

MILLARD COUNTY 4-H NEWSLETTER

September/October 2011

Utah 4-H 100 Years Old In 2012

Centennial Celebration - July 12-14

For nearly 100 years, Utah 4-H has been helping youth develop life skills and preparing them to be contributing members of our community. Alumni, volunteers, staff, sponsors, and the community as a whole have been integral in the growth and expansion of the 4-H program.

To help Celebrate the Past and Create the Future of 4-H, Utah will be hosting a 4-H Centennial Celebration, Thursday, July 12th to Saturday, July 14th, at Utah State University. We invite everyone to join us as we celebrate the **2012 4-H Centennial** through exciting events and activities, including both county and state level events!

The Centennial Celebration will include contests for youth, which are normally held in conjunction with State 4-H Contests, and workshops for youth and adults, which are typically presented at Leadermete. Youth and adults are invited to “learn by doing” while participating in contests and workshops. Everyone is invited to help us celebrate 100 years of 4-H in Utah!

Activities include:

- Contests for youth and alumni
- Workshops for youth and adults
- 4-H alumni reunion
- 4-H Hall of Fame
- Banquets
- Barbecue on the quad
- Alumni contests/participants
- Alumni awards

4-H Myth Busters

Myth: You have to live on a farm to be a 4-H member.

Truth: Not all 4-H members live on a farm. You don't even have to live in a rural area to be a 4-H member.

Myth: The 4 H's stand for horses, hay, hogs and home.

Truth: The 4 H's stand for Head, Heart, Hands, Health.

Myth: 4-H is just about horses, cows, pigs, and cooking and sewing.

Truth: 4-H is about GPS, shooting sports, ATV, theater arts, computers, robotics, photography, sewing, quilts, day camps, rockets, crafts, money management livestock, food and nutrition projects. There are lots of great projects, opportunities. You get to meet new friends and try things you haven't done in other youth clubs or school. 4-H allows you to travel and meet new people as you learn valuable leadership and life skills.

Myth: 4-H is a new program in Utah

Truth: 4-H in Utah will be 100 years old in 2012. Make sure you are involved in all the fun activities that will be going on this once in a life time year of 4-H.



National 4-H Week

10 Ways To Celebrate National 4-H Week October 2-8 2011



1. Send a thank-you note to those in the community who have donated to the 4-H programs.
2. Bake & Take something that you have learned in 4-H to the county commissioners. They are the ones that help keep our program in Millard County.
3. Green Ice Cream Party
4. 4-H cookie baking marathon & deliver to community services (police, fire depts., teachers, school board, 4-H volunteers)
5. Answer the phone all week with “Happy 4-H Week!”
6. Make green clover shaped pancakes for breakfast.
7. Give green jelly beans.
8. Sew a green hot pad and give to 4-H leader.
9. Invite a friend to join 4-H
10. Distribute a thought for the day all week.

Do things that will “Help Make the Best Better” and help make your community a better place to live.

Junior Ambassadors is for grades 5th—8th. Contact the Extension Office or Mitchell Condie if you would like to be involved. They meet once a month at the Fillmore Library.

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!!

USU Extension
83 So. Manzanita Ave.
Delta, UT 84624

Address Service Requested

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>



Calendar At a Glance

September

- 1 Fillmore Craft Club 3:15 @ Armory
- 1 Delta Swedish Weave Club 3:00 Ext Off
- 2 We Be Sheep Club 6:30 @ Holts House
- 5 Fillmore Jr. Ambassador 3:00 @ Library
- 7 Delta Teen Council 3:00 @ Extension Office
- 7 Fillmore Cooking Club 3:15 @ Legion Hall
- 8 Horse Show Practice for State, Fillmore 6:00 pm
- 8 Delta Science Club 3:00 @ Extension Office
- 8 Fillmore Sewing Club 3:15 @ Armory
- 8-18 Utah State Fair
- 9-10 Fillmore Teen Council help with Arts Festival
- 12 Fillmore Jr. Ambassador 3:30-5 @ library
- 15 Delta Cooking Club 3:15 @ Extension Office
- 15 Fillmore Sweet Treats 3:15 Com. Rm.
- 16-17 Horse State Individuals @ Salina, Utah
- 20 State Fair Items back & can be picked up
- 22 Family Night Out 6:30
- 24 SW Ambassador Meeting
- 27 Teen Leadership Training (TLT) app. Due
- 29 Record Books Due for Awards Night

October

- 2-8 National 4-H Week
- 3 Delta Teen Council 3:00 @ Extension Office
- 3 Fillmore Teen Council 4:15 Commisssin Room

- 3 Fillmore Jr. Ambassador 3-4:30 @ Library
- 3 Record Book (Portfolio) Judging Day
- 4 4-H Bake & Take Day
- 6 Delta Swedish Weave Club 3:00 @ Ext. Off
- 6 Horse Banquet Night, Fillmore Indoor Arena 6:00 pm. Potluck
- 6 Fillmore Craft Club 3:15 @ Com Rm.
- 7 We Be Sheep Club 6:30 @ Holts House
- 13 Delta Science Club 3:00 @ Extension
- 13 Fillmore Sewing Club 3:15 @ Com. Rm
- 15 Family Night Out 6:30
- 19 Fillmore Cooking Club 3:15 Legion
- 20 Fillmore Sweet Treats 3:15 @ Legion Hall
- 20-22 Teen Leadership Training (TLT)
- 27 Awards Night, Fillmore 6:30

November

- 2 Delta Teen Council 3:00 @ Extension Office
- 3 Fillmore Craft Club 3:15 @ Com Rm.
- 4 We Be Sheep Club 6:30 @ Holts House
- 7 Fillmore Jr. Ambassador 3-4:30 @ Library
- 9 Fillmore Cooking Club 3:15 @ Legion Hall
- 10 Fillmore Sewing Club 3:15 @ Com Rm.
- 12 SW Ambassador Meeting
- 17 Fillmore Sweet Treats 3:15 @ legion Hall

Darlene Scott – Bobbette White (4-H Coordinators)

September, October 2011

Searching for

Alumni & Friends of 4-H

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

Utah 4-H will celebrate our 100th birthday in 2012! The Utah 4-H Centennial celebration will include many local and statewide 4-H activities. **In our search we need you to search your closets and storage places for any items that you may have from past 4-H years.** If you are willing to share, this will help to make a great 4-H Centennial display.

Plans are being made for activities in Millard County to help celebrate 4-H's 100th birthday. We need volunteers to help. If you would like to be on a committee for this once in a hundred year experience contact the Extension Office. Plans for a community 5K bike, walk and run plus other events are in the planning. Contact the Extension Office @ 435-864-1480 or 435-743-5412 to help Make The Best Better here in Millard County



Operation Military Kids (OMK)

Utah Operation: Military Kids provides support to youth before, during, and after the deployment of a loved one. When National Guard, Army, Air Force Reserve, and other military parents living in civilian communities are mobilized, their children become military kids. They still look the same to teachers, friends, and the rest of the community, but they are coping with sudden changes in their lives, and their families may not be sure how to access support services of the military.

The Utah Operation Military Kids (OMK) Team is supported by Utah State University Extension 4-H, Utah National Guard, U. S. Army Reserve, Hill Air Force Base Youth Programs, Boys & Girls Clubs, Utah State Fair, Veterans of Foreign Wars, American Legion, Child Care Resource & Referral, Thanksgiving Point, and youth from military and non-military families. For more information on Millard County 4-H Military (OMK) contact Bobbette White @ 435-743-5412

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>**

4-H Multi-Family Guide

The 4-H Multi-Family Club is a program developed for multiple families in a community or neighborhood. These activities build on 4-H's unique ability to provide family learning vs. focusing on individuals. The Multi-Family Club may consist of a group of four to six families, interested in completing a series of six to eight 4-H activities between January and August (or an eight month period of your choosing), with each family in the group being responsible for teaching one of the learning activities. The 4-H Multi-Family Club Curriculum includes activities ranging from science experiments to cooking, from community service to ga



Youth and Families with Promise / 4-H Mentoring

Dates: September 22, Salute to our Military @ Skating Rink 6:30-8:30 October 15, Community Harvest Carnival DHS Football Field December 31 Community New Years Eve Party DHS Paladium

Utah's YFP program is designed to address youth problems through early intervention with at-risk youth, ages 10-14, and their families. Mentors establish caring relationships with youth and families and assist them in their academic performance, but interpersonal competence, and strengthening family bonds.



Horse Program



The Utah 4-H Horse Program is designed for those youth with interest in horses and horse events. This program is designed to provide experiences to help them develop leadership, citizenship, self esteem, social skills and to become contributing members of society, as well as becoming better horse men and women. The 4-H Horse Program is designed to be EDUCATIONAL, ACTIVITY-ORIENTED, AND FUN for those who become involved.

The 4-H Horse Program is for youth in grades 3-12, but not younger than 8 years old.

The 4-H Horse Program includes programs for both those youth who own/have access to horses and those who do not, but still want to learn about the science of equine care and management. Activities can include everything from educational and fun club meetings to trail rides, and from horse shows to service projects. Club members hold club offices, give public speeches and demonstrations, do service projects and spend time with their favorite friends, both human and equine. Check out the Millard County 4-H horse Program by contacting Deborah Willoughby at the Extension Office. 435-864-1480

Delta Science Club

The place to be the second Thursday of every month is at the Extension Office where all kinds of fun will be going on with Science.

Dates, Time, Place:	Sept. 8	3:00	Extension Office
	Oct. 13	3:00	Extension Office
	Nov. 10	3:00	Extension Office
	Dec. 8	3:00	Extension Office

Age: 8 and older

Cost: TBA, depends on each project and supplies needed.

It is important to know who will be at each class so that the supplies needed for each science project can be available for all. Call the Extension Office or come in to register.

Millard County Horse Program

County Horse show during the fair was a Great success and a lot of fun . Our top individuals for the county show are as follows; A Group Britney Martin, B Group Kayla Yates, C Group Nicole Schmutz .

We would like to give a big "Thank You" to the 4-H Horse Council president Teresa Harris and Vice President Darla Yates and to our club leaders Tamera Engstrom of Fillmore Pony Express & Cathy Schmutz of Delta Mustangs. We appreciate all you do for our kids. We would like to thank Millard County for the premium money. We would also like to thank Jacki Harris and Vicki Kessler for the ribbons and Heather Nicholls Bosh for judging. We look forward to seeing you all at awards night on Oct. 6, @ 6:00pm in the indoor arena it is a potluck bring your family for a fun night of horse games.

*****Record books are due Sept. 29th.*****

Teen Council

Teen Council and Jr. Teen Council is open to youth 12 years and older. Their focus is on building leadership skills and community service projects. Teens meet once a month at the Extension Offices.

Call 743-5412 or 864-1480 and drop into the office to fill out registration forms.

Delta Teen Council: each meeting will be @ Extension Off-

Sept. 7th	3:00	Elections, Demonstrations
Oct. 3rd	3:00	Baking treats for bake & take week
Nov. 2nd	3:00	

Fillmore Teen Council:

**Oct. 3rd 4:15 @ Commissioner Room
Help with Arts Festival Sept. 9th & 10th**

Swedish Weave Club in Delta

Beginning & Intermediate Swedish Weavers will be meeting the 1st Thursday of each month. New projects will be taught by Kari Mitchell. Adults and kids are welcome to come learn this art.

DATES: Sept. 1st , Oct. 6th, Nov. 3rd, Dec. 1st

TIME: 3:00

AGES: 8 and up

COST: Purchase own supplies, Supply list at the Extension Office or from Kari Mitchell.

Other club times will be set up as the club meets.

Fillmore Craft Club

The Fillmore Craft Club will be every 1st Thursday of each

month at the Legion Hall. Mary Anna Henke does a wonderful job as she shows the 4-H kids how to make and taste fun recipes.

Dates: Sept 1, Oct. 6, Nov. 3, Dec. 1

Time: 3:15 @ Fillmore Commissioners Room

Ages: 8 & up

There is no cost for this club. Just come into the Extension Office to Register so we make sure we have enough supplies for everyone.

Fillmore Sewing Club

We are excited for our new Sewing Club. The girls have been making some fun projects. They have made backpacks out of t-shirts and a flowers out of zippers. Who would have thought? The club is full, but sign-ups for the next on are going on right now. It will start in January and run through June.

Fillmore Sweet Treats Club

In our Sweet Treats Club we are learning how to make treats that go with that months holiday. We have decorated cupcakes, football helmets out of cookies, pretzel sparklers, and a cookie on a stick. We meet every 3rd Thursday at the Legion Hall @ 3:15. We ask that you **sign up for this club** as we will need to get enough supplies. The cost is usually around \$2.00. Come see all the fun that is being created.

Record Books/Extra Mile Forms

4-H'ers set goals, carry out those plans and evaluate their achievement. This is done with the use of a 4-H Record Keeping System. Materials are available from the Extension Office or online, on the different options to create your record keeping system.

To complete a project, records should be completed and turned into the leader. Records are to be turned in to leaders or the Extension Office by **Sept. 29**. Club leaders should evaluate the record keeping method, ideally with a face to face meeting with the 4-H'er.

The Extra Mile form is included in this newsletter. Fill out and return to the Extension Office by the above deadline. Remember in order to get the Gold Award, you must turn in a Portfolio.

4-H State Contests

Millard County had 6 Teen Council members compete July 11-13 in Logan:

Mitchell Condie—Consumer Bowl, Talent, Impromptu Speech
Amanda Camp—Chef Extraordinaire, Consumer Fashion Review, Congress Interview

Susannah Coats— Consumer Fashion Review, Talent, Consumer Bowl

Easton Richardson— Consumer Bowl, World of Work, Science Palooza
Nathan Camp—Consumer Bowl, Chef Extraordinaire
Kjell Rasmussen—Impromptu Speech, Science Palooza

The kids all did well with their competitions and had opportunities to watch each other compete. We want to commend our 4-Hers for representing Millard County. We received several comments about how well our kids behaved.

Check out the web: www.extension.usu.edu/millard for the most up to date information on all 4-H activities. Dates and times may change, so check the site before each activity!