

### Quick Breads

July 21 Tremonton-Public Works Bldg, 300 E 1200 S  
July 28 Brigham City-EMS Building

## Check Out the New Foods Curriculum

### 4-H Fun with Foods, Level 1

The curriculum contains 10 lessons focusing on hand washing, basic measuring, kitchen safety, nutrition, making cookies, beverages, microwave munchies, sandwiches, planning and hosting a party and smart shopping. The manual is downloadable from [utah4-h.org](http://utah4-h.org)>4-H Resources>Resource Materials>E: Healthy Lifestyle Education>EC: Foods and Nutrition. You can print the whole manual or individual lessons.

### Box Elder County 4-H Public Speaking and Demonstrations

Date: June 24  
Time: Starting at 10:00 a.m.  
Who: Youth 3rd—12th grade  
Location: Brigham City 4-H Office  
Sign Up by: June 17  
Youth can choose to compete in the contests showcasing their skills and knowledge in a variety of projects. Participants need to pre-register and be assigned a time to give their presentation. 9th—12th graders who win the county contests are eligible to compete in the state contests. State Contests will be held July 13th - 15th at Utah State University.

#### Categories

- 4-H Public Speaking
- Agriculture Demonstrations
- Foods and Nutrition Demonstrations
- Home Economics Demonstrations
- Other Demonstrations
- Horse Demonstrations

You can find more information on projects at <http://utah4h.org/html/events/statecontests>. Please contact Emily Bankhead, 435-695-2546 or [emily.bankhead@usu.edu](mailto:emily.bankhead@usu.edu).

## 4-H Be Your Best Workshops

Part of being your best is looking your best, and this summer Kris Nelson is going to teach some of the basics of how it's done. Learn about manicures, hair care and styling and skin care at the 4-H Be Your Best Workshops. Kris is a 4-H leader and cosmetology instructor who loves what she does and is excited to share her expertise with 4-H. For a flyer and registration forms visit <http://extension.usu.edu/boxelder>.



## 4-H Family Waterslide Day

All 4-H members, leaders and families are invited to join us for an afternoon of fun at the Wellsville Waterslide. This huge slide is built against a hill above a sod farm. After ascending the hill, participants ride on foam mats down this gial Slip N Slide and across the sod farm flats....SOOO FUN! There will also be lawn games, volleyball, group activities and of course, socializing with all the other 4-H members from the county! Please bring a treat to share!

Date: July 14, 2011

Time: 1:00—4:00 p.m.

Place: Wellsville Water slide (located south of the Wellsville Gas Station/ Burger King on the east side of Highway 89/91, also known as Bear River Bottoms)

Please let us know if you are coming! Don't forget your treat!

## 4-H Junior Teen Council Activities

### Swimming

Crystal Hot Springs

Thursday, June 16, 2011

1 –4 p.m.

\$5.00

### Outdoor Cooking

Box Elder Campground near Mantua

Friday, July 15, 2011

11 a.m.-2 p.m.

## “My Favorite Nursery Rhyme” Is the Theme for the 4-H Table Setting Contest

The 4-H Tablesetting Contest will be held on Thursday, August 18 in conjunction with the Jr Fashion Revue and Decorate Your Duds Contests and the 4-H Fashion Show. Participants may set up their displays between 11—2 p.m. at Bridgerland Applied Technology College, 325 West 1100 South in Brigham City. Exhibits will remain on display until the conclusion of the 4-H Fashion Show at 7 p.m. Please pre-register by Thursday, August 11. Space is limited to 30 displays.

## Food Fun and Fitness for Kids

Food, Fun & Fitness for Kids is a **free** activity for first to sixth grade youth held at four local parks. Kids will learn to make healthy food choices, prepare healthy snacks and participate in fun, active games. Visit our web site, [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder), to view a flyer, information sheet, and print registration forms. Pre-registration is requested one week before the activity. Activities will be held at Snow Park in Brigham City June 14-15, Constitution Park in Brigham City June 21-22, Perry City Park in Perry July 5-6, 2011 and at Riverside Park in Riverside on July 12-13, 2011. Activities will run from 1-2:15 p.m. each day. Food, Fun & Fitness for Kids is sponsored by USU Extension's Food \$ense Nutrition Education Program.

## State Contests

**Date: July 11-13**

**Cost: \$85.00**

Senior (9-12 grades) 4-H members that have competed in county contests are eligible to attend. Youth stay on the USU campus. Cost is \$85.00 (scholarships are available) and includes: housing, t-shirt, and four meals. Youth from all over the state participate, and it is a great chance to make new friends and have fun. If you are interested in one of the contests listed below, contact the USU Extension Office in Brigham City at 435-695-2546 or 877-390-2326. Contests range from cooking, public speaking, demonstrations, fashion, talent, livestock judging, shooting, and more. To find a list of all contests available and their guidelines, go to [www.utah4h.org/htm/events-registration/statecontests](http://www.utah4h.org/htm/events-registration/statecontests).

There have been a lot of changes to the state contest from previous years, so be sure to check the website to stay updated. Youth may also participate in a variety of activities that include fashion, video production, GPS, etc. **Registration due by June 29 to the county office.**



## Li'l Detectives

Date: July 18-20, Register by July 7  
Time: 9am-Noon  
Place: Museum Building @ the Fairgrounds  
Grades: 2<sup>nd</sup>-4<sup>th</sup> graders (as of January 2011)  
Cost: \$20.00 for 4-H Members  
\$30.00 for Non Members

This is a three-day camp that will have kids practicing skills in problem solving, teamwork, communication, and science. Plus, they are guaranteed lots of fun!

## Outdoor Adventures

Date: July 26-27, Register by July 12  
Time: 9 a.m. –2 p.m.  
Place: Mantua Campground & Lake  
Grades: 3rd –5th grade (as of January 2011)  
Cost: \$20.00 (4-H Members)  
\$30.00 (Non 4-H Members)

This two day adventure will be full of outdoors fun from hiking to GPS to fishing! You will learn about nature and important survival skills. Come see what nature has to offer!

## Art Camp

Date: August 15-17, Register by August 1  
Time: 1-3pm  
Place: USU Brigham City Campus  
Grades: 3-6<sup>th</sup> grade 4-H Members (as of January 2011)  
Cost: \$10.00

Youth will learn a new art technique each day as they are instructed by different artists in the county.

## Join the Box Elder County 4-H President's Challenge Fitness Team

YOU, a Box Elder County 4-H member, leader or parent, are invited to join the Box Elder County 4-H President's Challenge Fitness Team. Our goal is to be more active and have fun. And while we do that we will be supporting the National 4-H Council's goal to have 100,000 4-Hers across the country earn a Presidential Active Lifestyle Award.

To earn this award, you need to be physically active 5 days a week for 6 of 8 consecutive weeks. Youth should be active for at least 60 minutes a day and adults for at least 30 minutes a day. This would be a great summer activity for 4-H families and 4-H clubs to work on together. Maybe you could add a "get up and move" activity to every 4-H club meeting and a family walk, bike ride or basketball game after dinner a few days a week.

To join the Box Elder County 4-H team, here's what you need to do:

Create a free account at <http://www.presidentschallenge.org/>, choose which challenge you want to participate in, and look up our group, Box Elder County 4-H, group number 100334, in the activity tracker.

You are now ready to record your activities and earn points that will help you earn President's Challenge awards. You can record your activities online by logging in to your account or you can record them on the PALA activity log. You can print a copy of the activity log by visiting [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder). If you choose to use the paper activity log, please send it to the address below as soon as you complete the challenge. It must be received by Friday, October 7, 2011 to be eligible to receive a PALA Certificate at 4-H Achievement Night.

**This challenge ends on September 30, 2011, so give yourself time to complete your activities by that date.**

PALA Challenge

USU Extension

1 South Main

Brigham City, UT 84302





## Livestock Judging Results

Eighty-two participants from Northern Utah came to the fairgrounds on Saturday, April 16 to learn more about livestock judging. The event was planned by Emily Bankhead, USU Extension Youth Development Coordinator, along with Jessie Crozier and Chris Nelson, USU interns working for Box Elder Extension Service. Haven Hendricks, along with USU agriculture students, helped with the judging, and Bear River FFA supplied animals for the event. Thanks to all who were so willing to help! The winners were:

### Seniors (9<sup>th</sup>-12<sup>th</sup> grade)

- 1- Nick Kunzler- Park Valley – Box Elder
- 2- Jade McKendrick- Cache County- Sky View High School
- 3- Kade Esplin- Cache County- Sky View High School

### Intermediates (6<sup>th</sup>-8<sup>th</sup> grade)

- 1- Riley Newman- Box Elder-Tremonton
- 2- Baxton Udy- Box Elder-Plymouth
- 3- Ryson John- Box Elder- Riverside

### Juniors (5<sup>th</sup>-7<sup>th</sup> grade)

- 1- Riley John- Box Elder-Riverside
- 2- Bailey Firth- Box Elder-Thatcher
- 3- Rex Westmoreland- Box Elder- Park Valley

### Top Senior Team-

Bear River High School FFA Team  
Nick Kunzler  
Janet Haugen  
Jake Udy  
Oakley Anderson

### Top Intermediate Team-

Box Elder County Team  
Ryson John- Riverside  
Cody Noyes-Fielding  
Chase Bently-Brigham City  
Taylor Law- Brigham City



Livestock Judging Winners: Top Senior Nick Kunzler, Top Junior Riley John, Top Intermediate Riley Newman

## Robotics Camp

Date: June 20-23, 2011

Time: 9-12 noon

Place: Tremonton Public Works Building (300 E 1200 S)

Cost: \$25 for 4-Hers,  
\$35 for non 4-Hers

Grade: 5th—7th grade (as of January 2011)  
Registration due by June 6

Youth will work in teams of 2 building and programming a robot to move and function using NXT MINDSTORMS LEGOS. Camp will conclude with the built robots competing in a Sumo Wrestling Challenge.

## WeDo Robotics Camp

Date: June 27-30

Time: 9-12 noon

Place: BATC (325 W 1100 S, Brigham City)

Cost: \$20.00 for 4-Hers  
\$30.00 for non 4-Hers

Grade: 2nd-4th grade (as of January 2011)  
Registration due by June 10

Let your imagination run WILD! This 4 day camp will introduce youth to robotics. Youth will build robotics and animate them using basic programming.



McKenzie Keller wins the Ride-A-Buck contest at the 2011 Horse Camp by being the last rider to keep a dollar bill under her thigh while riding bareback.

## County Horse Shows

Participants need to pre-register at the USU Extension Office no later than Friday before the show. The entry fee is \$8 in advance, \$10 at the show. If you know you are going to go to each show, we recommend registering and paying the \$24.00 all at once. Shows begin at 6 p.m. both evenings. Juniors and Seniors will compete on Tuesday, and the Two-Handed class and the Intermediates will be on Wednesday. Don't forget to study for your tests!

**1st Show** June 21: Junior & Senior Night  
June 22: Intermediate & Two-Handed

**2nd Show** July 19: Junior & Senior Night  
July 20: Intermediate & Two-Handed

**3rd Show** August 2: Junior & Senior Night  
August 3: Intermediate & Two-Handed

**Region Show** (top 8 from county) August 8, 2011 in Box Elder County

**State Show** (top 5 from county) September 15-17 in Salina

### What to Study

#### Show 1

**Juniors:** Horses and Horsemanship, pgs 1-16, and the Horsemanship Contest Rulebook, pgs 2-10

**Intermediates and Seniors:** Horses and Horsemanship, pgs 1-16, Horse Science, pgs 1-17 and the Horsemanship Contest Rulebook, pgs 2-10

**Two-Handed:** Horses and Horsemanship, pgs 1-16, and the Horsemanship Contest Rulebook pgs 2-10 and 29-32

#### Show 2

**Juniors:** Horses and Horsemanship, pgs 17-34 and the Horsemanship Contest Rulebook, pgs 11-19

**Intermediates and Seniors:** Horses and Horsemanship, pgs 17-34, Horse Science, pgs 18-36, and the Horsemanship Contest Rulebook, pgs 11-19

**Two-Handed:** Horses and Horsemanship, pgs 17-34, and the Horsemanship Contest Rulebook, pgs 11-19 and 29-32

#### Show 3

**Juniors:** Horses and Horsemanship, pgs 35-54, and the Horsemanship Contest Rulebook, pgs 20-29

**Intermediates and Seniors:** Horses and Horsemanship, pgs 35-54, Horse Science, pgs 37-59 and the Horsemanship Contest Rulebook, pgs 20-29

**Two-Handed:** Horses and Horsemanship, pgs 35-54, and the Horsemanship Contest Rulebook pgs 20-32



Aubrie Nielson, Wendy Smith, Taylee Atencio and leader, Jill Clark



Below: Horse camp participants preparing for horse games



Left: Kayla Edelman and Haylee Siddoway having fun playing with squeeze-it bottles



Kassidy Mote riding tall in the saddle



April Ward practicing pole-bending

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## Money Camp

Date: July 15, July 22, July 29, and August 5

Time: 9-12 noon

Place: Box Elder County Commission  
Office (across the hall from the USU  
Extension Office)

Cost: \$8.00

Grade: 3<sup>rd</sup>-8<sup>th</sup> (as of January 2011)

Register by July 1

Youth will learn about economic principles and apply them by starting their own business and selling products at our market.

## Service Field Trip

Thursday, July 28

Meet at the USU Extension Office at 01 South Main, Brigham City at 9:00 a.m. with a sack lunch. We will deliver our pop tabs to the Ronald McDonald House, where they will give us a tour of their facility. We will then proceed to the Primary Children's Hospital to deliver the kits that were assembled on our service day. From there we will find a park to eat our lunch. We will then travel to the Children's Treehouse Museum in Ogden (our appointment is at 12 noon). The cost is \$3.50 for each child, adults are free, and one adult for every 5 children is needed. We will return to the 4-H Office by 3:00 p.m. Please call us at 435-695-2546 and let us know how many will be going. Parent volunteers are needed who are willing to carpool the youth down to Salt Lake and spend the day with us; please call if you are available. Please bring other items you or your club would like to donate.

## Newsletter Delivery Changes

Now the newsletter is available online and by email, there will no longer be a hard copy mailed to each 4-H home. The newsletter will continue to come to your postal address if you have not given us an email address.

