

CACHE CONNECTION



Volume 15, Issue 3

JULY 2016

CACHE COUNTY FAIR, AUGUST 11-13, 2016

Inside this Issue:

Cache in on the FUN at the Cache County Fair & Rodeo

The Cache County 2016 Fair Book will be available online in mid-July at <http://extension.usu.edu/cache> or <http://www.cachecounty.org/fair/>



Cache County Fair Dates 4-H Leader Luncheon 4-H Online Fair Entry Help Day	1
<u>Scott's Thoughts</u> 4-H Horse Show Cache County Rodeo Brown's Amusements Junior Livestock	2-3
<u>4-H at a Glance</u> 4-H Indoor Exhibits Volunteer Sign Up County Fair Judges Needed Fashion Review Demonstrations Swim Party Online Fair Entry	4-6
<u>Clarks Crops and Cows</u> Dairy Cows Goats Chickens, Chickens & Rabbits	7
<u>Adrie's Almanac</u> Holiday Happening Smart Money Moves Latino Mommy and Me	8
<u>Tina's Times</u> Food Sense Class Schedule Mommy and Me	9-10
<u>Helen's Happenings</u> Gardening in Cache Valley	11

4-H Leader Luncheon

Tuesday, July 19, 2016
11:30 AM to 1:00 PM

Cache County Administration Building
179 N. Main St., Logan, Suite 109
All 4-H leaders and 4-H parents are invited to lunch.

Join us as we discuss fair preparation and online 4-H fair entry registration. Exhibit Record Sheets may be picked up at this time or printed from:

http://extension.usu.edu/cache/files/uploads/2014_Exhibit_record.pdf

Fair volunteer sign-ups will be available. Get your questions answered about fair guidelines. Don't leave your fair preparation to the last minute. Let us help you get prepared.

4-H Online Fair Registration

Online 4-H Fair registration will open on Monday, August 1, 2016. Registration will close Friday, August 5, at midnight.

Go to County Fair Manager at <https://utah4hreg.usu.edu/cf/>

See page 6 of this newsletter for step-by-step instructions.

You must be a registered leader to be able to enter projects on the fair program.

Leaders check in with the 4-H office to ensure you are registered for 2016.

4-H HORSE SHOWS

4-H FAIR HORSE SHOWS

4-H English Show for ALL AGE GROUPS will be held **Monday, August 8, at 8 a.m.**, with registration at **7:30 a.m.**

4-H Western Horse Show for ALL AGE GROUPS for the Judged Events will be held **Tuesday, August 9, at 5 p.m.**, with registration at **4:30 p.m.** The Speed Events for ALL AGE GROUPS will be **Wednesday, August 10, at 8:30 a.m.**



CACHE COUNTY RODEO



CACHE COUNTY RODEO

Aug. 11, 12 and 13 at 8 p.m.

Cache County Fairgrounds

Thursday: Family Night Reserved Admission: \$10; Covered \$12, 2 & under - free *(lap seating)*

Friday: Reserved Admission: \$12; Covered: \$15; 2 & under - free*

Saturday: Reserved Admission: \$12; Covered: \$15; 2 & under - free*

Tickets Available at: (Rodeo Tickets may be purchased online)

Cache County Admin. Bldg.—179 N. Main, Main Hall Lobby Desk, Logan

IFA Hyde Park Country Store—4075 North Highway 91, Hyde Park

Maceys Food & Drug—50 N. Hwy 165, Providence or 49 E. 400 N., Logan

Lee’s Marketplace (Carnival Tickets only)— 850 S. Main, Smithfield, or 555 E. 1400 N., Logan



BROWN’S AMUSEMENTS

Cache County Fair Amusement Rides

Purchase all day ride tickets \$20 each - before fair only

Available July 5, - August 10 at 5:00 p.m., or until sold out!

Good for August 11-13, 11 a.m. – closing



Tickets may be purchased at:

CACHE COUNTY ADMIN. BLDG 179 N Main St., Logan

MACEYS FOOD & DRUG 50 N. Highway 165, Providence or 49 E. 400 N., Logan

IFA COUNTRY STORE 4075 N Hwy 91, Hyde Park

LEE’S MARKETPLACE 850 S. Main, Smithfield, or 555 E. 1400 N., Logan

***Anyone with an advanced sale ticket may exchange it at the carnival ticket booth for an all day, unlimited ride pass for any single day.

JUNIOR LIVESTOCK

SCOTT'S THOUGHTS



Junior Livestock

All youth participating in the Junior Livestock Market Animal Show and Sale must be enrolled in 4-H or with FFA to be eligible to compete. All youth must have a signed "Commitment to Excellence" form on file with the Extension Office. All youth must show and sell their own animal. Youth in 4-H must submit a completed, up-to-date Project Record Book (available from the Extension Office). The record book will be due August 22, 2016. Books received after that date will not be judged, however, **record books must be submitted** before any checks will be distributed.



A 4-H/FFA exhibitors meeting for all youth, leaders and parents will be held Wednesday, August 5, at 12:30 p.m. in the indoor arena. Rules will be reviewed and questions will be answered. Everyone should arrange to be there.



Pee Wee Livestock Show

Youth younger than 3rd grade can show a lamb or hog in the Pee Wee Show. Registration will be held at the Jr. Livestock weigh-in. Shows will be in conjunction with the 4-H/FFA showmanship contests.



Junior Livestock Schedule: Aug 8-15, 2016

Monday:

6 p.m. Set-up pens

Wednesday:

Enter Project Animals:

6 to 8 a.m. Hogs

8:30 to 10 a.m. Beef

8:30 to 10 a.m. Dairy Heifers

9 a.m. to 11:30 am Lambs

9 a.m. to 11:30 am Market Goats

12:30 p.m.....4-H/FFA Exhibitors, Parents and Leaders mtg, required

12:45 p.m. Livestock Skill-a-thon & Judging Contest 4-H, FFA, Adults

6 p.m. Beef Showmanship

.....
Jr. Livestock Practice Show for beef and lamb exhibitors will be Monday, July 27, at 6:30 p.m. It will be held at the new Paradise Park. The park is located at 9600 S Highway 165 on the outskirts of Paradise.

Thursday:

8 a.m. Judge Market Hogs

9 a.m. Judge Jr. Dairy Show

10 a.m. Judge Market Goats

11 a.m. Judge Market Lambs

3:00 p.m. ... Judge Commercial Dairy Heifers

3:30 p.m. ... Judge Market Beef

Friday:

8 a.m. Swine Showmanship

10:00 a.m.... Goat Showmanship

11:00 a.m.... Lamb Showmanship

7:30 p.m. ... Parade of Champions prior to rodeo

Saturday:

8:30 a.m. ... Buyer Registration

9 a.m. Junior Livestock Sale

Sunday:

6 a.m. Check out all livestock projects

Monday:

7 a.m. Clean-up/Pen sign-up for 2016



4-H FAIR EXHIBITS

4-H AT A GLANCE



BRING YOUR 4-H ENTRIES BETWEEN 3 AND 7 P.M. ON MONDAY, AUGUST 8 TO THE FAIRGROUNDS.

Entries **must** be registered in the online fair entry program **between Monday, August 1 and midnight on Friday, August 5.** The online fair entry program can be accessed at <https://utah4hreg.usu.edu/cf/>. Instructions for online entry are included on page 6 of this newsletter. Help will be provided to assist you with the online entry program in the multi-purpose room next to the Extension office on Tuesday, July 19 from 1 p.m. - 5 p.m., immediately following the Leader Luncheon. Entering projects online is simple and easy and will help you avoid long lines on entry check in day! Each individual entry must be accompanied by an exhibit record.



The **exhibit record** can be accessed at:

http://extension.usu.edu/cache/files/uploads/2014_Exhibit_record.pdf

Exhibit cards will be printed by staff and handed out at the fairgrounds on entry day.

Absolutely no 4-H exhibits will be accepted after 7 p.m. on Monday evening, August 8th, with the exception of crops, garden produce and flower exhibits which are to be brought to the 4-H building at the Cache County Fairgrounds **BETWEEN 8 AND 9:30 a.m. on Wednesday, August 10.** You are highly encouraged to enter crops, garden produce, and flower exhibits into the new online fair entry program, but you may also choose to enter them on Wednesday at drop off.



CLOVERBUDS



Cloverbuds must be registered in 4-H before August 1, have spent one hour or more on each of their projects and are limited to four entries.

Cloverbuds have their own class – FD. If youth were in grades K-2nd (in Jan 2016), they are considered “Cloverbuds” for the 2016 County Fair. Mark “FD” on Exhibit Records.



THE CACHE COUNTY 4-H OFFICE WILL NO LONGER TRANSPORT LEGO PROJECTS, DECORATED CAKES OR GARDEN PRODUCE TO THE STATE FAIR.



Thanks to all those who volunteer time and energy each year to help us at the fair. We are asking all non-animal 4-H volunteer leaders to watch the 4-H building for at least 1 hour during the county fair on August 11-13, 2016. The sign up sheet is located in our office, however, you may call Jensea, our 4-H secretary at 435-752-6263, and she can sign you up. We appreciate your help!



COUNTY FAIR JUDGES NEEDED!

We have been asked to provide 20 people to come judge the **Morgan County Fair on Tuesday, August 2, 2016** and **Box Elder County Fair on Wednesday, August 24 from 8 am to 5 pm.** If you would like to join us for a fun day judging the home arts and 4-H department projects, please contact Adrie or Jensea at 435-752-6263. Transportation will be provided by our office. Find a relative or friend to join you for a fun get-a-way.



4-H CLUB EXHIBITS

4-H Fashion Revue

Wednesday, August 10, 2016

Workshops and Interviews: 9:45 a.m. - 11:30 a.m.

4-H Fashion Revue 7 p.m.

Cache County Fairgrounds



If you enter clothing exhibits in the Cache County Fair, take it to the next level by modeling one at the 4-H Fashion Revue! This is always a great self-esteem booster for our 4-H youth. For more information, pick up a detailed 4-H Fashion Revue packet in the 4-H office. Sign up in our office or when you enter your exhibit at the county fair on August 8th. All participants receive a 4-H rosette and a certificate with their picture on it. Please contact Adrie Roberts at 435-752-6263 or sign up at the 4-H desk in our office. Cloverbuds are welcome too!

4-H AT A GLANCE



4-H Demonstrations



Wednesday August 10, 2016

4-6 p.m.

Covered picnic area on grassy area at fairgrounds

What are Demonstrations?

The 4-H Demonstration Program is an educational activity for all 4-H youth. Members prepare a presentation on any topic they desire and give their presentations before a judge and a small audience.

The 4-H staff will provide a card table, easel and extension cord. Other needed materials are provided by the presenter.

4-H and family clubs usually have their members present a demonstration at a club meeting in order to get ready for their presentation at the fair. All members are encouraged to participate. Demos should last no longer than 10 minutes. Ribbons will be awarded. Contact 4-H office to sign-up.

Objectives of Presenting a Demonstration:

- Youth will develop poise, self-confidence, concentration, and the ability to think while presenting information to the audience
- Youth will study more deeply a subject matter which is basic to project work
- Youth will have the opportunity to teach others
- Youth will develop leadership skills
- Youth will develop organizational skills
- Youth will have the opportunity to develop skills in speaking before a group



State 4-H Day at Lagoon



Saturday, July 23, 2016

Adult pass \$38.95 + tax / Youth pass \$35.95 + tax

You may pick up your coupons at the Cache County 4-H office

Additional State 4-H Days at Lagoon

August 14-19, 2016

The Cache County 4-H office has Lagoon coupons for **August 14-19**. Pick up the coupons at our office at 179 N Main, Suite 111 in Logan and present them at the Lagoon ticket window where you will pay \$24 + tax per person. The



regular price is \$47.95. Each coupon is valid for up to 8 people.

4-H Online Fair Exhibit Entry Instructions

4-H AT A GLANCE

Enter all fair entries between Monday, August 1 and Friday, August 5 at midnight

1) Go to fair entry website: <https://utah4hreg.usu.edu/cf/>

2) Click here if this is your first time logging in this year or you have forgotten your password.

3) Enter your email and click the submit button. **IF** we have your email in our database, you will be sent a temporary password (if we don't have your email, please contact the USU Extension, 435-752-6263, or e-mail the 4-H office at jensea.moore@usu.edu). We will be happy to help you so you can move on to the next step.

4) Check your email for the temporary password sent to you, then login using your email and password.

5) Click on the Add Entries Tab. This is where you will input all indoor exhibits for your youth (this is for indoor exhibits only – do not add animals). This should include any gardening that may come in on another day. (It is easier to take them off the list than to add them later.)

6) You can edit entries under "View Entries" by clicking on the item you wish to edit.

7) When all entries are entered, attach the completed **Exhibit Record** found at:

http://extension.usu.edu/cache/files/uploads/2014_Exhibit_record.pdf. Look under Summer Events. Do not print any tags from the Online Fair Program. The office staff will print all tags and have them ready when you bring projects to fairgrounds.

8) On Monday, August 8, bring all entries to the 4-H building at the Fairgrounds between 3:00 p.m. and 7:00 p.m.

NOTE: ALL ONLINE ENTRIES MUST BE COMPLETED BEFORE midnight on Friday, August 5. The online program will be open and ready for input on Monday, August 1, 2016.

DAIRY SHOWS

CLARK'S CROPS AND COWS

Cache County always has one of the best dairy shows in the state. The Junior Show will start at 9 a.m. on Thursday, August 11 with Blair Mickelson as the Judge. The Open Show begins at 9:00 a.m. on Friday, Aug. 12. The commercial dairy heifers will be judged at 2:30 p.m. on Thursday and will sell during the Junior Livestock Sale on Saturday, August 13. They will need a health certificate including the bangs tag number and tattoo and TB test, in addition to the brand inspection when they come to the fairgrounds. Be sure to have the commercial heifers officially entered between the times of 8:30 and 10 a.m. on Wednesday, August 10. Dairy cows will be dismissed after the open show, but heifers will need to stay so we have an exhibit for Saturday visitors. All animals will need to be entered in advance of the show as the county is computerizing entries and premiums. We can do that electronically or by mail. Don't be late!

The Grand Performer Award recognizes the cows that place the highest and produce the most milk. It is always a fun contest. Be sure to bring individual cow sheets for your show cows. A \$25 award, donated by DHIA, will be given to a Jersey and a Holstein.

GOAT SHOW

All Open Class Goats are to be entered into the fair on Saturday, August 6, 2016, 6:30-7:30 a.m. The Open Class Dairy Goat Show will begin at *8 a.m., the Open Class Commercial/Meat Goat Show at *10 a.m. and the Open Class Pygmy Goat Show at *11 a.m. The 4-H/FFA Junior Goat check in time is *10-11 a.m. Showmanship will begin at *11 a.m., the Dairy Goat Show at *1 p.m., the Commercial/Meat Goat Show at *4 p.m., & the Pygmy Goat Show at *5 p.m. ***Please be advised, show times are subject to change depending on the number of goat entries.**

Be aware the Show Rules include the rule that youth exhibitors can compete with their goats in **ONE** of the following shows: the Open Show, the Junior Show or the 4-H/FFA Livestock Show. All Cache County residents are invited to participate in the Goat Shows. All 4-H/FFA show participants must be registered with the 4-H or FFA chapter to participate. All entries must be submitted to the Goat Show Supervisor or the Cache County Clerk's office by July 22, 2016. Questions can be directed to Kandi Parker at 435-760-7957.

CHICKENS, PIGEONS & RABBITS DISPLAYED

The **Chickens, Pigeons, & Rabbit Barn** is always an interesting place. Brooks Hansen, 435-890-2511, is the contact person for chickens, Randy Balls, 435-245-4191, is the person to contact about pigeons, and Benjamin Goodson, 435-265-6807, is the person to contact about rabbits. Pre-registration is encouraged as entries close when cages are full. For chickens, each exhibitor must fill out an entry form, given to Brooks (bwhfarms@gmail.com) or submitted to the Cache County Clerk's Office (179 N. Main) before the fair. Enter chickens, pigeons & rabbits on Wednesday, August 10, 10 a.m.- 4 p.m. Judging will be Thursday, August 6, at 9 a.m. until finished.

ALFALFA HAY CONTEST

The **Alfalfa Hay Contest** will be in the same location west of the Rodeo grounds. Bring in samples of first, second or third crops. Entries must be entered between 9 - 11 a.m. on Wednesday. A committee will do a sensory analysis and then samples will be tested in the USU feed lab. Prizes are always provided by our great sponsors. All hay must be grown in Cache County and there is a limit of two entries per farm. Kelly Noble, 435-232-6295, is the chairperson.

Holiday Happenings & Smart Money 2016 **ADRIE'S ALMANAC /SUMMER**

Smart Money Moves!

A Series of Three Workshops on Money Management



Turn \$1,500 into \$6,000 in less than 3 years to use on/for a home, tuition or a business!

Dates: Wednesday Evenings, September 14, 21, and 28, 2016

Time: 6:00—8:30 p.m.

Location: Cache County Admin. Bldg. Multipurpose Room, Suite 109 179 North Main, Logan

Cost: \$20.00* per person or \$35.00* per couple. Includes workshop materials, a binder, handouts, and a light dinner each evening. Applications will be accepted on a first-come, first-served basis.

Class size is limited to 50 people.

For more information about the actual workshops, call Adrie at (435)752-6263.

For information about the IDA savings program, phone 877-787-0727 or email info@uidan.org or visit their website: www.uidan.org.



Out of respect for the hearing impaired and others attending the workshops, children and/or babies will not be permitted.



Pressure Canner Gauge Testing Free on Mondays!!!

It's time to get ready for a busy canning season. We will test your canner gauges for free in our office at the Cache County Administration Building, Suite 111, 179 North Main, from 8:00 am to 5:00 pm. Just bring only your lid with the gauge attached into the office. Gauge testing is also available Tuesday thru Friday for \$3.00 per gauge. It is recommended by the USDA to have your gauge tested yearly. The new USDA Canning Guide, the Ball Blue Book, and many other great food preservation resources are available to purchase in our office. The USDA recommends that you use their tested canning recipes to avoid food poisoning. Use extreme caution when using other recipes from other sources.



Fortalece tu Futuro Financiero Les Invitamos!!!

Seminarios de finanzas en español. Se proveerá cena gratis antes de cada clase! Se proveerá guardaría para los niños con actividades, divertidas, y educativas!

Octubre

Fecha & ubicación TBA



Favor llame a Jorge Manan (435) 881-5951 si tiene preguntas.

Holiday Happening

Tuesday, October 4, 2016

Join us this season for our 9th Annual Holiday Happening. Class includes a meal, catered by The BlueBird Restaurant, door prizes, take-home gifts, handouts, Adrie's Holiday Breakfast Cookbook and more! Cost is \$25.00 per person. No reservations without payment. Class size is limited to 45 people. Look for more information and registration forms coming in August.

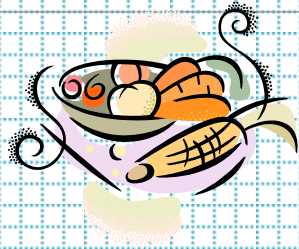


Food \$ense

CREATE by Food \$ense Free Nutrition and Cooking Classes!

Brought to you by USU Extension in Cache County.
"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.



To register for classes or for more information contact the Food \$ense Team at (435)752-6263 or cachecountyfoodsense@gmail.com. Out of respect for the hearing impaired, room space, and others attending, no children or babies permitted.

2016 Class Schedule:

Daytime Classes 11:00 am-12:30 pm

July 21: Backyard BBQ Basics

August 25: Brilliant Bean & Legumes

September 22: Quick Cooking 101

October 27: Healthy Holidays

November 17: Spice It Up

Nighttime Classes 7:00-8:30 pm

July 12: Backyard BBQ Basics

August 16: Brilliant Bean & Legumes

September 13: Quick Cooking 101

October 18: Healthy Holidays

November 15: Spice It Up

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 is an equal opportunity provider and employer.



Mommy & Me!



FREE NUTRITION AND COOKING CLASSES

Join the Food \$ense Team for nutrition and cooking classes once a month! Mothers and fathers are encouraged to come and learn something new while their children play! Childcare and activities will be provided at **NO CHARGE!**

Created by Food \$ense

Teaching Essentials in Creating Family Meals

FREE FOOD SAMPLES!

Classes will be held once a month from 11:00 am-12:30 pm in the Cache County Administration Building Multi-Purpose Room, 179 North Main, Logan.

For more information, and to register, please contact the Cache County Extension office at 435-752-6263 or cachecountyfoodsense@gmail.com.

Reservations must be made 24 hours in advance. Class size is limited.

2016 Class Schedule

July 14:Backyard BBQ Basics

August 18:Brilliant Bean & Legumes

September 15:Quick Cooking 101

October:No Class this Month

November:No Class this Month



Gardening in Cache County

HELEN'S HAPPENINGS

Cache County Extension Water Check Program

July & August

Conserve water and save money!

Sign up for a FREE sprinkler system audit. USU Extensions Water Check Program helps you water efficiently and save money. We also provide you with a custom watering schedule.

Call the Cache County Extension office to schedule your appointment at 435-752-6263.



Come see our new Community Garden site and learn how to plant seeds in summer for a bigger harvest in fall!

USU Extension is hosting a Community Garden Field Day and Social at the Logan Community Gardens at Bridger Park on Saturday, July 16, 9:00 am to Noon. We will be demonstrating how to plant in summer for a fall crop. There will be refreshments and free fall vegetable seeds. This is a great opportunity to get to know your fellow local gardeners, and ask the Cache County Master Gardeners all of your gardening questions. Hope to see you there!

Location- 400 W. 1200 N. Logan

Time 9:00 am – Noon

PLEASE REGISTER: (435) 752-6263



Summer Heat - What does this mean for our yards and gardens?

Despite all of the spring rain, some yards are struggling with the sudden heat. Lawns are losing the lush green color they had earlier in June as the heat causes our cool season grass to go dormant. Landscape plants and vegetables may also be stressed from the sudden increase in temperature, making them more susceptible to infestations and disease.

Here are a few tips to help keep your plants healthy through the heat:

Mulching- Cover areas of exposed soil with 2-4 inches of mulch to help retain soil moisture and keep the weeds down. Grass clippings are a great source of mulch for vegetable gardens, and they add nitrogen to your garden soil.

Watering- Water your plants longer and less often. Deep watering encourages deep roots to help your plants survive the heat. Be sure to soak your trees this summer, even if they are irrigated by your sprinkler system.

Fertilizing- Regularly fertilize containerized plants and hanging baskets. As you have to constantly water your containerized plants, nutrients drain out quickly. Some vegetables, particularly corn, may need supplemental fertilizer depending on soil and how much compost and fertilizer was added in spring. Be careful not to over fertilize as excessive nitrogen can cause more foliar growth and less fruit ripening.

Shade Cloth- Shade cloth might be necessary for some vegetables or non-established plants.

EXTENSION 

UtahStateUniversity

179 N Main Suite 111

Logan UT 84321

Telephone: 435-752-6263

Fax: 435-755-1982

extension.usu.edu/cache

Non-Profit Org.

US Postage

PAID

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

