

CACHE CONNECTION

UTAH STATE UNIVERSITY EXTENSION



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Date: January 2016



I Pledge My Hands to Larger Service



As part of the 4-H Teen Council Activity, Dylan Phelps helped deliver quilts to the residents at Autumn Care. Our 4-H members worked hard and loved tying these quilts before delivering them to Autumn Care residents. These quilts were definitely made with love from 4-H members around the community and our USU interns.

Family and Consumer Sciences Agent, Adrie Roberts, along with many interns and assistants have worked since the beginning of January to collect fabric scrap donations and sew them into a menagerie of exquisite quilts. Batting for the quilts was donated by Cache County 4-H under the direction of 4-H Agent, Scott Williams.

USU Extension in Cache County has successfully completed well over 100 quilts. Throughout the year quilts have been delivered to the women's shelter, chemo and cancer patients, Head Start, international families, Family and Child Support Center, and Sub for Santa.

The 4-H Teen Council of Cache County met on December 10 to tie and deliver 20 of the quilts to the residents of Autumn Care in Hyde Park. The quilts were received with open arms, smiles, and much appreciation.

Because of the success of the quilt program it will continue to be an on going project. Over two hundred quilts have been sewn, tied and donated in the past couple of years. Donations of new fabric are greatly appreciated. Call (435)752-6263.

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AG EXTENSION CALENDAR 2016

CLARK'S CROPS AND COWS

FEBRUARY 9**Annual Cache Crops School at West BATC in Logan co-sponsored by USU Extension, IFA and Valley Wide Co-op**

Participants will listen to presentations on growing agronomic crops in northern Utah. No cost for registration. Meal provided. CEU credits will be available.

**Utah Beef Cattle Field Day**

"We're Talking Beef!" Keynote by Daren Williams from NCBA and presentation from KUTV's Chef Bryan Woolley. Registration 8:00—9:00 a.m. \$25 per person, \$30 per couple, \$10 for students. This event will be held at the BYU Harman Conference Center.

FEBRUARY 16**Annual Oilseed School at West BATC in Logan co-sponsored by USU Extension and Mountain States Oilseeds**

Participants will learn approved methods of growing and marketing oilseed crops. CEU credits will be available. No cost for registration. Meal and door prizes provided.

**FEBRUARY 17-18****Urban & Small Farms Conference**

Will be held at the Viridian Center in West Jordan. More information will be coming.

FEBRUARY 17-18**Utah Weed Control Association Annual Meeting in Vernal**

This conference is available to anyone who has an interest in identifying and controlling weeds. Early registration of \$80.00 is now available at UWCA website. CEU credits will be available.

FEBRUARY 23**Soil Health Seminar at West BATC in Logan co-sponsored by USU Extension, NRCS, and UACD**

This conference is available to anyone who has an interest in improving the health of our soil. No cost for registration. A meal will be provided.

FEBRUARY 25-26**Utah Dairy Meetings at the Dixie Center in St. George**

This annual gathering allows Jersey and Holstein producers to meet with their respective breed associations. Utah Dairy Women, Rocky Mountain DHIA, Utah Dairy Commission and Utah Dairy Producers will hold their annual business meetings. No cost for dairy producers.





Utah Department of
Agriculture
and Food

EXTENSION
UtahStateUniversity

Propagation Workshop & Logan River Taskforce Workshop

2016 Propagation Workshop

Native and Water-wise Plants for your Home

Date & Time: Thursday, March 10 from 6-9 pm OR Saturday, March 12 from 9 am to 12 noon.

Location: USU Teaching Greenhouse, 1390 North 800 East, Logan

Cost: \$25 – Master Gardeners and UNPS Members OR \$30 – All Others

(Fee includes online workbook, seeds, and planting materials)

Register Now: Call 435-752-6263 or email helen.muntz@usu.edu

Take home 60 planted seeds!



USU Extension and the Logan River Taskforce is hosting a free planting demonstration workshop on April 23 (Time and Location, TBA). If you live along the Logan River, or have a riparian area in your yard, this workshop may be of interest to you. There will be a presentation on landscaping in riparian areas, a planting demonstration, and free plants. Look for an announcement with further details. For more information on the Logan River Taskforce and Restoration, visit <http://forestry.usu.edu/htm/city-and-town/urbancommunity-forestry/logan-river-riparian-plant-guide/>

CACHE VALLEY COMMUNITY GARDENS

HELEN'S HIGHLIGHTS

2016 Master Gardener Classes

COME GROW WITH CACHE COUNTY MASTER GARDENERS

Classes are held Wednesday beginning on January 27. Course runs for 12 weeks. Register at the USU Extension Office at 179 N. Main Street, Suite 111, Logan, or call 435-752-6263. Register by January 21.

Registration fee

\$150



2016 Gardening Classes

Gardening classes will be offered to the public starting in February. All classes will be held at the Cache County Admin. Bldg, Suite 109. Topics, events, and dates are listed below:

February 19, "Seed Selection and Planning Your Garden"

6-8 p.m.

February 23, "Planning your Garden and Extending your Season"

10-11 a.m. Childcare Provided

March 10 & 12 (Thursday & Saturday), "Propagation Workshop" \$30 Fee 6-8 p.m.

March 22, "How to Plant a Garden that Blooms all Season Long" 10-11 a.m. Childcare Provided

March 24, "How to Plant a Garden that Blooms all Season Long" 6-8 p.m.

April 15 (Friday), "Fruit Tree Grafting" \$20 Fee 10-11 a.m. Childcare Provided

April 16, (Saturday) "Container Gardening Workshop" 9-12 noon @ the USU Teaching Greenhouse, 1380 North 800 East, Logan. Childcare Provided

May 12, "Beneficials in the Garden" Marion Murray
6-8 p.m.



Community Gardens

USU Cache County Extension will be offering garden plots at two sites this year. The Cache Valley Community Garden, 725 S. 50 E., in Hyde Park, is located west of St. Thomas Aquinas Catholic Church. A second garden site is located in Nibley at 770 W. 2680 S.

Garden plots are open to anyone. A 200-square foot plot in Hyde Park can be leased for \$45, which includes a \$15 refundable end-of-season cleaning deposit, for the entire growing season. Nibley residents can rent a plot at the Nibley Garden for \$35. There are a few raised beds also available to those with limited abilities. Non-Nibley residents may also rent plots for \$45 per plot.

Community gardens are especially useful to those who do not own land or do not have enough space in the yard to have an extensive garden. They also provide an opportunity to become more self-sufficient and learn a skill that may have lifetime benefits.

Plots will be tilled at the beginning of the growing season and the Catholic Church and Nibley City graciously provides free water to participants. However, all participants are expected to keep their plots and adjacent pathways relatively weed free and may be required to donate a few hours during the growing season for garden upkeep. Basic gardening tools are also available at the garden sites for use for those who do not own them.

If you are interested in participating in the Community Garden in 2016, contact USU Cache County Extension at (435)752-6263. Applications are available at:

<http://extension.usu.edu/cache/htm/horticulture>.

Plots are leased on a first-come, first-served basis. Additional plots may also be available to those wanting to plant a more extensive garden.



Latino Finance

ADRIE'S ALMANAC

FEBRUARY SERIES

LES INVITAMOS FORTALECE TU FUTURO FINANCIERO

SEMINARIOS DE FINANZAS EN ESPAÑOL



FEBRERO y MARZO
18, 25 y 3
6:00 PM - 8:00 PM

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PARA MAS INFORMACIÓN LLAMA AL: (435) 881-5951 O (435) 232-0819 O MANDE UN CORREO ELECTRONICO AL: JORGEMANAN@YAHOO.COM O A MICHAELANDAMALIA@GMAIL.COM

BRIDGER ELEMENTARY SCHOOL
1261 NORTE 400 OESTE
LOGAN

CENA GRATIS PARA TODA LA FAMILIA ANTES DE CADA CLASE

SEMINARIOS PARA LOS ADULTOS

ACTIVIDADES PARA LOS JOVENES

- ROBÓTICAS DE LEGO
- SPHERO- PELOTA ROBÓTICA
- IMPRESIÓN DE 3D Y LÁSER
- DISEÑO DE VIDEO JUEGOS
- TEXTILES ELECTRONICAS
- PROGRAMACIÓN DE MEDIA
- RASPBERRY PI
- MINECRAFT

GUARDARIA PARA LOS NINOS
CON ACTIVIDADES DIVERTIDAS Y EDUCATIVAS



MARCH SERIES

LES INVITAMOS FORTALECE TU FUTURO FINANCIERO

SEMINARIOS DE FINANZAS EN ESPAÑOL



MARZO
10, 17, 24
6:00 A 8:00 PM

EXTENSION 
UtahStateUniversity

PARA MAS INFORMACIÓN LLAMA AL: (435) 881-5951 O (435) 232-0819 O MANDE UN CORREO ELECTRONICO AL: JORGEMANAN@YAHOO.COM O A MICHAELANDAMALIA@GMAIL.COM

ST THOMAS AQUINAS CATHOLIC CHURCH
725 SUR 250 ESTE
HYDE PARK

CENA GRATIS PARA TODA LA FAMILIA ANTES DE CADA CLASE

SEMINARIOS PARA LOS ADULTOS

ACTIVIDADES PARA LOS JOVENES

- ROBÓTICAS DE LEGO
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- RASPBERRY PI
- MINECRAFT

GUARDARIA PARA LOS NINOS
CON ACTIVIDADES DIVERTIDAS Y EDUCATIVAS



UPCOMING CLASSES

ADRIE'S ALMANAC

USU Extension in Cache County Presents: Smart Money Moves

A Series of Three Workshops on Money Management



Dates: Tuesday Evenings, January 19, 26, and February 2, 2016.

Location: Cache County Administration Building, Multipurpose Room, Suite 109, 179 N Main, Logan

Time: 6:00-8:30 p.m.

Cost: \$20.00* per person or \$35.00* per couple. Cash or check only. Includes workshop materials, a binder, handouts, and refreshments. **Register** at USU Extension, 179 N Main, Ste. 111, Logan. Office hours 8:00 a.m.—5:00 p.m.

Applications will be accepted on a first-come, first-serve basis. **Class size is limited to 50 participants.**

You must **also** register online at www.uidan.org. For more information about the actual workshops, call Adrié Roberts at (435)752-6263. For information about the IDA savings program, phone (877)787-0727 or email info@uidan.org. **Out of respect for the hearing impaired and others attending the workshops, children and/or babies will not be permitted.**

**MULTIPLY
YOUR
SAVING
EFFORTS**



This financial management series fulfills the financial education requirement for an Individual Development Account (IDA) matched savings account. An IDA can be used for a first home, business start-up or capitalization, post-secondary education including vocational training and assistive technologies for related activities.

To register for the class and more information on the IDA program, contact the Utah IDA Network at: www.uidan.org, by phone (877)787-0727, or email, info@uidan.org.



Jason Hewlett has appeared at over 2,000 events and venues in the last decade as one of the country's premiere corporate event headliners. He began his career with the Las Vegas "Legends in Concert" and has been a member of the National Speakers Association since 2003. His show is a combination of comedy, music, parody, and over-the-top hilarious impressions, received with standing ovations from audiences worldwide.

Tickets available through Feb. 18 Early bird discount Dec. 11 - Jan. 31

\$30 couple • \$20 single (through Jan. 31), \$40 couple • \$25 single (starting Feb. 1)

Limited tickets available at the door. Cash/check only.

WWW.SMITHSTIX.COM OR CALL 1-800-888-TIXX

LOCATION: Weber State University, Shepherd Union Building (3848 Harrison Blvd, Ogden, UT)

SOLD OUT IN 2015! BE SURE TO GET YOUR TICKETS EARLY *DOOR PRIZES*

Dinner not provided. No refunds. No children please.

**«Shake»
IT UP!**

FRIDAY, FEBRUARY 19, 2016
WEBER STATE UNIVERSITY
6-9:30 PM
(BONUS WORKSHOPS FROM 4-6:00 PM)

Door Prizes

- Fun date night!
- Workshops from marriage and family professionals
- Keep romance alive
- Entertaining keynote speaker: JASON HEWLETT

\$30 couple • \$20 single (Dec. 11 – Jan. 31) // \$40 couple • \$25 single (Feb. 1 – Feb. 18)
Limited tickets available at the door. Cash/check only.

WWW.SMITHSTIX.COM OR CALL 1-800-888-TIXX

sponsors: StrongerMarriage.org, WEBER STATE UNIVERSITY, EXTENSION UtahStateUniversity

For more information, visit www.strongermarriage.org or call (801) 991-9327



Mommy & Me Food \$ense

TAYLA'S TIMES

Mommy & Me/Latino Mommy & Me

Brought to you by the USU Extension Cache County Food \$ense Program



Join the Food \$ense Team for nutrition and cooking classes once a month!

Mothers and Fathers are encouraged to come and learn something new while their children play!

Childcare activities and food samples will be provided.

FREE OF CHARGE!

Classes are held in the Cache County Administration Building
Multi-purpose Room, 179 North Main, Logan.

Call 435-752-6263 to reserve your spot!

2016 Class Schedule

January: Fitness for Life— Thursday, Jan 14,
11:00 am —12:30pm

Enero: La Forma Buena Para Toda la Vida—Jueves, 28
a las 6:30—8:00 pm

February: Healthy, Happy Heart— Thursday, Feb 18,
11:00 am—12:30 pm

Febrero: Crear un Corazón Feliz y Saludable—Martes, 23
a las 6:30—8:00 pm

March: Label Madness— Thursday, March 17,
11:00 am— 12:30 pm

Marzo: Etiquetas Entendidas—Jueves, 31
a las 6:30—8:00 pm

April: Snack Attack— Thursday, April 14,
11:00 am—12:30 pm

Abril: Comiditas—Juevas, 28
a las 6:30 —8:00 pm

May: Slow Cooker Success— Thursday, May 12,
11:00 am—12:30 pm

Mayo: La Cocina Lenta, Cocinar con Éxito—Martes, 24
a las 6:30 —8:00 pm

June: No Class this month

Junio: No hay clase este mes

July: Backyard BBQ Basics— Thursday, July 14,
11:00 am—12:30 pm

Julio Las Basicas de la Barbacoa—Jueves, Julio 28
a las 6:30 —8:00 pm

August: Brilliant Beans & Legumes—Thursday, Aug 18,
11:00 am—12:30 pm

Agosto: Brilliant Beans & Legumes—Martes, Agosto 30
a las 6:30 —8:00 pm

September: Quick Cooking 101— Thursday, Sept 15,
11:00 am—12:30 pm

Septiembre: Quick Cooking 101—Jueves, Septiembre 29
a las 6:30 —8:00 pm

Noviembre: Spice it Up—Martes, Noviembre 29
a las 6:30 —8:00 pm

CREATE

Create by Food \$ense

This material was funded by USDA's Supplemental Nutrition Assistance Program*. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250 or call (202)720-5964 (voice and TDD). USDA and Utah State University are equal opportunity providers.

Free Nutrition Classes 2016

TAYLA'S TIMES



Create by Food \$ense

Teaching Essentials in Creating Family Meals

Free classes are held in the Cache County Administration Building Multi-purpose Room, 179 North Main, Logan. At each class you'll enjoy **FREE FOOD SAMPLES** and learn new, tasty recipes that won't break your budget.

Call 435-752-6263 to reserve your spot.

Out of respect for the hearing impaired, room space, and others attending, no children and/or babies permitted

2016 Schedule: Evening Class: 7-8:30 p.m. & Daytime Class: 11 a.m.-12:30 p.m.

Fitness for Life

Evening Class- January 12, Daytime Class-January 21 – January is the perfect time to start thinking of ways you can get fit and stay fit. Join us at this class to learn easy exercises you can do throughout the day to keep you more alert.

Healthy, Happy Heart

Evening Class- February 16, Daytime Class-February 25– February is National Heart Health Month—come to this class to learn the difference between good and bad fats and how to prepare heart healthy meals.

Label Madness

Evening Class-March 15, Daytime Class-March 24– Do you ever get confused at the grocery store when you're trying to figure out food labels? Come to this class to learn what is on our food labels and how to read them easier.

Snack Attack

Evening Class-April 12, Daytime Class-April 21– Eating between meals is a great way to get extra nutrients throughout the day. This class will focus on how to make the most of your snacks to keep you full all day long.

Slow Cooker Success

Evening Class-May 10, Daytime Class-May 19– Slow cookers are a great way to keep your house cool when the warm weather approaches. Come learn how to make the most of your slow cooker with our unique recipes that your family will love.



4-H Calendar

SCOTT'S THOUGHTS



Upcoming 4-H Teen Council Meetings:

- February 11, 2016
- March 10, 2016
- April 14, 2016
- May 12, 2016



All meetings are held from 5:00 p.m. to 6:00 p.m. in the Multipurpose Room at the Cache County Building, 179 N. Main, Ste. 109. Call the Extension office for any questions at 435-752-6263.

Horse 4-H Council Meetings:



- February 4, 2016
- March 3, 2016
- April 7, 2016
- May 5, 2016

All meetings are held from 7:00 p.m. to 9:00 p.m., with the pre-test starting at 6:30 p.m., in the Multipurpose Room at the Cache County Building, 179 N. Main, Ste. 109. Call the Extension office for any questions at 435-752-6263.



Don't forget, 4-H Shooting Sports event starts this month. The Junior session starts January 23 and will be every other weekend until April 2. The Intermediate/Senior session starts January 30 and will be every other weekend until April 9. If you are registered for shooting sports and need a calendar of the sessions, email our 4-H Secretary, Jensea, at jensea.moore@usu.edu or call the 4-H office at 435-752-6263.





CACHE COUNTY 4-H DOG PROGRAM

Hello ALL 4-Hers, Current, Past and New! Welcome to the 5th year of the Cache County 4-H DOG Program! We are so excited for this new year! We hope each one of you had a wonderful Holiday Season. We have some amazing news and a big year planned for everyone. First of all we want to thank all the youth that participated in our program last year and the years before that. You are the reason we work and plan so hard. We are so fortunate to be able to know and adore each one of you. Our lives are enriched because of your outstanding personalities! You Rock! A big high five for all the parent helpers that are always there helping to make things run smoothly. You have incredible children and it's a pleasure to spend time with them. We applaud you! OUR BIG EXCITING NEWS! Our new 4-H Dog Program Office/Headquarters is built and complete! We have a new grassy training area located 15 feet outside our new office doors. How COOL is that? It is located right behind the Cache Humane Society at the new Valley View Dog Park. (2370 West Valley View Highway 30) We couldn't be more thrilled! Watch for a 2016 4-H calendar coming your way. Parents: We need you to contact the 4-H office this week and make sure your children are registered for this new year. If you have not yet registered, it is only \$5 for the year and needs to be paid directly to the 4-H office. Once you are registered, the office will send us notification of your current status and your child will then be updated in our current records. The 4-H office secretary is Jensea, 435-752-6263. Don't forget those Dog New Year's Resolutions this year! We look forward to seeing you all soon! Your excited Dog 4-H Leaders!



4-H SCHOLARSHIPS/ JUNIOR LIVESTOCK AMBASSADORS

SCOTT'S THOUGHTS



4-H SCHOLARSHIPS

Utah 4-H offers a variety of scholarships to its members to help offset the cost of attending college. Each year the amount and number of scholarships depends on the availability of funds and the status of the applicant pool. Scholarship details can be found at <http://utah4-h.org/htm/scholarships>. Remember, keeping track of your 4-H involvement and achievement with the 4-H portfolio is a great way to prepare you for scholarship applications!

Cache County Junior Livestock Scholarship

Cache County Junior Livestock Scholarship committee is taking scholarship applications. Application forms are available from the 4-H office or FFA Advisors at Sky View and Mountain Crest or on line at <http://extension.usu.edu/cache> and follow the Junior Livestock link.

To be eligible for the scholarship, youth must have participated in the Junior Livestock program for at least two of the past three years, either through FFA or 4-H. Applicants should be in the 12th grade as of January 1, 2016. Youth not planning to attend college this fall, but plan to enroll in the future should apply now, and if awarded, the scholarship amount will be deferred until the student enrolls. This scholarship is valid for the student's Freshman year only.

Applications will be evaluated based on Junior Livestock program involvement, career goals relative to agriculture-related business or industry, leadership experiences, involvement in extra curricular programs and financial need.

Amount of the scholarship award is dependent on the number of qualified recipients. Scholarship is valid toward tuition, fees, and books at an accredited college or university.

Applications must be returned to the Extension Office by 5:00 PM, February 16, 2016, for consideration. For more information, contact Scott Williams at the 4-H office, 752-6263, or your school's FFA advisor.



JUNIOR LIVESTOCK AMBASSADOR PROGRAM

This program is designed to help outstanding 4-H teens develop leadership and public relations skills while promoting the Junior Livestock program. A County Junior Livestock Ambassador encourages community participation in raising and showing livestock. If people know what the Junior Livestock program is and how kids benefit from it, they are more likely to become involved as 4-Hers, FFA members, volunteers, and/or donors. Often, youth participating in the program are much more successful in telling others about the Junior Livestock program – after all, they have personally experienced it!

Youth who are currently in grades 8 – 12, with at least two years experience in the Junior Livestock program, who are responsible and are willing to make the time commitment, meet the qualifications for Cache County Junior Livestock Ambassadors.

Teens will be selected through an application and screening process. Applications are available on the county website and are due to the Cache County 4-H Office by January 29, 2016.

Along with the application form, youth must submit a detailed description of their proposed County Junior Livestock Ambassador project. This will be a detailed project coordinated and conducted by the Ambassadors. The selected project needs to promote, sustain, or benefit the Junior Livestock program. The project must be completed by the end of the 4-H year (September 30, 2016).

Each application must include a project proposal for consideration.

More information and application forms can be found at:

<http://extension.usu.edu/cache/htm/junior-livestock-ambassador-program>.





179 North Main, Suite 111

Logan UT 84321

Phone: (435) 752-6263

Fax: (435) 755-1982

Non-Profit Org.

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Check us out on the Web:

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



USU Extension Office of Cache County



Facebook.com/cachecounty4h



"Utah State University is an Affirmative Action/Equal Opportunity Institution"

Special Needs. For any special arrangements including dietary, physical accesses, or accommodation requests, please notify Utah State University Extension 15 working days prior to the event, (435)752-6263.