

4-H NEWSLETTER

160 NORTH MAIN, NEPHI, UT 84648 · (435) 623-3450 · EXTENSION.USU.EDU/JUAB

UtahStateUniversity 
JUAB COUNTY EXTENSION

May 2011

Steer Clinic

We have scheduled the second educational workshop for all county fair steer exhibitors. The clinic will be held on Tuesday, June 14th. We will be touring the Deseret Meat Processing Plant in Spanish Fork. We will meet at 8:30 am at the Extension office. Adult drivers will be needed to help transport the members. Any adults that can drive, please let the office know. All who attend will receive 3 points towards the carcass contest. The last workshop will be a fitting clinic, with details sent out at a later time.

Leaders Needed

Volunteers are the heart of 4-H, and are instrumental in inspiring the next generation! We are looking for Volunteer Leaders for clubs of all interests. Specifically, we have had requests for leaders to teach Babysitting/Childcare, Fishing, and we need a Nephi Horse Club Leader. Please call us!

Horse Shows

Members must be enrolled in a Horse project before competing in horse shows. Shows will be held at the Juab County Fairgrounds, 400 West Center, Nephi. Events are: Test, Showmanship, Horsemanship, Bareback Equitation, Poles, Barrels, & Scurry.

Spring Shows: (\$15) June 1st, 4 pm, Juab County Fairgrounds.

Multi-County Show: (\$20) June 29, 1 pm, Juab County Fairgrounds.

4-H in the Park

4-H in the Park can add some fun to your outdoor summer activities. All school age youth 6 years old and up are invited to participate. No registration is necessary and classes are free of charge. Nephi City Park: 10-11:30 am, June 7, 14, 21st. Levan City Park: 12—1:30 pm, June 7, 14, 21st. Mona City Park: 12—1:30 pm, June 9, 16, 23rd.



Fair Lamb Tagging



On Wednesday, June 8th, we will weigh and tag all lambs that 4-H and FFA members are planning on exhibiting in the market classes at the fair. Plans are to weigh and tag the lambs in Mona, at David Jones' residence, 131 E. 100 S. from 6-6:30 pm and at the fairgrounds in Nephi from 7:30-8 pm

Upcoming Events

- Spring Horse Show... 6/1
- 4-H Day Camp.....6/2
- 4-H in the Park, Nephi & Levan.....6/7, 14, 21
- 4-H in the Park, Mona6/9, 16, 23
- Fair Lamb Tagging.....6/8
- County & Sr. Sewing & Fashion Contest.....6/13
- Steer Clinic..... 6/14
- Adventure Camp....6/13-15
- 4-H Sewing Camp.....6/22
- 4-H Foods Camp.....6/28
- Jr. Youth Conf..... 6/27-29
- Multi-Co. Horse Show 6/29
- State Contests..... 7/11-13
- Jr. Sewing & Fashion Contest.....8/8
- Juab County Fair.....8/8-13

Inside this Issue:

County & State Contests	2
Sewing & Foods Camps	2
Teen Council/Region Ambassadors	2
State 4-H Camps	3
Volunteers Needed	3
Robotics	3
Performing Arts	3
Food Sense/Health	3
Diversity	3
Fair Items	4
Day Camp, Sewing & Fashion Contest	Insert

County & State 4-H Contests

COUNTY CONTESTS

On Monday, June 13th, starting at 9 am, we will hold our County Contests, which are for all 4-H members.

Any senior member planning on presenting a talk, demonstration, or talent at the State 4-H Contests in July must participate in the County Contests.

Contests will be held at the Extension office. **All demonstrations must be given as indoor classroom presentations!** You can demonstrate on any subject that you are interested in.

Participants in Public Speaking may give a speech on a topic related to the high ideals of 4-H. **All participants must pre-register for a presentation**

time. Contact the Extension office for more contest details.

STATE SENIOR CONTESTS



On July 11-13th, USU will be sponsoring the State 4-H contests for all senior members. At these contests, members in 9-12 grade as of October 1, 2010 can participate in over 28 different contests. These include livestock judging, public speaking, shooting sports, horse bowl, talent contest, sewing and fashion contest and more. Youth from throughout the state will be participating in the program. The members' share of the registration

fee will be approximately \$35-40.

If you are interested in participating in the contests, contact the office to learn how to qualify for the contests.

NEW FOR SENIORS— SEWING AND FASHION CONTEST

The Juab County Senior Sewing & Fashion Contest (revised from former Fashion Revue and Display Contest) will be held Monday, June 13th at 1 pm in the Cultural Hall at the Juab County Center for members in 9-12th grade as of October 1, 2010. Categories: sewing (display), or fashion (modeling.) Contestants will be judged on construction, personal presentation, and interview responses.

**See contest guidelines at extension.usu.edu/juab

Sewing & Foods Day Camps



The 4-H sewing and foods day camps are back by popular demand. These camps will be held in Mrs. Belliston's FACS Room of the Vocational Building behind the Juab Junior High School.

The sewing camp will be **Wednesday, June 22nd** for those who have completed 4th grade and up. Sign up for one session: 9 am—12 noon or 1-4 pm

Each 4-Her is encouraged to bring a parent or older sibling to help with their sewing project.

The foods camp will be **Tuesday, June 28th** for those who have completed 3rd grade and up.

Sign up for one session: 9 am—12 noon or 1-4 pm.

Pre-register at the Extension office, 623-3450, by June 20th for Sewing Camp, and by June 23rd for Foods Camp.



Region Ambassadors/Teen Council

REGION AMBASSADORS

The annual retreat held at the Antimony Rockin' R Ranch on April 8 - 9th was a success! Lots of preparation and planning was needed to carry out 6 leadership workshops during this retreat. 'Special Thanks' to all our ambassadors this year for their effort and dedication, making this year a memorable one: Jace Cook, Clifton Taylor, Erika Stanley,

Davee Lavery, and Shelby Adams. Applications for next year's Ambassadors are available at the office. Interviews will be held May 19th.

TEEN COUNCIL

Teen Council is looking for new members and we want you!! Being a member of the Teen Council gives you the opportunity to make new friends while participating in a variety of strengthening activi-

ties. You will be given leadership opportunities and provide service within the community. The Teen Council meets two times a month and is a lot of fun. It is open to youth 5th - 12th grade. Applications are available in the Extension office.



State 4-H Camps

Junior Youth Conference

Who: 5th and 6th graders.

When: June 27-29th

Where: Snow College, Ephraim.

Why: learn teamwork, trust, friendship, and other life skills.

Cost: \$115

Apply online at utah4-h.org

Adventure Camp

Who: 7th and 8th graders

When: June 13-15th or 15-17th,

Where: Flaming Gorge

Why: white water rafting, spelunking

Cost: \$150

Apply online at utah4h.org



Volunteers Needed

Are you a parent, adult, or 4-H member interested in Family Life and Consumer issues? If you are, WE NEED YOU! The 4-H Family Life Council will identify and plan 4-H activities, day camps and programs for the youth of Juab County.

If you are interested in becoming involved, and could volunteer to contribute a minimal amount of time to this council, please call us at 623-3450 and plan on joining us for our next planning meeting on **May 23rd at 4 pm** at the Extension Office.



Community Clubs

Robotics: Learn how to program Lego NXT and WEDO robots. For youth 3rd grade and up. Will be held Saturday, May 21st, from 10 am – 12 pm in the Juab County Center Cultural Hall. Space is limited so register early (\$2 fee for new members.)

Performing Arts: For youth between the ages of 5 and 18 interested in learning basic performance skills. For more information call 660-0963.

Science Club: Have fun learning in a good and safe environment—and like science when you are done! Club will be held June 13-17th, 3-4 pm. Contact Mike or Savannah Peterson at 623-1500 after 3 pm, or email peter-son1500@msn.com.

No cost for clubs. \$2 4-H enrollment fee in the Extension office.

Food \$ense/Health

Food \$ense can help you make it easy to eat 5-9 servings of colorful fruits and vegetables every day. Think color and then call Laurie at 623-3457 for a **free lesson** with fun recipe ideas and tips. Until then, try these suggestions:

- Add frozen mixed vegetables to canned or dried soup.
- Save time by pre-cutting vegetables.
- Toss fruit into your green salad for extra flavor, variety, color and crunch.
- Keep a bowl of easy to grab, washed fruit on the counter or in the fridge.
- Add apples, raisins or pineapple chunks to salads like chicken, tuna or pasta
- Make a delicious, healthy smoothie that's ready in five minutes flat.

Berry Banana Smoothie

1 1/2 cups frozen berries (strawberries, blueberries, raspberries)

1 banana

1/2 cup raw spinach

1 cup plain yogurt

1/2 cup skim milk

1/2 cup 100% apple juice

Combine all ingredients in a blender until smooth.

Berry Good Milkshake

2 cups frozen strawberries, raspberries or blackberries

1 Tbsp. honey

1/2 cup raw spinach

3/4 cup frozen yogurt, low-fat

1/2 cup skim milk

Blend ingredients until smooth and thick.



Tropical Smoothie (serves 3)

1 cup frozen low-fat yogurt

1 1/2 cups 100% orange juice

1 cup frozen mango chunks

1 Tbsp. pumpkin seeds

2 ripe bananas, peeled

Combine all ingredients in blender. Cover and blend until smooth.

Source: F\$ program, <http://skinnychef.com>

Upcoming F\$ class:

Cook it quick and healthy!

This material was funded by USDA's Food Stamp Program.

USDA is an equal opportunity provider and employer. The Food Stamp 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 us at 1-800-221-5689 or online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>

UtahStateUniversity
FOOD \$ENSE

NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

Civil Rights Review

Our Primary goal of the 4-H program is to build character while participating in 4-H. When enrolling in 4-H, Volunteer leaders and members agree to include everyone and abide by the following:

4-H Ethics Statement:

- I will be worthy of trust, honor and confidence.
- I will respect all people, including myself.
- I will be responsible, accountable and self disciplined (in pursuit of excellence).
- I will be just, fair and open.
- I will be caring in my relationships with others.
- I will be a contributing and law abiding citizen.
- I understand that all my choices and decisions affect others.

Equal Opportunity:

Utah State University Extension is an affirmative action/equal employment opportunity employer and educational organization. We offer our programs to persons regardless of age, color, national origin, sex, religion, age or disability.

Volunteer leaders of Community Clubs are also reminded to choose club names that are gender neutral.

Fair Items

4-H ENROLLMENT

Returning members must enroll every year to be active in 4-H. The 4-H year goes from October 1st to September 30th. All members, new and returning, must enroll by July 29th to be able to place entries in the 4-H section of the fair. If 4-H enrollment is not received by July 29th, 2011, the member will have to enter items in the 'open class' sections at the fair.

NEW FOR JUNIORS —SEWING AND FASHION CONTEST AND SHOW

The Junior Sewing and Fashion Contest (revised from former Fashion Revue and Display Contest) is scheduled for Monday, August 8th, for all 4-H sewing and clothing members in 3-8th grade as of Oct. 1, 2010. **Important change from previous years:** Contest (judging) will take place on Monday August 8, 9 am for Construction, 1 pm for Display/Modeling. The actual 'Show' will take place on August 10th, 7 pm. Entry forms and narratives are due on August 4th by noon. Contest prizes will be: 1st—\$25, 2nd — \$20, and 3rd — \$15.



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NEPHI, UT 84648

"Utah State University is an affirmative action /equal opportunity institution."

Check us out on the web:
<http://extension.usu.edu/juab>

Reminder: This is your last newsletter unless you have registered for the 2010-2011 4-H year.