

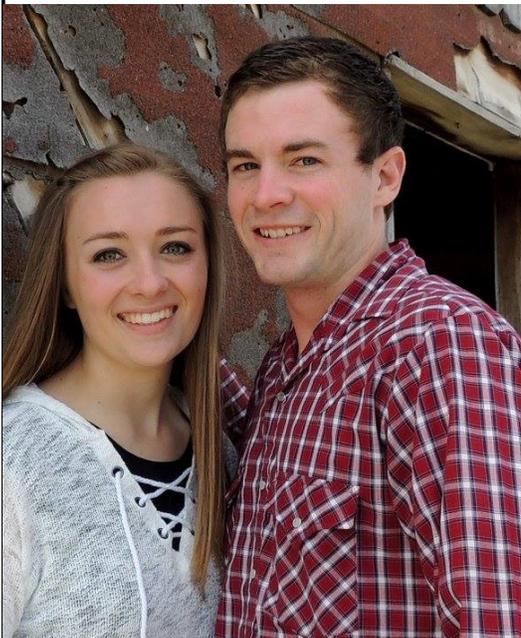


extension.usu.edu/cache

January 2019

USU Cache County Extension welcomes two new employees

My name is Megan Dyer and I'm the Staff Assistant for the USU Extension office in Cache County! I grew up in Smithfield and currently live in Logan with my 2 little boys. Kale is 8 and Knox is 5. They are so full of energy and mischief! But, I love it, and I love being their mom! I love being outdoors! Camping, concerts, hiking, floating the river, rock hunting, motorcycle rides and sports are some of my favorite activities. I also love woodworking and crafting! I love working for USU and the awesome people of Cache Valley!



Hey! I'm Chelsea Walker. I grew up in Myton Utah and came to Logan to go to school. I have never regretted that decision. Especially because it was on USU campus that I met my husband Tel. I love fishing and riding horses and anything else outdoors. I am so excited to work for the USU extension here in Cache County. I grew up doing a lot with livestock 4H. My husband and I have continued to be involved in it raising club lambs for county fairs around the state.

Inside this edition

<ul style="list-style-type: none"> • Welcome to Megan Dyer and Chelsea Walker. 	1
<p><u>Adrie's Almanac:</u></p> <ul style="list-style-type: none"> • Emergency Preparedness • Marriage Survival • Eat and Educate • Maximizing your Retirement Dollars 	2-7
<p><u>Gunnell's Garden</u></p> <ul style="list-style-type: none"> • Becoming a master gardener 	8
<p><u>Scott's Thoughts:</u></p> <ul style="list-style-type: none"> • Shooting Sports • Cachemakers 	9-11
<p><u>Clark's Crops and Cows:</u></p> <ul style="list-style-type: none"> • Milk quality seminar • Other Events 	12-14

Family Emergency Preparedness Course

February 7, March 7, April 4, and May 2, 2019
6:30-8pm



Are you Prepared?
Nearly half of U.S. adults do **NOT** have the resources and plans in place in the event of an emergency.

- Store at least a 3-day supply of non perishable, easy to prepare food.
- Store a 3-day supply of water: one gallon per person, per day.
- 48% of Americans do **NOT** have emergency supplies.
- 44% of Americans do **NOT** have first aid kits.
- 20% of Americans use social media for alerts and warnings. Make sure to keep a charger handy in an emergency.
- 20% of Americans get emergency info from mobile apps. Keep a charger handy in an emergency.
- 52% of Americans do **NOT** have copies of crucial personal documents.
- Don't forget your pets! You need a 3-day supply of food and water per pet.

Prepare supplies for home, work, and vehicles. Emergencies can happen anywhere.

Learn the basics for getting your family prepared in case of a natural or man-made disaster! Topics to be covered include sheltering in place, evacuating, making a family plan, organizing important documents, 72 hour kits, water storage, and more. PLUS! Learn how to cook with your food storage and taste surprisingly yummy dishes made with food storage items. For questions or to reserve your spot, email adrie.roberts@usu.edu or phone 435-752-6263.

For more information visit: emergency.cdc.gov



Cache County Administration Building Multipurpose Room

179 North Main,
Logan, Utah
84321

\$2.00 per person if you register and pay 24 hours before class.
\$3.00 at the door.

Schedule of Classes and Topics for Family Emergency Preparedness Workshop Series: 2019

- Thursday, February 7** **Are you ready?** Planning with your family for a disaster. Recovering emotionally from a disaster. Plus! Cooking with wheat.
- Thursday, March 7** **72 Hour Kits.** What will you need to survive for 72 hours? Is 72 hours worth, enough? Plus! Cooking with dry milk.
- Thursday, April 4** **Financial Paperwork Organization and an Emergency Cash Stash.** What documents and how much cash will you need if you have to evacuate? Plus! Cooking with dry beans.
- Thursday, May 2** **Sheltering in Place.** How will you seal yourself in your home in case of a nuclear attack or toxic chemical spill? Plus! Cooking with rice and oatmeal.

Cost: \$2.00 per class if you register and pay 24 hours prior to each class.
\$3.00 at the door.

UTAH STATE UNIVERSITY EXTENSION PRESENTS

EXTENSION 
 UtahStateUniversity


Marriage Survival Course: It's a Jungle Out There!

Married, engaged, and seriously dating couples are invited to participate in a fun, hands-on, four-week course that will help enrich relationships and build a healthier marriage. Topics covered include increasing commitment, communication skills, financial harmony, strengthening your relationship, and protecting your marriage. Come join us for a FUN evening while learning about healthy relationships. Light dinner is included each evening. \$20.00 per couple. Questions? 435-752-6263 or adrie.roberts@usu.edu
 To register, go to

<https://marriagesurvivalspring2019.eventbrite.com>



**Tuesday
Evenings,
March 5-26, 2018
6:30 – 8:30 p.m.**

**Cache County
Administration Building
Multipurpose Room
179 North Main,
Suite 109
Register in Suite 111**

Eat and Educate

EXTENSION 
UtahStateUniversity

Monthly Afternoon Classes: Learn New Ideas
and Update the Old Ones



**Second
Wednesday of
the Month, 2019
1- 2:30 p.m.**

Cache County
Administration
Building Multipurpose
Room
179 North Main
Street, Logan

Join us for monthly classes on “hot topics” to make your life even better! See the schedule on the back of this flyer – and then contact our office to pre-register. Each class is just \$1.00 per person if you pre-register and pay. Or - \$2.00 if you pay at the class.

To Register: Phone 435-752-6263 or email
adrie.roberts@usu.edu

Eat and Educate 2019 Series of Classes**The Second Wednesday of the Month (Except in February)****1 - 2:30 p.m.****Cache County Administration Multipurpose Room****179 North Main, Suite 111, Logan****\$1.00 per class if you pre-register and pay****\$2.00 if you pay at the class****Wednesday, January 9 Beans, Beans, the Magical Fruit**

Dry beans are one of the "perfect" foods that you just cannot get too much of in your diet! We will extoll the virtues of the dry bean's nutritional capabilities AND teach you how to cook with them in main dishes and desserts. Perfect class for a cold January day!

Wednesday, February 6 Principles for a Happier Life and Better Relationships

Guest speaker: Dr. David Schramm, USU Extension Family Life Specialist

Just in time for Valentines Day! Learn from Dr. Dave the secrets to strengthening your relationship with your spouse, children, and grandchildren. Plus! These principles will make you much more happy! A light lunch will be served prior to the presentation promptly at 1 p.m.

Wednesday, March 13 Freezer Meals and Mixes

The concept of freezer meals and mixes is to make your main dishes ahead of time - and then store them in the freezer until you are ready for them. This makes menu planning much less complicated. And meal preparation is much easier. Sample our tried and true freezer recipes that will make a believer out of you!

Wednesday, April 10 Homemade Bread and Rolls - and Souper Soups

Come learn the secrets to making homemade bread and rolls that are light, soft, and delicious! Couple that with some of our hearty soup recipes, and you've got yourself several comfort-food meals your family will love!

UTAH STATE UNIVERSITY EXTENSION PRESENTS

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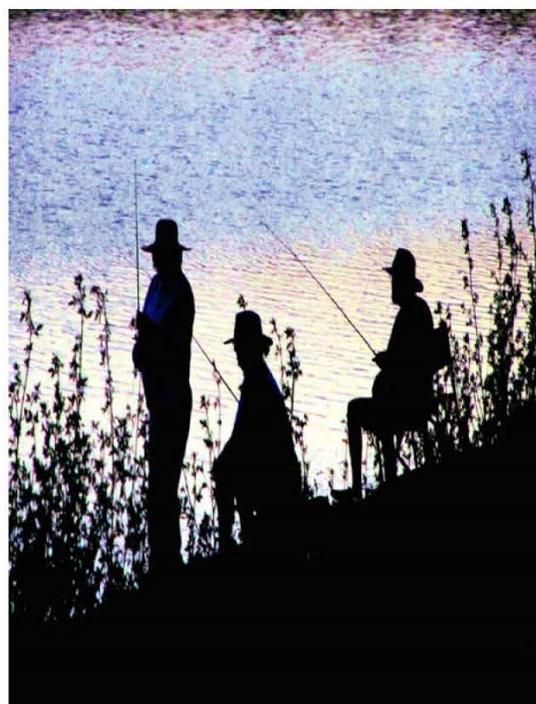
Maximizing Your Retirement Dollars

Are you getting enough bang for your bucks?

Will you be able to afford to retire when the times comes? Join us for this free lunchtime seminar for ideas and suggestions to help you make wise decisions about what you are putting away for retirement – and how to determine if it will be enough. Local retirement experts will present each month. Phone 435-752-6263 for reservations. A light lunch will be served. Questions? Contact adrie.roberts@usu.edu

Times are
noon- 1 pm
Dates will be
announced

Contact our
office for
monthly topic
and speaker
information!

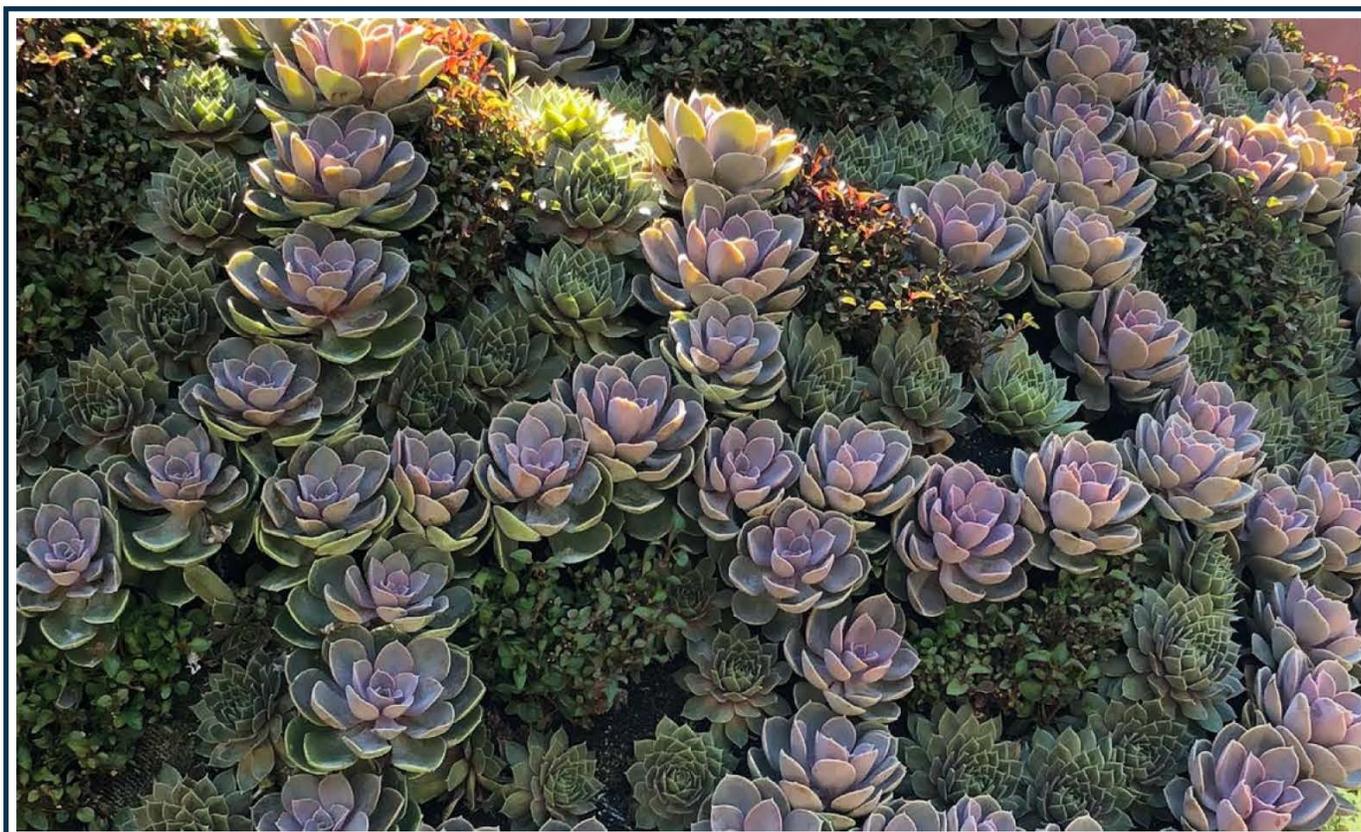


Master Gardener

GUNNELL'S GARDEN

Become a Master Gardener

Utah State University Extension - Cache County



**2019 Classes held
Wednesday evenings,
6:00 to 8:30 p.m.
Jan. 30 through May 1**

**Applications available
online at:**

extension.usu.edu/cache/Horticulture/
OR

**USU Extension Office:
179 North Main, Suite 111,
Logan, UT 84321
435.752.6263**

Enjoy Gardening and Working with Good People?

Master Gardener Volunteers receive top-notch horticultural training and participate in community-based service projects including:

- Public education workshops / classes
- Demonstration / community gardens
- Fairs and events

Apply to Become a Master Gardener!

No green thumb necessary. Applicants should have:

- A desire to learn
- Willingness to serve their community

Classes topics include: soils, vegetables, fruits, trees & shrubs, annual & perennial flowers, common landscape problems, and more...



Cache County 4-H Shooting Sports 2019

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**Registration opens
Saturday,
December 1, 2018
@ ut.4honline.com**

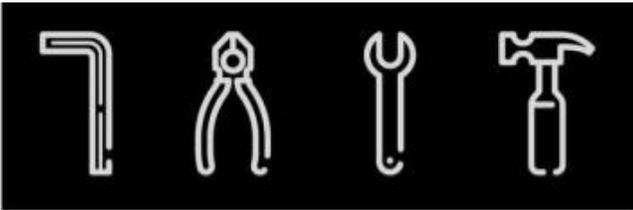
**All participants must
be enrolled in 4-H**

Cache Valley Public
shooting Range
2851 West 200 North
Logan UT

JUNIOR division 20 spots available for grades 3-5 and older youth who have little or no shooting experience. Learn archery and air rifle. 6 meetings Saturday mornings, 8:30 -9:45am . Jan. 19, Feb. 2, Feb. 16, Mar. 2, Mar. 16 ,Mar. 30

Intermediate/Senior division grades 6-12. 30 spots available must have completed Hunter safety course. Archery, .22 rifle and shotgun instruction. 6 meetings Saturday mornings, 8:00 -9:45am; January 26, Feb. 9, Feb 23, Mar. 9, Mar 23, Apr. 6.

To Register: www.ut.4honline.com Beginning December 1, 2018 until full.



2019 youth workshop

Join us for this family fun, step-by-step, hands-on activity in preparation for the



Comedy-Science Show! Your rockets will be displayed for the community to see at the Ellen Eccles Theatre for the big show on January 14th!

Two dates to choose from
January 5th or 12th
10am - noon



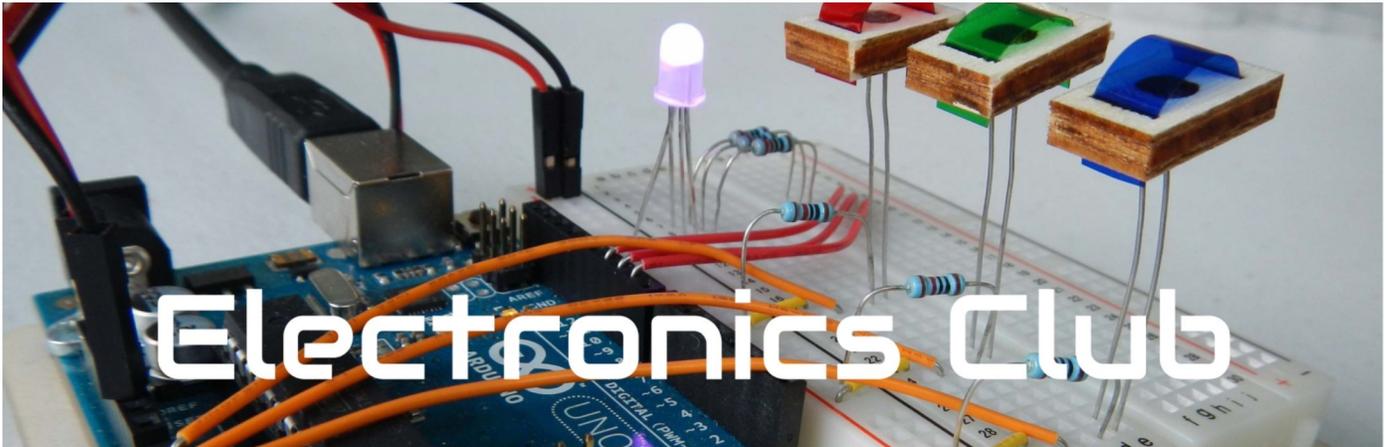
Rocket Build Workshop!

Register at ut.4Honline.com



1410 North 1000 West
Room 1910, Logan
cachemakers.org
435-752-6263

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**Tuesdays
6 PM**

*Build and program
your own gadgets
with Cache Makers!*

For information, contact us:
info@cachemakers.org
435-915-6253

Club Participants: Ages 12 and Up
Parents Must Attend Their Child's First Meeting



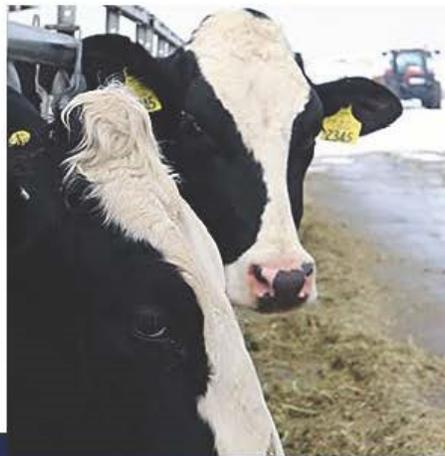
1410 North 1000 West
Room 1910, Logan
cachemakers.org



Spring 4-H Dairy Activities

Clark's Crops and Cows

You're Invited



Milk Quality Seminar

January 17, 2019

Brigham City Campus

989 South Main Street

Milk Quality Seminar

10:10 Mycoplasma Mastitis
& Arthritis

10:45 Mammary Gland In-
volution Study

11:20 Public Perception of
Milk

12:00 Catered Meal

12:45 Milk Quality with Ro-
botic Milkers

1:15 Risk Management Tools
for Dairies

1:45 Controlling Birds on
Dairy Farms

Dr. Dave Wilson, USU Dairy
Extension Veterinarian

Justine Britten, USU
Graduate Student

Dr. Kerry Rood, USU
Extension Veterinarian

Compliments of
IFA Quality Feeds

Dr. Allen Young, USU
Extension Dairy Specialist

Brandon Willis,
USU Ag Policy

Chad M. Heuser, APHIS-WS

Other Events for Cache County

December 13	Pesticide Training	Box Elder County Fairgrounds
January 17	Milk Quality Seminar	USU Campus Brigham City
January 18	Pork Seminar	Lehi
February 5-7	Forage Seminar	Dixie Center St. George
February 8-9	Dairy Convention	Dixie Center St. George
February 8-9	Farm Bureau	Dixie Center St. George
February 12	Cache Crop School	Event Center Fair Grounds
February 19	Soil Health Workshop	Fairgrounds (Cache or Box Elder)

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Utah State



USU Extension Office of Cache County
Facebook.com/cachecounty4h



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.