

## Sanpete County Extension & 4-H News

October 16, 2009

*Fall is in the air, hunters are bringing home game, and the gardens are being picked.  
The nights are cooler as are the days.  
The breezes and winds are cooler and more humid.  
But best of all is the colors in the leaves.  
In the home, canners are pressuring the fruits, vegetables, and meat,  
And the storage is filling up for the cold weather.  
After all of this work comes the holidays – a time to share with friends and family.*



Sanpete County 4-H Program

### 4-H Re-Enrollment Time

It is now time to re-enroll in 4-H. Everyone needs to re-enroll for each 4-H year which begins on October 1 each year. Each adult volunteer who re-enrolls before December 1, 2009 will have their name put into a drawing for their choice of an ATV bag or a duffle bag. Each child that is re-enrolled will receive a 4-H wrist bracelet. While supplies last, each adult will also receive free 4-H project workbooks from our office. (Limited subject matter available.)



**January 1, 2010, \$2 fee for adult volunteers**

Beginning January 1, 2010, adult volunteers who re-enroll will need to pay the \$2 enrollment fee to cover the insurance and the 4-H card. Beginning January 1, 2010, all adult volunteers who are new to 4-H will pay the \$2 fee.

### YLT – Youth Leadership Team

We would like to encourage youth Grades 6-12 to join us on the Sanpete County 4-H Youth Leadership Team (YLT). YLT promotes Sanpete County 4-H at community festivals and celebrations and during National 4-H Week in October. Also YLT creates community service projects, in addition to helping with 4-H at the Sanpete County Fair in August. YLT is a great place to meet new people and build new friendships. Youth can just show up on the 2<sup>nd</sup> Saturday, 11:00 a.m. and join in the activities of the day. If you have questions, contact Cheryl Bartholomew at [cheryl.bartholomew@usu.edu](mailto:cheryl.bartholomew@usu.edu) or 283-7599.

## TRY

TRY stands for Teens Reaching Youth. It is the newest leadership program sponsored by Utah 4-H. All Utah teens 8<sup>th</sup>-12<sup>th</sup> grades have the opportunity to be trained in an exciting new 4-H project and in turn mentor younger youths. Youth are placed in teams during training and teaching. Teams are made up of 2 to 4 teens and their adult coach. Each TRY Team attends a retreat to learn how to teach fun, hands-on programs for younger youth. The last training date for 2009 is November 14<sup>th</sup>. Trainings in "Robotics" and "Recharge Fun, Food, and Fitness" are available in either Beaver or Price. Registration deadline is November 1, 2009. For more information contact Cheryl Bartholomew 283-7599 or Anita Raddatz 283-7596.

### **Next Sanpete County 4-H 2nd Saturday**



Date: Saturday, November 14, 2009  
Place: 325 W. 100 N., Ephraim, West Building  
Time: 8:45 - 9:00 am Sign In for workshop

**9:00-11:00 am Lotions and Potions Workshop**  
For Kids Grades K-5

**Participants will attend 3 different science workshops**

**Cost: \$3.00 if not a member of 4-H**  
**\$1.00 for 4-H-members with card**  
**\$3.00 without 4-H card**

**9:00-11:00 am How To: Portfolios**

For Kids Grades 3-12

Participants will learn how to do a portfolio

**Grades 3-5 may choose to attend the workshop or the How To.**

**Parents must accompany K—2nd Graders.**

**Insurance requires that any attendees be age 5 and older.**

#### **To Pre-Register:**

Send an email to [4hsanpete@gmail.com](mailto:4hsanpete@gmail.com) or

Leave a message with youth(s) name, grade, and phone number: at 283-7583.

**Space is filled in order of pre-registrations received.**

**Registration is available at the door for an additional \$1.00, space permitting.**

#### Prudential Spirit of Community Awards

This program provides an ideal opportunity to celebrate the spirit of youth volunteerism and to recognize those student who have distinguished themselves through volunteer work. All 4-H'ers who have community service can apply online at

<http://spirit.prudential.com>, click on 'How to Apply' and when asked, the access key is the word 'spirit'. Then print the application, and bring to the Sanpete County 4-H office no

later than NOVEMBER 2, 2009. Contact Anita at 435.610.1147 or [anita.raddatz@usu.edu](mailto:anita.raddatz@usu.edu) with any questions or to use the computers at the Extension office to apply.

## **FAMILY**

### Papers Ready in time of Emergencies, Large & Small

In addition to food and clothing, another component for emergency preparedness is Papers. Which ones do you need to access in different emergencies? Where are the safe places to keep the papers? Who else needs to know where the papers are when the emergency involves the person who knows? Whether it's a 72-hour emergency, a natural disaster, a family medical emergency, or your dog bites someone, knowing what papers are needed and where to find them is very important. On November 11, at 1:00 p.m. and again at 5:30 p.m., come learn all about having Papers Ready in Time of Emergencies, Large and Small. To pre-register, contact Anita Raddatz at 435.610.1147 or [anita.raddatz@usu.edu](mailto:anita.raddatz@usu.edu).

Great new Website for Coupon Clippers: [www.grocerysmarts.com](http://www.grocerysmarts.com) has printable grocery sales lists – you can print it off, make comparisons, look through your coupons, and hopefully, save some money.

Great website for spending smartly for Food: [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

Great web site launched by the US Dept of Agriculture, Food & Drug Administration, CDC, and other government agencies: [www.foodsafety.gov](http://www.foodsafety.gov)

USU Extension has a new Fruit and Vegetable book, written by USU extension specialists.

49 fact sheets about the recommended varieties to plant, grow, harvest and storage suggestions. Go to [www.garden.usu.edu](http://www.garden.usu.edu) and click on the vegetables, fruits and herbs link. Cost is \$15 plus tax and is a valuable resource to help you on your path to a successful garden.

[www.garden.usu.edu](http://www.garden.usu.edu) is a great website about gardening from getting started to pests/diseases, beginners to experts.

## **UPSTART**

Upstart is a Utah state-funded, computer-based preschool program that will prepare your 4-year-old for school with a fun start in reading, math, and science in just 15 minutes a day. This free program provides complete lessons in beginning reading, math, and science. You child will love the easy-to-use games, books, songs, and activities. Millions of children across the nation have successfully learned with the Waterford program and now your child can, too. Go to [www.utahupstart.org](http://www.utahupstart.org) to check it out. You can call 800-669-4533 to talk to a representative. You may qualify for the use of a free computer and internet service. There are limited openings.

Pressure Canner Gauge Testing: October 21, 9-noon; contact Anita at 435-610-1147 or [anita.raddatz@usu.edu](mailto:anita.raddatz@usu.edu) for an appointment.

USU Extension programs are available to all.

If you need to meet with a particular person, calling for an appointment is recommended.

- D. Pyper Lambson, Office/Web Manager/Reception, 283-7597, [debbie.lambson@usu.edu](mailto:debbie.lambson@usu.edu).
- Anita Raddatz, Family & Consumer Science Agent/4-H Agent for non-animal projects/ Director, 283-7596, [anita.raddatz@usu.edu](mailto:anita.raddatz@usu.edu) , direct line 435.610.1147.
- Matt Palmer, Agriculture/Horticulture Agent and 4-H Agent for animal projects, 285-7582, [matt.palmer@usu.edu](mailto:matt.palmer@usu.edu)
- Cheryl Bartholomew, 4-H Staff Assistant, 283-7599, [cheryl.bartholomew@usu.edu](mailto:cheryl.bartholomew@usu.edu) : 4-H events and activities

As agents, Matt and Anita are out in the county often so appointments are highly recommended.

If you are on a schedule, appointments are highly recommended for everyone. If you need to only drop off paperwork, no appointment is necessary – just note the office hours. If you want info about a certain topic, you can call ahead or make an appointment. We want to serve you well – hopefully this information is helpful.

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