

4-H NEWSLETTER

October 2014

160 NORTH MAIN, NEPHI, UT 846480

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EXTENSION.USU.EDU/JUAB

Achievement Night

The 2014 Achievement Night has been set for November 13th, 7 pm in the Juab County Center Cultural Hall.

Many outstanding youth and adults will be honored at this program. **A display table will also be set up 15 minutes before the program starts which will showcase our members' portfolios.**

We encourage all of you to attend and see the many 4-H awards available in Juab County. 4-H portfolios can also be picked up at this time.

Awards will be presented to the following youth based on **Portfolios, State 4-H Contests, State Horse Show, and State Fair exhibits:** Tiauna Allred, Paige Anderson, Oakley Bosh, Porter Bowles, Makiya Bowles, Ben Cannell, Genevieve Cannell, Nick Cannell, Karlie Cowan, Taylor Cowan, Dawson Dansie, Daisy Dansie,



Nathan Garrett, Stockton Garrett, Wyatt Garrett, Emily Garrett, Nicole Garrett, Shelby Garrett, Kambree Howard, Kylan Humphrey, Hailey Humphrey, Alex Jackson, Gavin Jackson, Demi Jackson, Noah Jackson, Meggan Jackson, Megan Johnson, Kenni Jones, Kristi Jones, Sam Jones, Jessica Jones, Megan Jones, Joey Kay, Brennan Kay, Dayna Kay, Kylie Kay, Dylan

Keyte, Leah Keyte, Brooke McPherson, Carter McPherson, Jaxson McPherson, Traeden McPherson, BreAnne Memmott, Adilyn Mitchell, Ben Nielson, Christian Nielson, Bracken Nuzman, Bailey Nuzman, JaKell Oliver, Duncan Pay, Parley Petersen, Savannah Peterson, David Phillips, McKade Poulsen, Kysia Poulsen, Naesha Poulsen, Spencer Reynolds, Hailey Reynolds, Tanner Rosquist, Whitlee Rosquist, David Samuelson, Sydney Samuelson, Alexis Smith, Meagan Stanley, Erika Stanley, Kade Stanley, Tate Stephensen, Trenten Stephensen, Bailee Taylor, DaKota Taylor, Kylee Taylor, Gavin Walker, Ronnie Walker, Hayes Wall, Tate Wall, Tyler Wall, Ryker Watkins, Alex White, Austin White, Jessica Willmore, Haylie Winn, Dillan Winn, Sara Winn, Madison Woodland, Breyer Wright, Bailey Wright, Shamri Wright.

Member Awards Pins

First and fourth year members that attend the program will receive a 4-H pin. **1st year pins:** Grace Alcazar, McKylie Allred, Taigelee Allred, Justin Ballow, Rhett Black, Oakley Bosh, Treyson Brotherson, Danika Brown, Stratton Brown, Malcolm Buckley, Maelee Burraston, Ethan Carlson, (continued)

Extension Office Calendar Events

- 11/8, Region Ambassador training
- 11/13, 4-H Achievement Night
- 11/18, F\$ Create Delicious Traditions Class
- 11/21, Combined TC Activity
- 12/16 Create a Useable Food Storage Plan

Visit the website calendar for a complete listing of events:
<http://extension.usu.edu/juab>

2014-15 4-H enrollment available online:
utah4honline.com/Login.aspx?40772F51342B395668666D673D

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Achievement Night (cont.)

Member Awards Pins cont.

Cole Carter, Karson Carter, Kylee Carter, Gabriella Christensen, Kole Christensen, Makenzie Christensen, Tyree Coombs, Wrangler Coombs, Zach Coombs, Taylor Cowan, Saige Daley, Dawson Dansie, Kinsley Davis, Durango Dodge, Elizabeth Duncan, Michelle Duncan, Venessa Durbin, Mason Ekins, Jacob Elbert, Jacob Eldridge, Kobe Erdman, Dallin Eyre, Madeline Eyre, Delani Firkus, Jaycee Fowkes, Nathan Garrett, Stockton Garrett, Wyatt Garrett, Kyler Greenhalgh, Sierra Greenhalgh, Ethan Grider, Eden Hall, Marissa Hall, Taelee Hammons, Jackson Hanks, Jacob Hanks, Jaxon Hansen, Daniel Henry, Thomas Henry, Chase Hills, Parker Hills, Conner Hooper, Alex Jackson, Victoria Jensen, Logan Johnson, Kellie Jones, Belle Kelsey, Easton Kelsey, Shyann Lawrence, Karlee Lopour, Kadyanne Lunt, Corin Marsh, Rhyler Matulovich, Austin Maughan, Brinley Maughan, Brooke McPherson, Carter McPherson, Rylie McPherson, BreAnne Memmott, Garrett Montgomery, Bailee Morrill, Rylee Newey, Rayelle Nielsen, Aspen Nielson, Heather Nybo, Duncan Pay, Quade Perry, Jake Peterson, McKade Poulsen, Riley Ross, Ellie Rowley, David Samuelson, Bailey Sherwood, Alexis Smith, Taylor Smith, Maggie Steed, Tate Stephensen, Preston Sutherland, Brinley Taylor, Kyle Terry, Tyler Thomson, Isabel Thornock, Jed Tischner, Hayes Wall, Madison Wall, Ryker Watkins, Hadlei Weaver, Maddison Webster,

Shelby Weishar, Conner White, Kale Wilde, Tristan Williams, Emmalee Willmore, Haylie Winn, Tristan Woodward, Breyer Wright.

4th year pins: Daniella Allred, Genika Allred, Tiauna Allred, Bailey Black, Wendy Bowen, Makiya Bowles, Joey Fackrell, Taylor Fait, Haylee Foster, Tyce Gardner, Austin Garrett, Hailey Humphrey, Demi Jackson, Austin Johnson, Lily Johnson, Kenni



Jones, Kristi Jones, Julia Luker, Katie Lynn, Ben Nielson, Stran Nielson, JaKell Oliver, Whitlee Rosquist, Benjamin Settle, Trenten Stephensen, Jacob Stephenson, Kylee Taylor, Ashley Terry, Hunter Thomas, Ronnie Walker, Keanna Williams.

4-H Leaders

1 Year: Brian Bosh, Morgan Christensen, Lindsay Ekins, Natalie Maughan, Seth McPherson, Ariel Peterson, John Samuelson, Emilee Watkins, Shawna Weaver.

5 Years: Janet Everitt, Shane Jackson, Ronalee Mortimore, Fran Petersen, Misty Wall, Ben Winn, Jerilyn Winn.

15 Years: Darin Howard

20 Years: Roy Hooper

Cloverbuds

Cloverbud Certificates will be awarded to: Brenton Allred, Sadie Daniels, Sage Daniels, Baelyn Ekins, Belle Ekins, Adelyn Fowkes, Kayden Fowkes, Danika Hardy, Paisley Humphrey, Dallen Jarrett, Maylie Jarrett, Ben Jones, Kayson Keyte, Cadi Michael, Fisher Mitchell, Sawyer Mitchell, Aubrey Reynolds, Brody Robertson, Ryder Robertson, Madison Stanley, Lily Wall, Austin Watkins, Justyn Weaver, Brooke Webster, Kam Wilde.

What is 4-H?

4-H teaches youth leadership, citizenship, and life skills using a 'learn by doing' approach. It is an educational program that provides wholesome, fun activities for youth. 4-H is a nationwide program offered locally through your Utah State University Extension office. Who can join?

Cloverbuds: grades K-2, and 4-H members: grades 3-12.

Attention Livestock Members!

Livestock checks are ready for pickup, pending complete and updated portfolio check-off.

Carcass Contest Winners



Congratulations to the Juab County Fair Steer Carcass Contest winners: 1st—Keyton Wright (award received by Shamri Wright), 2nd—Austin Garrett, 3rd—McKenzie McPherson, 4th—Stockton Garrett, 5th—McKenzie McPherson.

Teen Council Corner

Leadership is the capacity to translate vision into reality. Thank you to all of you who helped plan and prepare the props for the haunted house. Your vision became a success! Important dates to remember: **Nov. 8, 7:30 am** - Region Ambassador training
Nov. 21 - Combined TC activity

December - Quarters for Christmas project
Sub for Santa service

State Fair Participants

Participants that sent 4-H articles to the Utah State Fair were (*Rosette Winners): Danielle Allred, Genika Allred, Maelee Burraston, Tyree Coombs, Karlie Cowan*, Marinda Everitt, Olivia Foster, Emma Gardner, Tyce Gardner, Trevor Hardy, Kambree Howard*, Hailey Humphrey, Kylan Humphrey, Victoria Jensen, Lily Johnson, Megan Johnson**, Kellie Jones, Kenni Jones*, Kristi Jones**, Lexie Jones, Sam Jones*, Dayna Kay, Kylie Kay, Dylan Keyte**, Leah Keyte, BreAnne Memmott*, Adilyn Mitchell**, Gage Mitchell, Colt Mortimore, Hayley Mortimore, Elizabeth Motes, Rayelle Nielsen, Bracken Nuzman*, Brittany Petersen, Hannah Petersen, Par-

ley Petersen, Savannah Peterson, Tanner Rosquist, Whitlee Rosquist, David Samuelson, Sydney Samuelson, Preston Sutherland, Tate Wall, Tyler Wall, Hadlee Weaver, Keanna Williams, Emmalee Willmore, Jessica Willmore*, Haylie Winn, Sara Winn, Madison Woodland*.

State 4-H Horse Show

Bailey Jo Nuzman and her horse, Ruby, recently represented Juab County 4-H at the State 4-H Horse Show held September 26-27. Bailey placed 17th out of 78 4-H members from all over the state in overall speed. She placed 9th in Poles and 15th in Barrels.



Food \$ense/SNAP Ed

EXTENSION  **UtahStateUniversity** **FOOD \$ENSE**

Food \$ense helps make cooking for and with children easier by providing recipes that are quick and that offer plenty of healthy choices.

Oatmeal is a quick, healthy food, full of B vitamins, iron, zinc and calcium. Old-fashioned oatmeal provides quick energy and high fiber—a perfect food for those fast-paced school-day mornings. Plain instant oats (such as Quaker Oats in the round carton) cook just as fast as the pre-packaged flavored packets.

Oatmeal with Strawberries, Dried Cherries and Almonds

1 3/4 cups low fat or fat free milk
1 cup old-fashioned or quick cooking oats (not instant)
1 tsp. brown sugar
1/8 tsp. ground cinnamon
1/4 cup sliced strawberries or fruit of your choice
1/4 cup dried cherries or raisins
2 Tbsp. toasted sliced almonds (optional)

Combine milk, oatmeal, brown sugar, and cinnamon in a saucepan; bring to a boil over medium-high heat, stirring often to prevent boiling over. Cook until

thickened and divide between two serving bowls and top with strawberries, cherries, and almonds; serve immediately.

Servings: 2

Source: www.quakeroats.com



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

NEW Discover 4-H Curriculum

New to 4-H? Need new project ideas? Children interested in an area that you know nothing about? The new "Discover" curriculum, developed by Utah 4-H Staff and Volunteers, was designed for you and your family!!

Packets in several different project areas give step-by-step instructions for your first six club meetings and are designed to help children discover, learn, and have fun! Start a new 4-H club or just explore new project areas with your existing club! Discover packets that are currently available:

- Beef
- Cake Decorating
- Citizenship
- Code
- Crime & Spy Science
- Crochet
- Dog
- Fitness
- Forces of Nature
- Geology
- Goat
- Kitchen Science
- Money Mentors
- Paper Craft
- Photography
- Planet Energy
- Robotics
- Sewing
- Sheep
- Shooting Sports
- Spa & Relaxation
- Swine
- Theatre Arts

Many more Project Club Packets will be available in the very near future, including Family History, Child Care, Apparel Design, Blogging, Jewelry Beading, Mountain Biking, Electricity, and Journalism, just to name a few.

Go to <http://utah4h.org/htm/discover4hclubs> for more information. You will be given the link to download this exciting educational material for free.



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Check us out on the web:

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