

MILLARD COUNTY 4-H NEWSLETTER

March/April 2011

S.W. Teen Retreat

Rockin'R Ranch

Picture yourself in scenic Antimony, Utah at the Rockin' R Ranch on April 8, 9 2011 This is the date for all of the teens in Southwest Utah to meet for a weekend full of fun, service and leadership training.

Millard County has 6 Ambassadors that are working with Ambassadors from all the other southwest counties to plan and organize this great weekend. They are :

Alicia Banks	Amanda Camp
Ashlie Dearden	Allyson Harris
Easton Richardson	Mitchell Condie

Drop by the Extension Office for full details and to register. Must be paid and registered by March 16.

Edible Easter Bunny Salad



Ingredients:
Pear halves
Raisins
Miniature marshmallows or cottage cheese
Lettuce
Apple slices or Almonds

Place a lettuce leaf on a plate. Add the pear half on lettuce, for body. Insert raisins for the eyes and nose. The ears are made from apples slices or almonds and a miniature marshmallow or cottage cheese become the bushy tail.

4-H National Round Up

4-H Western Natl. Round-Up

Shaye Callister, a senior at Delta High, was honored to compete at the 4-H Western National Round-Up Convention in Denver on Jan. 5-9. Shaye was the Utah State winner this past summer and qualified to compete in Denver in the FCS division where she demonstrated how to make her "State Fair Winning Dinner Rolls." Youth from all over the nation and Canada competed at the National Round-Up in various events.

She represented Millard County and Utah very well, placing fourth in her division. Shaye has been active in 4-H since the age of 7 when she started entering items in the county fair in the Clover Bud division. She has been a 4-H Junior Leader for the past two years where she teaches a variety of classes.

Shaye is the DHS Sterling Scholar in FCS (Family & Consumer Science) and hopes to continue her education at SUU next fall. She is the daughter of Shim and Traci Callister of Oak City.
Congratulations Shaye!!!

4-H Science Club

Please save lotion and shampoo bottles with fliptop lid for the science club. They will be launched like rockets. You may drop them off at the Extension Offices. Thanks so much.

Book Release

National 4-H is releasing their new book, "*4-H Stories From the Heart.*"

The book contains about 100 stories from 4-H members, volunteers, parents, staff and others from all over the U.S.

Featured in the book is a Utah story, "Once In a Lifetime Opportunity." This is the 4-H Olympic Torch Bearing story of Kelcie (Thomas) Hansen, daughter of Scott and Tammy Thomas of Oak City.

Many stories were submitted and reviewed and only the best were selected and printed. Stories were selected by a panel of three experienced 4-H agents/educators. It is an earned honor to have a story published in this National 4-H book. Utah and Millard County can be proud to have a featured story about one of the fine young people that has lived the motto of 4-H and Made the Best Better for so many in Utah.

This book is a must to have in your personal library. It will give you inspiration and motivation to keep the 4-H Spirit strong as you read the success and life changing stories. Call the Extension Office to reserve your copy. \$10.00 if 36 or more are ordered. Proceeds from the book will be used to create an endowment for the National 4-H Hall of

MILLARD COUNTY EXTENSION WEB SITE

Keep connected and updated on activities, events, and information with 4-H through the Extension web site: extension.usu.edu/Millard

Check often to keep updated on any changes in date, time or place of clubs or events!!

Remember to re-register for the 2011 4H year!!!!

USU Extension
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Delta, UT 84624

Other Contact Information:

Phone: 435-743-5412 or 435-864-1480

Fax: 435-743-4221 or 435-864-1488

E-mail: millardextension@usu.edu

Check us out on the web:

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

Upcoming Events



March

- 1 Delta Craft Club 3:15
- 3 Fillmore Craft Club 3:15 Comm. Rm
- 4,11 Fillmore Quilt Camp 1:00-5:00
Library, last 2 classes, started in Feb.
- 7 Millard County Jr. Ambassador Meeting 3:15 Fill-
more Library
- 7 Delta Horsemanship Council Meeting 7:00 pm
- 9 Fillmore Cooking & Nutrition Club 3:15 Legion Hall
- 10 Mock Legislature Applications due
- 10 Teen Retreat Registrations due
- 14 Delta International Club, Ireland
- 16 Delta Creative Writing Club 3:00 Technical Center
- 17 Delta 4H Cooking & Nutrition 3:15 Ext. Office
- 17-19 4-H Leadermete St. George
- 21 Delta Photo Club 3:15
- 23 Delta Paper Piecing Club 3:15, Ext. Office
- 30 Delta Beginning Swedish Weave Class 3:15
- 31 Teen Council/Special Needs Easter Egg Hunt 4:00

April

- 5 Delta Craft Club 3:15 Ext. Office
- 6 Delta Beginning Swedish Weave Class 3:15
- 7 Fillmore Craft Club 3:15 Ext. Office
- 13 Delta Beginning Swedish Weave Class 3:15
- 18 Delta Photo Club 3:15 Ext. Office

- 21 Delta 4H Cooking & Nutrition 3:15 Extension Office
- 26 Mock Legislature SLC State Capitol Building
- 27 Delta Paper Piecing Club 3:15 Ext Office

June

- 14-16 Fillmore Sewing Camp
- 21-23 Delta Sewing Camp

S.W. Teen Retreat

When: April 8th and 9th. (Friday & Saturday)

Will leave immediately after school

Registration forms and money due:

Thursday, March 10th

Where: Rockin R Ranch, Antimony Utah

Cost: \$65.00 for registration, meals and lodging

Who: For all teen council age youth. (14-18)

Come rock out and meet kids from all over Utah at the awesome Rockin R Ranch — www.rockinRranch.com. There will be lots of fun activities planned; group games, fugitive, campfires, workshops and a DANCE.

Millard County Jr. Livestock Show

DATES: May 30-June 2

Mock Legislature



Mock Legislature is held under the direction of the State 4-H Ambassadors and their Advisor, Craig Dart. It is held at the Utah State Capitol building in the House Chambers.

The day begins with guest speakers, a lesson on the legislative process, and committee meetings. A luncheon will be served also.

The second half of the day includes a tour of the building, the Rules Committee deciding

the order of the bills to be presented, and a two and a half hour debate over the 15 bills that the youth presented.

Guest speakers highlight their experiences and knowledge of the United State's Government. Past speakers have included: Spencer Stokes of Stokes Strategies; David Bird, an attorney and professional lobbyist; and the Chief Clerk of the House of Representatives. Utah 4-H has the support and direction of Representative Paul Ray. Members of the Office of Legislative Research help guide our youth through the legislative process. Throughout the day, Utah Representatives and Senators constantly look in on the proceedings and comment on the success of the program.

Mock Legislature is always a great success and it benefits all those involved.

DATE: Tuesday, April 26

AGES: Youth in grades 9-12

PLACE: Utah State Capitol Building SLC

TIME: 9:30-3:30

COST: \$15.00

Application Deadline March 11

This fills up very quickly and there is a limited amount of seats. If you want to attend, register today at the Extension Office.

Paper Piecing Club

Using a Cricut paper cutting machine is an easy and fun way to be creative with paper. Come join the fun creating baskets, cards and much more. In March we will be making an Easter basket and Spring cards. (Sample at Delta Office)

DATES: March 23, April 27, May 25

TIME: 3:15

PLACE: Delta Extension Office

COST: \$6.00

Swedish Weave Club If you were a member of the Swedish Weave club last year you will want to sign up for the intermediate club. If you didn't attend last year you will want to join the fun and sign up for the beginning club. REGISTER NOW at the Extension Office. BEGINNING CLASS DATES :

March 30, April 6, 13 @ 3:15

Creative Writing Club

Autobio Poems for March

Our March writing activity will be poetry. Sometimes that makes us all a little nervous because we don't think we can write poetry or we are afraid to. This activity is easy and will jump start any poet. Basically it is fill-in-the-blanks and very easy to write. The Autobio poem is a self-portrait of who you are—your name, family members, your traits, and other things about you. We will be meeting **on March 16 @ 3:15 at the Delta Technical Center** so we can use the computers and type our poems. Everyone will go home with a new appreciation of poetry and a piece of writing ready to enter in the Millard County Fair next fall! Don't miss the fun.

Summer 4-H Camps

Registration is now underway for the Fillmore and Delta summer sewing camps, and Delta's Quilt Camp.

Fillmore Sewing Camp

DATE: June 14-16

PLACE: Legion Hall

AGE: 10 and older preferred

COST: \$20.00 for projects

SUPPLIES: Bring own supplies (Supply List will be available.)

Delta Sewing Camp:

DATE: June 21-23

PLACE: Fair Building

AGE: 10 and older preferred

COST: \$20.00 for projects

SUPPLIES: Bring own supplies (Supply List will be available.)

Theater Club

Come join the fun at the 4-H Theater Club. Acting out feelings and thoughts has never been so much fun. Monthly meetings will turn into a play performed for family and friends. Call Loreen Bliss 864-4335 or the Extension Office 864-1480 to register and to get more details.




[Alumni & Friends of 4-H](#)

[Members](#)
[Leaders](#)
[Parents](#)

Club

Leader

- Monthly Fillmore Craft_____ Extension Office 743-5412
- Monthly Delta Craft_____ Extension Office 864-1480
- Photography Club_____ Kathy Wilson 846-2022
- Theater Club_____ Loreen Bliss 864-4335
- Swedish Weave Club_____ Kari Mitchell 864-2753
- Paper Piecing Club_____ Kari Mitchell 864-2753
- Fun with Science_____ Kari Mitchell 864-2753
- Creative Writing Club_____ Teresa Thompson 864-4770
- Expressive Art Club_____ Iva Lou Zeigler 795-2261
- Fillmore Quilt Camp_____ Pat Sanderson
- Delta Quilt Camp_____ Melissa Draper
Shanda Bishop
- Delta /Fillmore Sewing Camp Deborah Willoughby
Emily Fleming

There are also several Family and Neighborhood Clubs in the County. They are doing an excellent job.

There is an interest in a Cloverbud group beginning. Let the Extension Office know if this is something that you would like to participate in and have your children involved in.

Horse Program

There will be a 4-H horse council meeting at the Extension Office in Delta on March 7th at 7:00 p.m. We will be electing a horse council President and scheduling and planning for the summer.

Practice is every Thursday in Delta and Fillmore at the indoor arena .

Contacts:

- Darla Yates 435-864-4775 In Delta
- Kim Bendall 801-367-1656 In Fillmore

Hog and Sheep Weigh In & Tagging

It is time to weigh in and tag your sheep and tag your hogs. If you have sheep or hogs that need tagging you need to bring them to **Delta indoor arena** and to the **Holden scales on Saturday March 5**. Tagging will start at 11:00 and go until the last one has been tagged. Remember to load them up and head on over.

State Ambassador Nominees

Three 4-H Teen Council members from Millard County have been selected to run for State Ambassadors. Amanda Camp, Shaylee Gentry and Mitchell Condie are busy with service projects , portfolios, workshops, speeches and then will be interviewed in April. If chosen they will represent 4-H on a State level. Good luck to each of them.

Utah 4-H will celebrate our 100th birthday in 2012! The Utah 4-H Centennial celebration will include many local and statewide 4-H events including a walk, run, bike fun day.

In preparation for this wonderful celebration, we have kicked off our 4-H Alumni Identification Campaign to help us reconnect with adults who were 4-H club members as children. We encourage you to register as an alumnus so we can keep you informed of all the events and activities. You will receive a "4-H Alumnus" car window decal just for registering so you can show your 4-H pride.

Thanks for helping Utah 4-H continue to *Make the Best Better!*

Registration forms are available at the Millard County Extension Offices

Teen Council

Delta Teen Council Dates:

MARCH 30th (Wed) 4:00 @ Extension Office
Easter Egg Hunt with the Special Needs. Need all to come help hide the eggs, help with the craft and join in the pictures and fun.

APRIL Teen Retreat, April 8, 9/Mock Leg. April 26
MAY Tuesday 31st 3:00 Begin of Summer Service Project
Fillmore Teen Council Dates:

- MARCH TBA**, meet to plan Teen Retreat and Mock Legislature. Meet with Delta Teen Council for Special Needs Easter Egg Hunt if you can.
- APRIL Teen Retreat, April 8,9/ Mock Leg. April 26**

National 4-H Conference

Amanda Camp will be representing Millard County in Washington DC at the National 4-H Conference. She will be meeting with Utah Legislators to promote 4-H. Amanda leaves March 31 and will return April 7th. She was interviewed and chosen by Utah State University Extension 4-H last fall. Have a great trip, Amanda!

REMEMBER!!!!!!

A new year begins for 4H in October. Clubs, Leaders & Members need to register to start the new year. Member forms are enclosed in this newsletter. Can also pick one up at the Extension Office or go on line at

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

4-H ACTIVITIES

Pre-Registration is required for each 4-H activity so that enough supplies can be obtained. Drop by the Extension Offices or call: 743-5412 / 864-1480

**** Dates, times, and activities are subject to change
Check the 4-H web site often and on the day of the activity for up to date information: <http://extension.usu.edu/millard>****