

CACHE CONNECTION



Volume 15, Issue 4

Date: October 2016

Holiday Organizing Checklist

1. Create a Holiday To-Do List, Notebook, and/or Binder
2. Set Deadlines
3. Consider Putting Off Big Projects
4. Take Stock of What You've Got
5. Keep Tabs on Your Gifts
6. Sort Through the Toys You Already Have
7. Do Some General De-Cluttering
8. Ask for Assistance
9. Make a List and Check it Twice
10. Window-shop Online
11. Neighbor Gifts Do Not Have to Be Homemade
12. Consolidate Trips and Purchase a Few Gifts at One Time
13. Designate a Special Space for Gift Wrapping
14. Sometimes It Is More Fun to DO Things vs. Lots of Gifts
15. Plan Ahead for Next Year

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USU Extension in Cache County Presents:
Dinner Date Nights in the USU Skyroom.
Marriage Week Banquet
Thursday, February 9, 2017
Buffet Dinner: 6:30 P.M.
Workshop: 7:15 P.M.

Topic: "Deepen your relationship pool—with regular cups of connection"
Speaker: David Schramm, PH.D., USU Extension Family Life Specialist
Cost: \$18.00 per person or \$35.00 per couple
Space is limited so please call 435-752-6263 to reserve your spot today!

****New Pressure Canning Testing Days****

Starting November 1, 2016, our new pressure canning testing days will be Monday and Friday of each week. Mondays will be free, Fridays there will be a \$5.00 charge (must pay cash or check). No appointment is necessary, but testing will not be done Tuesday, Wednesday or Thursday. Call our office with any questions. 435-752-6263.

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.
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Smart Money Moves

ADRIE'S ALMANAC

USU Extension in Cache County Presents:

Smart Money Moves

A series of Three Workshops on Money Management

Dates: Thursday Evenings, March 16, 23, and 30, 2017

Location: Cache County Administration Building

Multipurpose Room, Suite 109, 179 North Main, Logan

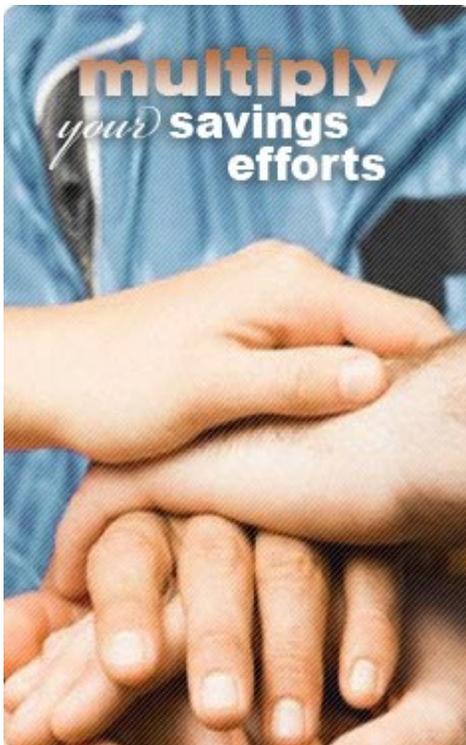
Time: 6:00-8:30 p.m.

Cost: \$20.00* per person or \$35.00* per couple. Includes work-shop materials, a binder, handouts, and refreshments. Register at USU Extension, 179 N Main Ste. 111, Logan.

Office hours 8:00 a.m.—5:00 p.m.

Applications will be accepted on a first-come, first-serve basis. **Class will only be held if we have at least 50 participants!**

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



Class Topics Include

March 16: Financial Goals, Organizing Financial Paperwork, Budgeting, Slashing Expenses

March 23: Credit and Debt, Cutting Costs and Expenses

March 30: Financially Preparing for Home Ownership, Overview of IDA Program

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, or 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 877-787-0727, or email, info@uidan.org.

IDA Requirement: You must have 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.

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EXTENSION 
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Free Nutrition & Cooking Classes

TINA'S TIMES

Fall Time Food \$ense *Free Nutrition & Cooking Classes*



The Cache County Food \$ense Team brings you free cooking and nutrition classes that teach how to prepare nutritious food that won't break your budget. Classes are held in the Cache County Admin. Bldg. located at 179 N Main, Suite 109, Logan.

Daytime Classes 11:00 a.m.– 12:30 p.m.

November 17.....Spice It Up

Night Time Classes 7:00 - 8:30 p.m.

November 15.....Spice It UP

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

Call our office to reserve a spot! (435)752-6263

Mommy and Me 2017

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.

Thursday, January 19—CREATE a Casserole

Thursday, February 16—CREATE a Soup

Thursday, March 16—CREATE a Stir Fry



In 2017, we will no longer have Nighttime or Daytime Food \$ense because we are not reaching the target audience needed for the Food \$ense grant. Due to this change, we will be putting on **“Evening with Extension.”** These classes will be once a month from 7:00 p.m. to 9:00 p.m. at the Cache County Administrative Building, 179 N Main, Ste 109, in Logan. Each class with cost \$3.00 per participant (\$2.00 if you pay 24 hours prior to the class). Please call 435-752-6263 to register.

Thursday, January 12, 2017—Souper Soups and Homemade Bread

Thursday, February 9, 2017—Dinner Date Night Marriage Banquet with David Schramm (separate form)

Thursday, March 9, 2017—Breakfast! The Most Important Meal of the Day



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.

CACHE COUNTY 4-H

SCOTT'S THOUGHTS

Cache County 4-H Annual Achievement Night

Achievement Night date, time and place will be determined. An email will be sent out letting everyone know when and where it will be held this year. All 4-H youth and families are invited.

Recognition will be given to 4-H members and leaders that have been involved in 4-H for 4 years and longer.



UPCOMING EVENTS!

12/5/2016 – 4-H Family Activity

Tie Quilts in the Cache County Admin. Building Multipurpose room and delivering them to Sunshine Terrace.

TBD – Military Christmas Party

More details will come via email.



WINTER 4-H EVENTS

State 4-H Winter Teen Retreat

The State 4-H office and the State 4-H Ambassadors announce the 2017 Teen Winter Retreat will be held January 27-28, 2017 for any teen 4-H member in grades 9-12. This fun and educational experience will be held at Aspen Grove near Sun Dance Resort. Youth will participate in workshops about relationships and communication skills. They will also enjoy the outdoor winter activities as well as have the chance to ask our expert dating panel (Collegiate 4-H Members) questions. Cost is \$55 with a deadline of January 1, 2017 or when it is full, so register soon. Registration is now open at ut.4honline.com. 4-H members must be registered for the 2016 4-H year to be able to register using the online system. Payment will be required in person or mailed to the 4-H office (check or cash only).

Shooting Sports

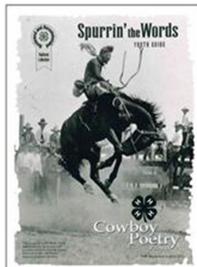
Cache County 4-H Shooting Sports will begin Saturday, January 21, 2017 for the Junior division and January 28 for the Intermediate/Senior division. The Junior division will learn the fundamentals of archery for the first three meetings, and the fundamentals of rifle shooting with air rifles for the final three meetings. All equipment will be provided. The Junior division is for kids grades 3-5 or older if they have no previous shooting experience. The Intermediate/Senior division participants are generally youth in grades 6-12 AND have successfully completed the Hunter Education course. The Intermediate/Senior division will start on January 28 with Archery and .22 rifles. We will add shot gun shooting as the weather warms up to go outdoors. Registration for the Shooting Sports will open on December 1, 2016 through ut.4honline.com. 4-H youth will need to be registered and 4-H registration fee paid to access the enrollment system. Junior Shooting Sports registration fee will be \$15 for Archery, \$15 for Rifles, or \$25 for both. Intermediate/Senior will be \$30 for both. Space is limited to 20 for the Junior Division and 30 for the older division.

New 4-H Cowboy Poetry Club

New Cowboy Poetry Club - *Spurrin' The Words* –

This project is based on Montana State's curriculum to teach youth how to write original poetry, learn rhyme patterns, meters and verse, as well as practice public presentation skills, gain a greater appreciation for local history, and give rural youth a chance to express themselves by sharing verse about the life that they love. All ages welcome!! Meet on Thursday, November 17, 2016, 7:00 p.m., in the Cache County Multi Purpose Room 179 North Main Suite 109.

For more information, email Dawna Major at cvcowboyrendezvous@gmail.com or Kris Blankman at rugercolt45@gmail.com.



4-H Registration

4-H registration covers the 4-H year which is October 1 to September 30. If you or your child have not re-enrolled for the 2016-2017 4-H year, you need to do so after October 1. The registration process is currently an on-line process. A step by step outline of the process is available at our website at <http://extension.usu.edu/cache> and follow the "4-H youth programs" link in the left hand column.

Once you successfully complete the registration process, your registration will show as "pending." You will need to pay the \$6 fee at the 4-H office with cash or check during business hours or by mail. Once payment is received, we will approve the registration and change the status to active. DO NOT put off the registration to the last minute because it does require time to process the information. Questions? Contact the 4-H office for assistance (435)752-6263.

Utah Farm Bureau Convention

CLARK'S CROPS AND COWS



Plan to join other farmers, ranchers & legislators at the Utah Farm Bureau Convention



In addition to interesting speakers, seminars and an Ag Trade Show, attendees will help draft proposed agricultural policy for consideration during the 2017 legislative session.

November 17-18, 2016
at the Davis Conference Center in Layton, Utah.

Cache Valley's very own Bluegrass Family Band, Lefty and the Gang, will provide entertainment.
You won't want to miss this year's 100th annual Farm Bureau Convention.

Mark your calendars for Pesticide Training, November 23, 2016 at BATC 1301 N 600 W, Logan, UT 84321. More information will be available at a later time.

Attendees are responsible for booking their own hotel rooms. Contact any of the following, Hilton Garden Inn at 801-416-8899, Home 25 Suites at 801-820-9222, Marriott at 801-444-1600.

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Winterizing Your Lawn & Garden

HELEN'S HAPPENINGS

LAWNS:

Would you like your yard to be the first to green up next spring? It is all about the fall preparations and preparing your lawn for the winter. October is a great time to apply a fast-release fertilizer to your lawn. Fall fertilizing is an important part in maintaining a healthy lawn. Fall fertilizing stimulates a dense lawn that greens-up earlier in the spring without excessive top growth (saving you the chore of mowing during cool spring weekends).

Though Nitrogen is the most important nutrient to apply, small amounts of Phosphorous and Potassium won't hurt. Be sure your grass is still green and the soil is moist before applying fertilizer. When applied during dormancy, more fertilizer will run off than will be utilized by the grass. Water your lawn before you fertilize if the soil is not already moist, and always water after application.

GARDENS:

Fall is a great time to spruce-up your garden for next year. Hardy trees, shrubs, and perennials can be planted late in the season. Local garden centers have great fall deals and also carry bulbs to plant in fall for beautiful spring color. Spring blooming perennials should be divided or transplanted in the fall. Protect your tender trees, shrubs and perennials by adding extra mulch and raked leaves around the base. Remember to wrap trunks of young trees with tree wrap and deeply water your evergreens before winterizing your hoses.



2017 Annual Turf & Landscape Maintenance Workshop

January 9, 2017, 6 CEUs available, \$20.00 if register before December 16, \$25.00 register after December 18, Lunch included.

You may register for either of these courses at the USU Extension office, 179 North Main, Logan or call (435)752-6263.

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CACHE COUNTY EXTENSION
179 N Main Suite 111
Logan UT 84321
Telephone: 435-752-6263
Fax: 435-755-1982
extension.usu.edu/cache

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Check us out on the Web:

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

Or stop by our office to browse our selection of informative publications you may be interested in from cooking, canning, gardening, pests and so much more.

Cache County Admin. Building, 179 North Main, Suite 111, Logan



Quilt Service Project benefits many!

When people stop by our office they often ask about all the handmade quilts. Generous people have donated the fabric and the interns piece and sew the lap size quilts together. The 4-H youth tie them and present them to the residents at Sunshine Terrace. The quilts have also been donated to Logan Regional Hospital Cancer Treatment Center, CAPSA, Head Start and families in need.

**We are always accepting cotton and flannel fabric donations
(prefer a minimum of 1/2 a yard and larger fabric).**

