

# 4th Annual "Spring into Learning"

**\$5.00 Registration.**  
**Deadline to register**  
**is Tuesday April 14th**  
**by 6:00 pm.**

## Juab County Leader Training

**Great  
Door  
Prizes!!**



### A Great Community Workshop Event designed for:

4-H Leaders  
Parents/Families  
Enrichment Leaders  
Boy/Girl Scout leaders  
Activity Day leaders  
School Teachers  
Students  
Youth Leaders/Mentors  
& anyone who wants to learn  
new ideas & skills

### This year's workshops include:

Glass Pan Etching  
Vegetable Gardens  
Quick and Easy Box Meals  
Color It Heart Healthy  
Floral Bow Tying  
Leather Craft  
Fly Tying  
Go Green Living

Crocheted Sock Tops  
Making Hairbows and Headbands  
Great Gardens and Flowerbeds  
Basic Photography  
Big Soft Pretzels  
Bird Watching  
Smart Shopping  
Creative Card Making  
Street Art Bookmarks (see image  
on website or example in office.)

**April 18, 2009**  
**8:30 a.m. - 12:15 p.m.**  
**At the Juab County  
Fairgrounds**

For ages 3rd grade to Senior Citizen  
and everyone in between!!

Sign up at the USU Extension Office  
160 N Main, Nephi 623-3450.

Registration forms may be downloaded at  
[extension.usu.edu/juab](http://extension.usu.edu/juab)

Co-sponsored by Juab County 4-H, USU Extension Office, and  
Juab Family Life Council.

**UtahStateUniversity**  
JUAB COUNTY EXTENSION



# Spring into Learning Workshops

April 18, 2009 \* 8:30 am - 12:15 pm \* Juab County Fairgrounds

<p><b><u>Great Gardens &amp; Flowerbeds - 9:00 am</u></b> By preparing your soil beds correctly with fertilizer and mulch in the spring, your produce and flowers will have a great head start towards a bountiful harvest. Presenters will also give ideas how to replant those empty pots from last year.</p>  <p style="text-align: right;"><u>Kings Nursery</u></p>	<p><b><u>Color It Heart Healthy - 9:00 am</u></b> Heart Healthy eating doesn't have to stop when your budget goes on a diet. There are plenty of delicious recipes using less expensive cuts of meat, or even beans as sources of protein. Come learn and enjoy colorful and yummy tasting recipes. We will give ideas and tips that are easy on the wallet — and the waistline.</p> <p style="text-align: right;"><u>Laurie Bates, NEA</u></p>	<p><b><u>Go Green Living - 9:00 am</u></b>  Taking the old and making new.... Come and see some new ideas. Do you throw away the empty chip bag? Well you can now make good use of them ..and of course the cheese bags that go to the land fill can be used again..amazing what can be done with recycling..let's learn how to go green!</p> <p style="text-align: right;"><u>Shelley Jakino</u></p>
<p><b><u>Crocheted Sock Tops- 9:00 am</u></b> Learn to crochet a decorative edge on little girl's socks. Class members need to bring #6 or #7 crochet hook and crochet cotton in the color you like. Baby socks will be furnished for class to practice with.</p> <p>Cost \$1.00 <span style="float: right;"><u>Tami Weight</u></span></p>	<p><b><u>Basic Photography - 9:00 am</u></b> Do you want to take better pictures? Come learn some basic tips every photographer needs to know. Whether you have a point and shoot camera, still use a film camera, or have invested in something bigger, there will be something for you to learn.</p> <p style="text-align: right;"><u>Livingston Photography</u></p>	<p><b><u>Glass Pan Etching - 9:00 am (2hrs)</u></b> Personalize your baking dishes (new or used) so you will not lose them again. Your name or other identification will be permanently sand blasted onto almost any glass item with a clear, smooth surface and will never come off. Limit of 3 pans per person.</p>  <p style="text-align: right;"><u>Beth Ann &amp; Bruce Ericksen</u></p>
<p><b><u>Fly Tying - 10:00 am</u></b> Hey all you fishing enthusiasts! Are you interested in learning how to tie your own flies? Come watch Darrell demonstrate some of his flies. He will give away those he ties and tell you what you need to buy to start tying your own flies.</p> <p style="text-align: right;"><u>Darrell Peterson</u></p>	<p><b><u>Floral Bows - 10:00 am</u></b> Is the extent of your bow tying ability that of the bow on your shoe laces? Come learn to make beautiful bows to place on your flower arrangements. Sharon can show you some simple ways to make them look amazing.</p> <p style="text-align: right;"><u>Sharon Jarrett</u></p>	<p>Cost \$4.00/dish</p>  <p style="text-align: right;"><u>Sharon Michael</u></p>
<p><b><u>Get the Vegetable Garden You Have Always Wanted - 10:00 am</u></b> Your garden will be the envy of your neighborhood when you learn about vegetable management ideas including ground preparation, seed selection, irrigation, fertilizing, and pest control and harvesting.</p> <p style="text-align: right;"><u>Jeff Banks</u></p>	<p><b><u>Smart Shopping - 10:00 am</u></b> Come learn how to feed a family for A LOT less. Learn to shop at one grocery store without the running around. Buy all your families groceries for about \$200 a month (family of 4). No clipping and filing individual coupons - Quick and Easy! Free website to use</p> <p style="text-align: right;"><u>Tori Mitchell</u></p>	<p><b><u>Big Soft Pretzels - 10:00 am</u></b> Everyone knows and loves the smell of fresh baked soft pretzels. Learn how to twist bread dough into creative pretzel shapes. Bread dough will be furnished for class members to work with to make their own creations.</p> <p>Cost: \$2.00 <span style="float: right;"><u>Sharon Michael</u></span></p>
<p><b><u>An Introduction to Birding - 11:00 am</u></b> What to See, Where to See Them, How to See Them, and Why Look for Birds in the first place. It is fun and easy to get involved in America's most popular hobby. This class provides information on local bird species, local birding hot spots, equipment to make it more enjoyable, and resources for enjoying and sharing all aspects of birding.</p>  <p style="text-align: right;"><u>Lynn Garner</u></p>	<p><b><u>Making Hair bows and Headbands - 11:00 am</u></b> Learn to make a nylon headband that you can add different ribbons and bows to. You will learn to make a bow out of ribbon and a flower that can be used to accent different outfits. Ribbon, flowers, and alligator clips will be furnished.</p> <p>Cost \$5.00 <span style="float: right;"><u>Shelley Anderson</u></span></p>	<p><b><u>Think Outside the Box - Quick, Easy Meals in Half the Time - 11:00 am</u></b> Prepare your family's favorite recipes in half the time. This simple concept comes in handy on those busy, not-much-time to cook days. Great idea for gifts, busy college students, and those with limited cooking skills. Twenty minutes of advance preparation can yield several meals, ready to fix in no time.</p> <p style="text-align: right;"><u>Margie Memmott</u></p>
<p><b><u>Street Art Bookmarks - 11:00 am</u></b> A fun easy to learn art technique to teach to youth. Learn to use spray paints to create scenic pictures - a waterfall or sunset along the ocean. Use tools like newspaper, lids, and cardboard to create your masterpiece.</p> <p>Cost: \$2.00 <span style="float: right;"><u>Julie Sutherland</u></span></p>	<p><b><u>Creative Card Making - 11:00 am</u></b> It is always nice to have a card on hand when you need one. Come join us to make 10 different creative paper cards for any occasion.</p> <p>Cost: \$2.00 <span style="float: right;"><u>Amy Stanley</u></span></p>	<p><b><u>Leather Craft - 11:00 am</u></b> Always a popular workshop. Participants will be creating a leather project utilizing basic leatherworking skills. This will be a hands on activity and those choosing this workshop will be able to make a coin purse or knife case to take home.</p> <p>Cost - \$5.00 <span style="float: right;"><u>Verl Thomas</u></span></p>

Mark which classes you signed up for and keep this page for your reminder!



# Spring into Learning



## Workshop Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_


Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

<input type="checkbox"/> Youth	<input type="checkbox"/> Adult
Age: _____	

I authorize Utah State University to photograph my image for use by USU or its assignees in research, educational and promotional programs. I understand and agree that these images may be edited, duplicated, distributed, reproduced, broadcast and or reformatted in any form and manner without payment of fees, in perpetuity.

Check here if you would be willing to introduce the presenter at one or more of the classes you attend. Mark which class or classes you would do this for.

Please indicate the workshops of your choice. (Only one workshop per hour).  
See next page for description of classes

<u>8:30-8:50 am</u> Check-in , Welcome & Orientation  <u>Session 9:00-9:50 am</u> Glass Pan Etching ..... .....(2hrs)\$4.00/pan Basic Photography Great Gardens & Flowerbeds Go Green Living Crocheted Sock Tops.....\$1.00 Color It Heart Healthy	<u>Session 10:00-10:50 am</u> Floral Bow Tying Smart Shopping Big Soft Pretzels.....\$2.00 Vegetable Gardens Fly Tying  	<u>Session 11:00-11:50 pm</u> Hairbows and Headbands .....\$5.00 Quick and Easy Box Meals Street Art Bookmarks.....\$2.00 Bird Watching Leather Craft .....\$5.00 Creative Card Making....\$2.00  +\$5.00 Registration fee  _____ Total Due
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Bring in or mail this completed registration form, along with payment for registration and class fees, to: USU Extension Office, 160 N Main, Nephi, UT 84648. Office hours are M-TH 7:00 am-Noon, 1:00-6:00.

**Deadline to register is Tuesday April 14th by 6:00 pm.**



Utah State University is an affirmative action/equal opportunity institution. For any special arrangements including dietary, physical access, or other accommodation requests, contact the Extension Office at 623-3450

## Other Upcoming Events

### Go Green Turf Management

Date: Thursday April 9, 6:30 p.m.

Location: USU Extension office, 160 N. Main,  
Nephi

Instructor: Matt Palmer, USU Extension County  
Agent, Sanpete County

*The grass will finally be greener on your side of the fence as you learn about lawn care and management including fertilizing, irrigation, weed control, and establishing new lawns.*

### Container Pots, and Hanging Plants

Date: Thursday, May 7, 6:30 p.m.

Place: Kings Nursery 250 S Main, Nephi

Instructor: Floyd King; Owner Kings Nursery and  
Landscaping

*Participants will learn how to design and assemble container pots and hanging baskets. Those assembling their own pots or baskets will need to pay for materials used. Potting soil will be provided. To register for the class, call the Extension office at 623-3450.*

### Emergency Preparedness Grant

Do Something.org has Disaster Grants available to youth/youth groups working in disaster preparedness or emergency response. The grants are \$500 and will be given out each week this year. You can find more information at: <http://www.dosomething.org/grants/disaster>

This could be a good service project for a 4-H club or a scout project. One participant has said that this grant is not too hard to fill out.

### Brown Bag It With Extension

Bring your sack lunch, eat, and relax. Join us on Monday, April 27, 2009 from 12:10-12:50 in the Juab County Extension Office conference room for:

#### **"Breakfast and Snack Ideas."**

Presented by Laurie Bates, Nutrition Education Assistant with the Food \$ense Program.

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**160 NORTH MAIN  
NEPHI, UT 84648**

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