

CACHE CONNECTION



Volume 16, Issue 4

Date: April 2017

Holiday Happening

Mark your calendars for Tuesday, October 12, 2017! Our annual Holiday Happening will be from 4 p.m. until 8 p.m. that night only. Registration forms will be available after the Cache County Fair in mid-August. The cost will be \$30.00 per person and includes dinner, workshop materials, and lots of freebies. Only 45 seats will be available on a first-come, first-serve basis.

Cache Makers Club

Registration open for next cycle, teen and adult mentor training, youth council elections, youth survey, and NASA downlink details.

Mentor Training (teen and adult):

Youth interested in working as summer camp mentors can prepare with Dallin Thursdays 4:00-6:00 pm.

Adults can learn STEM skills to mentor youth by attending weekly Saturday trainings 8:00-10:00 am.

For more information or to register for Cache Makers events, visit cachemakers.org.

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APRIL 11 - MAY 20 CACHE MAKERS

Sampler Saturday April 8 10:00 am-3:00 pm

TUESDAYS	WEDNESDAYS	THURSDAYS	THURSDAYS	SATURDAYS	SATURDAYS
<p>Girls 3D Printing (Kevin Reeve) Grades 6-12 \$17 4:00-6:00 p.m.</p>	<p>Swift/Intro to iOS (Abraham Done) Grades 6-12 \$15 6:30-8:30 p.m.</p>	<p>Crochet Tech (Melissa Ivie) Grades 3-12 \$20 4:00-6:00 p.m.</p>	<p>Teen Mentor Prep (Dallin Graham) Grades 9-12 Free 4:00-6:00 p.m.</p>	<p>Mentor Training Single-day sessions 18+ Free 8:00-10:00 a.m.</p>	<p>Open Hours* (OVO, staff help) 12+ or w/adult Free 10:00 am-4:30 pm</p> <p>*Cache Makers ID required for youth and adults.</p> <p>See calendar for changes.</p> <p>Tambien Martes 6:30-8:30</p> <p>*Jóvenes menor de 12 años tendrán que ser acompañados con un adulto o mentor. Adultos y jóvenes tendrán que ser registrados con 4-H y presentar sus identificaciones de Cache Makers.</p> <p>Consulte el calendario para las excepciones.</p>
FRIDAYS					
<p>Mini Sumo Bots (John Pope) Grades 6-12 \$25 6:30-8:30 p.m.</p>	<p>Coding Club (Stephen Garrett) Grades 3-12 \$15 6:30-8:30 p.m.</p>	<p>Astronomy (Johnathan Powell) Grades 3-12 \$25 6:30-8:30 p.m.</p>	<p>Design + Make (Amber O'Quinn) Grades 3-12 \$20 4:00-6:00 p.m.</p>	<p>Basic Woodshop (Victor Davila) Grades 9-12 \$20 12:00-2:00 p.m.</p>	

EXTENSION UtahStateUniversity 990 S Main Suite A, Logan 435-915-6253
FOR MORE DETAILS AND REGISTRATION, VISIT CACHEMAKERS.ORG

DINNER DATE NIGHT

IN THE USU SKYROOM



Friday
April 28
6:30-8:15 PM

USU Skyroom
0190 Old Main Hill
Logan UT, 84322

"Lessons learned from the marriage counselor's chair"

After almost 20 years of working as a therapist with couples and families, Dan brings a unique perspective about what works and what doesn't work in successful marriages. He understands how couples get into problems that they struggle to get out of, and what they can do differently to find a better outcome. He often says that being a marriage counselor makes him a better husband. Come experience the lessons he learns every day from the couples in his practice.

Cost: \$20.00 per person or \$35.00 per couple

Register: <https://ddn-dan-miggin.eventbrite.com>



Dan Miggin's career includes 19 years of practical experience working with couples and families in a variety of settings. He graduated from USU in Psychology, and later Loma Linda University in Marriage and Family Therapy. He has worked in a psychiatric hospital, served in the US Army, and most recently worked as a clinical supervisor for Bear River Mental Health. For 10 years he has maintained a part-time practice in the community, first at LDS Family Services and now in his own full-time private practice. He married his high school sweetheart, Angie, and they have 6 children and one granddaughter. Dan enjoys the outdoors, and loves to take his family on backpacking trips.

Find out more about his practice at <https://therapists.psychologytoday.com/279355>

EXTENSION 
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EXTENSION.USU.EDU/CACHE

Utah State University is an affirmative action/equal opportunity institution.

Schedule of Workshops:

- April 4:** Financial Goals, Organizing Financial Paperwork, Budgeting, Slashing Expenses
- April 11:** Credit and Debt
- April 18:** Financially Preparing for Home Ownership, Investing for Retirement, Estate Planning



PLEASE NOTE: If you are single, your parents may no longer claim you as a dependent on their income tax in order for you to qualify for an IDA account.

IDA Requirements: You must attend 8 hours of financial management education training before you can be enrolled in the Individual Development Account Program. Therefore, attendance at all three workshops is required. For more information go to www.uidan.org or email at info@uidan.org or phone 877-787-0727. This financial management series fulfills the financial education requirement for an Individual Development Account (IDA) matched savings account. An IDA can be used for a first home, business start-up or capitalization, post-secondary education including vocational training and assistive technologies for related activities. To register for the class and more information on the IDA program, contact the Utah IDA Network at www.uidan.org, by phone at (877)787-0727, or email them at info@uidan.org

Please note: All IDA matching funds received must be spent in Utah.

Form is available at <http://extension.usu.edu/cache/files/SMMregistrationformapril2017.pdf>. Please print out registration form and bring in or mail a \$20 check or money order payable to: USU Extension. Please enclose an additional \$15.00 if your spouse/partner will be attending with you.

Mail or Bring to:

Adrie Roberts
USU Extension,
Cache County Administration Building
179 North Main, Suite 111
Logan, Utah
84321



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USU Extension in Cache County Presents:

An Evening with Extension

The Second Thursday Evening of the Month



Time: 7:00 p.m. - 9:00 p.m.

Cost: \$3.00 per person (\$2.00 if you pay 24 hours prior to class)

Location: Cache County Administration Building Multipurpose Room

179 North Main, Logan

Phone: 435-752-6263 to register

Dates:

Thursday, April 13, 2017

Thursday, May 11, 2017

Thursday, June 8, 2017

Thursday, July 13, 2017

Thursday, Sept 14, 2017

Thursday, Oct 12, 2017

Thursday, Nov 9, 2017

Topics:

Emergency Preparedness: 72 Hour Kits and Emergency Cash Stash

Food Storage Cooking School

No Heat Summer Salads, Sandwiches, and Desserts

Food Preservation Update. Plus! Recipes from the Garden

Hearty Casseroles for Fall

Holiday Happening (\$30.00 event)

The Art of Homemade Pies



Create by Food \$ense

Teaching Essentials in Creating Family Meals

Free classes are held in the Cache County Administration Building Multi-purpose Room, 179 North Main, Logan. At each class you'll enjoy **FREE FOOD SAMPLES** and learn new, tasty recipes that won't break your budget.

Call 435-752-6263 to reserve your spot.

2017 Schedule: Mommy & Me Class: 11 a.m.-12:30 p.m.

Join us for Utah Food \$ense (SNAP-Ed) classes on healthy eating and active living. Learn how to prepare meals from a well-stocked pantry using CREATES. Every class includes a healthy and delicious recipe demonstration. We will also discuss ways to get moving and stay active. Food

Upcoming Classes:

April 20, 2017 – Create an Omlet

May 18, 2017 – Create a Salad

June 15, 2017 Create a wrap/Sandwich



Create by Food \$ense

This material was funded by USDA's Supplemental Nutrition Assistance Program". The Supplemental Nutrition Assistance 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 1-800-221-5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. 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 DC 20250 or call (202)720-5964 (voice and TDD). USDA and Utah State University are equal opportunity providers.



4-H Calendar 2016, Horse Camps, Online Registration

SCOTT'S THOUGHTS

APRIL



- 14-15 State Ambassador Interviews
- 21 Market Steer and Dairy Heifer Tag-in (4-5:30 pm)
- 22 Market Steer and Dairy Heifer Tag-in(9-10:30 am)
- 25 4-H Mock Legislature

MAY

- 13 4-H Royalty Contest
- 24 JYC Registration Due

JUNE

- 2 Market Hog, Goat and Lamb Tag-in (5:30-7 pm)
- 3 Market Hog, Goat and Lamb Tag-in (8-10 am)
- 3 Western Horse Show #1
- 5-7 4-H Sewing Camp (Aprons & Towel Bags)
- 5-7 JYC at Snow College
- 9 Market Goat and Lamb Tag-in (5:30-7 pm)
- 12-15 4-H Sewing Camp (Pillowbeds)
- 13-15 English Horse Camp
- 12 Two-Hand Show #1
- 19-23 4-H Sewing Camp (Bandana Quilts)
- 19-21 i4-H Camp
- 17 Cloverbud Camp
- 19 First Step Horse Camp
- 21 Western Horse Show #2 Judge Event
- 22 Western Horse Show #2 Speed Event
- 26-30 4-H Sewing Camp (T-Shirt Quilts)
- 16 County Contest/County Demonstration Day
- 30 4-H State Contest Registration Due

JULY

- 10 Two Hand Show #2
- 12-14 Western Horse Camp
- 19 Western Show #3 Judge Event
- 20 Western Show #3 Speed Event
- 26-28 4-H State Contest



Online 4-H and Event Registration

Just a reminder if you have not registered or re-enrolled for 4-H, you may do so through our online registration site at <https://ut.4honline.com>. Instructions for registering on-line can be found at <http://extension.usu.edu/cache/files/FamilyEnrollmentGetStartedGuide.pdf>.

If your 4-Her was registered last year, he/she should already have a profile. If you have been registered before, please follow the previously enroll instructions and re-enroll existing member to limit the number of duplicate members. Do not create a new file unless you have exhausted all efforts to find their profile.

Registration information for a variety of 4-H activities is available on the 4-H online website. Once you have re-enrolled and paid your registration fee of \$12, you will be able to access the event registration. This publication will help you with event registration <http://extension.usu.edu/cache/files/online-event-registration.pdf>.

4-H Mock Legislature



4-H Youth in grades 9-12
 April 25, 2017—9:30 a.m.-3:30 p.m.
 Utah State Capitol \$15 Includes lunch



Visit <http://utah4h.org/htm/events-registration/mock-legislature> for an application. Register by going to at <http://ut.4honline.com> by April 1, 2017.

WESTERN HORSE CAMP

July 12-14, 2017, Cache County Fairgrounds

Western 4-H Horse Camp registration is now open. On-time registration is \$65 and goes until June 10, 2017. **No registrations will be accepted after June 10th.** For additional information please check the above website or call the 4-H office at (435)752-6263. Campers must register online at www.ut4honline.com.

ENGLISH HORSE CAMP

June 13-15, 2017, Cache County Fairgrounds

English 4-H Horse Camp registration is OPEN! The fee for English Camp is \$90 per camper in Cache County. **No registrations will be accepted after May 12th***Visit the Cache County 4-H website for more information coming soon. The fees can be paid at the 4-H office. Campers must register online at www.ut.4honline.com.

i4-H is a camp for 7th and 8th graders who spend 3 days at the USU Eastern campus in Price. The members participate in team building workshops taught by the 4-H State Ambassadors, swim in the wave pool, climb the indoor rock wall, plus many other adventures. Questions? Contact Craig Dart - craig.dart@usu.edu or 435-797-0208



2016 Junior Youth Conference

SCOTT'S THOUGHTS



June 5-7, 2017 at Snow College— Registration Now Open



Apply online at ut.4honline.com to be a teen counselor or to attend as a camper.

Every summer, on the Snow College campus in Ephraim, Utah 4-H presents its statewide camp for youth who have just completed 5th or 6th grade.

Youth who attend JYC are divided into groups and assigned to a Teen Group Leader. Youth make new friends and experience new things as it is usually the first time for the youth to be on such a trip. While at the conference, all youth have the opportunity to participate in workshops where they learn about teamwork, trust, friendship, and other life skills. Teen Leaders manage each group in order to keep the youth busy with games, activities, or a service project of some kind.

Activities at JYC also include Snow Follies, in which Snow College ambassadors throw a huge water games event that everyone gets involved in!

Junior Youth Conference is truly a unique event for those who come! The lessons learned and the friends made last a lifetime.

Registration to attend Junior Youth Conference is due to the County 4-H office by May 24, 2017.

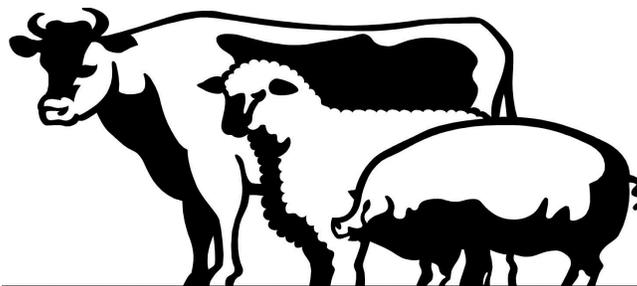
Cache County Junior Livestock Program

SCOTT'S THOUGHTS



The time is here to begin planning your **Junior Livestock market animal project**. Here is information to help you plan for required events and educational opportunities. **PLEASE READ THIS LETTER COMPLETELY.**

- All exhibitors must register with 4-H, or be a member of his/her FFA chapter. **4-H youth not registered with Cache County 4-H by June 20, 2016 will not be allowed to exhibit their project animal at the fair.** FFA members must be registered with their respective FFA Chapters and meet all the requirements. Completing the "green card" at tag-in does not automatically complete the registration process. The 4-H year goes from October 1 to September 30 of each year. 4-H registration is \$12.00 per year.
- Exhibitors must currently be in the third grade or older and at least eight years of age (2016-2017 school year).
- The green Entry Card (normally collected at tag-in by the chairman) and *Commitment to Excellence* forms must be completed with all of the appropriate signatures and turned in to the Extension/4-H Office by 5:00 PM, Monday, June 19, 2017.
- Market steers and dairy heifers must be tagged a minimum of 100 days prior to the fair check-in, 60 days for hogs and lambs. It is the responsibility of each exhibitor to accompany their project animal to tag-in. Tag-in dates, times and locations are listed below. **Please do not expect the Committee Chairs to come to you.** Arrange your schedules to bring your animals to one of the following tag-in locations:
 - Lambs/Goats: Friday, June 2, 2017, 5:30-7:00 PM, Saturday June 3, 2017, 8:00-10:00 AM, or Saturday, June 10, 2017, 8:00-10:00 AM at Cache Fairgrounds.
 - Hogs: Friday, June 2, 2017, 5:30-7:00 PM or Saturday June 3, 2017, 8:00-10:00 AM at Cache Fairgrounds.
 - Steers: Friday, April 21, 2017, 4:00-5:30 PM or Saturday, April 22, 2017, 9:00-10:30 AM at *USU Corrals, 1200 W 1500 N
 - Commercial Dairy Heifers: Friday, April 22, 2016, 4:00-5:30 PM or Saturday, April 23, 2016, 9:00-10:30 AM at USU Corrals 1200 W 1500 N, or arrange with Spencer Gibbons, Commercial Dairy Heifer Project Chairman.
- Each Exhibitor can tag-in two animals in each species. Each exhibitor can show two animals of any species or combination of species at the fair but can sell only one animal in the Junior Livestock Auction.
- All ewe lambs must have a scrapies ear tag which identifies the farm where the lamb was born. When purchasing your lambs, make sure that all ewe lambs have a scrapies tag. Ewe lambs will not be allowed to weigh in at the fair without a scrapies tag.
- All ear tags will be removed at tag in time for all species. The only exception is a scapies tag which is required by law in all ewe lambs.
- 4-H Livestock Record Books for the Junior Livestock Project are now available and will be given out at tag-in. It is also available online in a form fill format that can be filled out on the computer at http://extension.usu.edu/cache/files/4-H-livestock-record-book_2017Fill.pdf
Record Books requested after June 19, 2017 will cost \$2.00. Please contact the 4-H office if you have any questions.



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Facebook

Cloverbuds & Royalty Contest

SCOTT'S THOUGHTS

Cloverbud Activity

"Outdoor Activity Creation" Saturday, June 17, 2017

(time and place pending)

Email will be sent out with more information when registration opens.

\$5 (plus \$12 4-H fee if not registered in 4-H already)

We want to help cloverbud's become more creative. Come and let us help them create outdoor activities that will help them overcome those boring summer times with nothing to do. Call the 4-H office with any questions or suggestions of outdoor activities you want your children to learn, 435-752-6263.

4-H Horse Royalty Contests

Our Royalty Contests are in the works for the cities throughout Cache County. We currently have a our 4-H royalty contest scheduled. You can contact the 4-H office for applications or if you have any questions.

4-H Horse Royalty Contest

Saturday, May 13, 2017 in the Cache County Arena. Contact Wendy Perkes 435-770-3254 for more information. We will also send out information as it becomes available.



4-H 2017 Sewing Camp

SCOTT'S THOUGHTS

Sign up with your friends!

4-H SEWING CAMP

- June 5-6: Aprons
- June 7: Hooded Towels/Towel Bags
- June 12-15: Pillowbeds
- June 19-23: Bandana Quilts
- June 26-30: T-Shirt Quilts

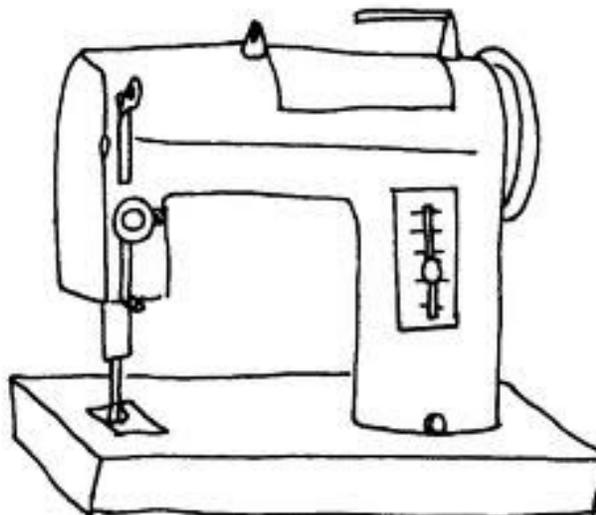


For 3rd thru 12th Graders

Camp sessions are held at the Cache Makers building 990 S Main, Ste A in Logan.

If you haven't registered for 4-H, it is an additional \$12.

Registration and cost information will be sent out via email as it becomes available.



Spring 4-H Dairy Activities

Clark's Crops and Cows

4-H Dairy Activities– Spring 2017

- April 1-30Utah/Idaho Dairy Heifer Contest, includes questionnaire and interview
- April 28All Utah Dairy Show at Weber County Fairgrounds-9 a.m.
- April 29Weber County Junior Dairy Show-9 a.m.
- May 4Dairy Demonstrations at the USU Caine Dairy beginning at 7 p.m.
- May 5Judging Training at the Cache County Fair grounds–placing and oral reasons
- May 6Cache County Spring Dairy Show at Cache County Fairgrounds-10 a.m.
- May 16Junior Dairy Show at Richmond Black and White Days 1:30 p.m.
- May 17.....Western Spring National Dairy Judging Contest 10 a.m. Richmond
- May 18-19Western Spring National Dairy Show at Richmond Black & White Days

**Youth Farm Safety Training & Operator Certification**

Farms and ranches are great places for teaching youth the value of work. Unfortunately, farms are also dangerous places. Powerful equipment, unpredictable livestock and frequent carelessness result in accidents and sometimes death. As such, USU Extension and Utah Farm Bureau have organized another Agricultural Safety Training Course. Our primary goals are to save lives, prevent injuries and reduce the economic losses associated with agricultural accidents. Through this course, participants will be trained in pesticide, livestock, railway, fire, electrical, tractor, ATV, and highway safety.

The Hazardous Occupations Order, under the U.S. Department of Labor's Fair Labor Standards Act, makes it unlawful to hire youth under the age of 16 to perform certain work activities. Successful completion of an approved 4-H or FFA training program by youth ages 14 or older allows them to legally operate certain farm machinery.

In addition to classroom instruction, participants will be required to pass both a written test and a driving test. A Certificate of Completion cannot be awarded to anyone younger than 14, but they can receive a Certificate of Attendance.

Youth who are older than 16 will also benefit from the training.

Employers and parents tell us that former class participants definitely have an increased awareness of safety issues. The training is excellent and will benefit all youth.

The course will be held April 14-15 at the USU Caine Dairy in Wellsville, Utah. Instruction goes from 5:00 p.m. to 9:00 p.m. on Friday and from 9:00 a.m. to 2:00 p.m. on Saturday. Participants must provide their own transportation to and from the classroom and may pay

at the door. Cost will be \$10.00 per student. Snacks will be provided on Friday evening and lunch will be served on Saturday. We do, however, request that you R.S.V.P. by calling the Cache County Extension office (435)752-6263 or Box Elder County Extension (435)695-2543 to help us do a better job of planning.

If we can save one life or even prevent one accident, the course will have been successful. We encourage all growers to enroll their children, grandchildren or potential employees.

**Permittee Workshop: Understanding Your Forest Service Grazing Permits**

April 26, 2017, 9:00 AM–3:00 PM, Free

4300 South US-89, Wellsville, UT 84339



2017 Spring Gardening Classes

April 5, Wednesday: Backyard Beekeeping 101

6:30-8:00 pm There is nothing sweeter than honey harvested from the backyard. This workshop is focused on the beginning beekeeper. We will focus on how to successfully set up a backyard hive and give tips on how to keep a thriving hive.

April 19, Wednesday: Fruit Tree Grafting (\$25 per person)

6:30-8:00 pm This hands-on workshop will teach the science and art behind grafting fruit trees. Participants will be able to take home two of their own grafted apple trees.

May 3, Wednesday: Raised Bed Gardening (\$10 per person)

6:30-8:00 pm (Contact USU Extension office for location) This is a do-it-yourself style workshop and will cover basics behind selecting building materials, construction tips and which plants perform best in raised garden boxes. Participants will be given vegetable seeds and starts to help kick start the growing season.

May 17, Wednesday: Flowers for All Seasons

6:30-8:00 pm From spring to fall, color in a landscape should be fluid and ever changing. Learn how to select plants that will give season-long colors and texture to your landscape.

June 7, Wednesday: Tree Identification and Selection

6:30-8:00 pm (Contact USU Extension office for location) This walking tour of the USU main campus will highlight some of the "tried and true" tree and shrub species that grow well in Cache Valley's climate.

June 24, Saturday: Alterniscapes Landscape Tour (\$5 per map)

Contact USU Extension office for location) The 2-17 Alterniscapes Garden Tours will be a walking tour of six private gardens in the Logan area. Get ideas for your own yard by strolling through butterfly, bird and bee-friendly gardens. Experience water-wise and native plantings, backyard chicken coop ideas, constructed compost bin, backyard bee hives, raised vegetable and flower beds made from recycled materials, colonnade fruit trees and even blueberries growing successfully in a peat moss bale!



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TO REGISTER FOR WORKSHOPS OR CLASSES CALL: (435)752-6263

USU Cache County Extension is offering Cache Valley Community Garden plots:

Please call the USU Extension Office for more information



Community gardens are especially useful to those who do not own land or do not have enough space in their yard to have an extensive garden. Gardening is an opportunity to become more self-sufficient and to learn a skill that will benefit individuals and families for a lifetime.

If you are interested in participating in any of the community gardens, contact the Extension office at 435-752-6263.

New Online Gardening Courses

Course topics include:

- Annuals and Perennials
- Pest Management
- Trees and Shrubs
- Fruits and Nuts
- Basic Botany
- Vegetables
- Soil Basics
- Turfgrass



Register at garden.usu.edu.

Save \$5 with promo code EMAIL5 until May 1st

Check us out on the Web:

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

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Northern Utah Mini-Water Conference



Northern Utah Mini-Water Conference will be held April 5, 2017 at the Innovation Campus located at 1780 N. Research Park Way in Logan. The conference will begin at 10 a.m. and go till 3 p.m. This seminar is organized for leaders of municipalities and irrigation companies. Presenters will include the State Water Engineer and other water experts. There will be no cost for participation. Lunch will be provided. Anticipate receiving a flyer soon with additional details. Questions? Call Clark Israelsen at (435)752-6263.

Soil Auger

Folks are invited to check out a soil auger to obtain soil samples for testing. The soil test will help determine the fertility needs of croplands. This process will enhance the productivity of crop production and potentially save on fertilizer costs.

You may pick up basic instructions for obtaining a soil sample from our office as well as the address where you can deliver the soil for testing.



Email? Receiving the Extension newsletter through e-mail is much quicker than getting it in the mail box. To be among the first to get the news of upcoming classes and events, please call us at (435)752-6263 and give us your e-mail address. Thanks!

Special Needs. For any special arrangements including dietary, physical accesses, or accommodation requests, please notify Utah State University Extension 15 working days prior to the event, (435)752-6263.