

# 4-H NEWSLETTER

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

**UtahStateUniversity**   
**JUAB COUNTY EXTENSION**

May 2009

## 4-H in the Park

“4-H in the Park” can add some fun to your outdoor summer activities.



Come and join us! All school age youth 6 years old and up are invited to participate. Please make other arrangements for those under 6. No registration is necessary and classes are free of charge. For more information call 623-3450.

Nephi classes will be held Tuesdays, 10-11:30 a.m. at the Nephi City Park. Levan (City Park) classes will be 12:15-1:30 p.m. on Tuesdays:

- June 9 —Build and launch rockets
- June 16—Fishing Fun and Games
- June 23—Life Size Foosball Game

Wednesdays, 12:15-1:30 p.m., 4-H in the Park will be held at the Mona City Park:

- June 10 —Build and launch rockets
- June 17—Fishing Fun and Games
- June 24—Life Size Foosball Game

We hope to see you at the park, so mark you calendar!

## 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, Western Riding, Poles, Barrels, & Keyhole.

Spring Shows: Test & Judged Events: June 3, 6 p.m. Speed Events June 4, 6 p.m. Entry fee is \$15.

Multi-County Show: June 24, 4 p.m. Entry Fee is \$20

## Steer Clinic

We have scheduled a workshop for all county fair steer exhibitors. The clinic will be held Wednesday, June 8, 8:30 a.m. We will meet at the Extension office. The workshop will be a tour of Deseret Meats. Adult drivers will be needed for this workshop.

## Fair Lamb Tagging

On Wednesday, June 10, 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 6:00-6:30 and at the fairgrounds in Nephi from 7:30-8:00 p.m.



## Upcoming Events

- Horse Show—6/3-4, 6/24
- 4-H in the Park, Nephi & Levan—6/9, 16, 23
- 4-H in the Park, Mona—6/10, 17, 24
- Steer Clinic-6/8
- Portfolio Workshops—6/8, 6/22, 7/6, 7/20
- Fair Lamb Tagging—6/10
- County Contests—6/15
- Sr. Fashion Revue—6/15
- 4-H Day Camp—6/30
- 4-H Lagoon Day—7/4,5,11
- 4-H Sewing Camp—7/7
- State Contests—7/13-15
- 4-H Foods Camp—7/29

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## County & State 4-H Contests

### COUNTY CONTESTS

On Monday, June 15, starting at 9 a.m., we will be holding our County Contests. These 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 13-15, USU will be sponsoring the State 4-H contests for all senior members. At these contests, members in 9-12 grade as of January 1, 2009 can participate in over 28 different contests. These include horse judging, public speaking, shooting sports, horse bowl, talent contest, fashion revue, fashion consumer strategies 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.

### SENIOR FASHION REVUE CONTEST

The Juab County Senior Fashion Revue will be held Monday, June 15 at 1:00 p.m. in the Cultural Hall at the Juab County Center for members in 9-12th grade as of Jan. 1, 2009. Contestants will be judged on poise, modeling, interview, construction and fit. Contest prizes will be: 1st—\$25.00, 2nd — \$20.00, and 3rd — \$15.00.

## 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. Pre-

register at the Extension office, 623-3450, by Wednesday, July 1st for Sewing, and by Thursday, July 23, for Foods.

The sewing camp will be **Tuesday, July 7** for those who have completed 4th grade and up. Sign up for one session: 9:00 am—12:00 noon or 1-4 p.m.

Each 4-Her is encouraged to bring a parent or older sibling to

help with their sewing project.

The foods camp will be **Wednesday, July 29** for those who have completed 3rd grade and up.

Sign up for one session: 9:00 am—12:00 noon or 1-4 p.m.



## Region Ambassadors/WHEP Team

### 4-H REGION AMBASSADORS

Congratulations to the Southwest Region Ambassadors for 2009-10: Dayna Kay, Clifton Taylor, and Jace Cook. They will represent Juab County at several leadership training and planning meetings throughout the year. They will also help plan the Southwest Region Teen

Retreat. We want to give a big thanks to Whitney Warnick, Larissa Black, Hannah Williams and Katy Williams, out-going Ambassadors of 2008-09.

### WHEP TEAM

Congratulations to the Juab County WHEP team that competed at the State Contest held in Cedar City. Team members

are Britney Winnie, Trisha Peay and Clifton Taylor. Britney Winnie placed first in two categories: Top Overall and Wildlife Management Practices. The team placed first with their Written Management Plan. They also received a certificate of participation and a t-shirt.



## Fair Related Items

### JR. FASHION REVUE

The annual **Jr. Fashion Revue Contest** is scheduled for Wednesday, August 5, 7:00 p.m. All 4-H clothing members in 3-8th grade as of Jan. 1, 2009 are encouraged to participate in this friendly competition and program to "show off" to family and friends what they have sewn. Entry form and narrative are due on August 3rd. Contest prizes will be: 1st—\$25.00, 2nd — \$20.00, and 3rd — \$15.00.

### PORTFOLIO WORKSHOP

Portfolio sheets have been changed by the State 4-H office. All members interested in

getting some help on these new portfolios forms are invited to the following workshops: June 8, or July 20 at 2 p.m., or June 22, or July 6 at 10 a.m. in the Extension office. Please bring your portfolio and any forms you have started to fill out.

Covers, divider pages or photo pages can be purchased at the office. A complete set of portfolio materials is \$3. Forms may be downloaded from our website. Since market livestock exhibitors are required to turn in portfolios we would encourage them to also attend.

### FAIR JUDGES NEEDED

The Extension Office needs 30-35 volunteers to help judge 4-H and Home Arts exhibits for the Sanpete County Fair. The time commitment is usually most of the day (about 8 am-3pm) with lunch being provided. If you will be available to help judge on Tuesday, August 25, please contact our office at 623-3450.



## Food \$ense

The **Food \$ense program** has free lessons on economical ways to better nutrition and health. Give Laurie Bates a call at 623-3457 to sign up.

### Break-fast "on-the-go"

In the morning after 8 to 12 hours of not eating, you're in need of giving your brain and body fuel, needed to do well in school, at play and to have a ready supply of energy. It just makes you feel better too. Some days you may not have time to plan, so on those days you can eat "on the go".

- Rice cake topped with peanut butter and bananas
- Piece of fresh fruit, vegetable and a drinkable low fat yogurt

- 100% juice box, toasted raisin English muffin and a cheese stick
- Make a smoothie in a mug that has a lid

### **Having breakfast matters!**



### Food Safety and Freezer Meals

Why freeze meals instead of snowballs? It saves time, money and tastes better too! A free demonstration on Food Safety and time-saving freezer meals will be held on June 16, 2009 at 7 p.m. Recipes and samples will be given out at the class.

Be sure to sign up for this informative class that will help

your busy days be a little less hectic.

This material was funded by USDA's Food Stamp Program. 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, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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>

## Critical Leader Information

**Leaders:** We strongly encourage all leaders to pre-register all non-livestock fair entries for their 4-H members. Those of you who pre-registered last year know how much easier it was to enter fair projects! All we need to get clubs started is the leader's email address. Please send a blank email, or phone your email address to the Extension Office. Come fair time, you will be glad you did! Detailed information on the actual registration of projects will be given in the fair newsletter.

## Community Clubs

WHEP is a 4-H Wildlife Habitat Evaluation Program designed to teach youth about the fundamentals of wildlife science and management. In this program youth learn wildlife habitat management concepts in both urban and rural settings. Additional benefits are the development of life skills and meeting other young people and professionals from around the country who have interests in natural resources. 4-H members are eligible to compete at county, regional, state, and national events. The WHEP club will be starting soon, so call us at 623-3450 and sign up today!

## 4-H Lagoon Day Coupons

4-H Days at Lagoon are July 4, 5, and 11th. The 4-H is offering discount coupons. One coupon is good for up to eight people! Coupons are available at the Extension office.



**4-H Day Camp: June 30**

(See registration insert)

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

**Reminder: This is your last newsletter unless you have registered for the 2009-2010 4-H year.**