



4-H Newsletter

Salt Lake County

February 2016

USU Extension / 4-H
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Upcoming Events

February

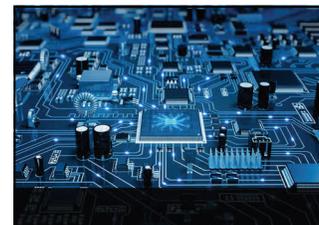
- 11 County Contest: Favorite Foods
- 13 [STEM Electronics Class - "Tell Tale Heart"](#)
- 20 Skills Workshop: Cake Decorating
- 25 Skills Workshop: Public Speaking

March

- 12 [STEM Electronics Class - "Bat Eyes"](#)
- 24 County Contest: 4-H Contest Day
- 31 Skills Workshop: Chef Skills

April

- 7-9 State: LEADERMETE
- 9 [STEM Electronics Class - "Space Invaders"](#)
- 15-16 State: Ambassador Interviews
- 19/26 State: Mock Legislature
- 23 County: Leadership Super Saturday
- 28-29 County Contest: Foods Contests
- 29-13 Skills Workshop: Fashion Night Out!



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What Happened?

SEWING CAMP

The "Sewing Camp" skills workshop was held at Nuttall Bernina Sewing Center on January 16. There were 15 youth in attendance. Projects included a gored skirt and a fabric box.

Participants learned to work with quilting fabrics thick enough to require a walking foot on their machines...a new experience for many of them.

HORSE COUNCIL RULES MEETING

Approximately 35 4-H youth and adult volunteers attended the annual Horse Council rules meeting held at the Sandra N. Lloyd Community Center on January 16.

Stay tuned for their monthly meeting minutes to be posted in future newsletters.

FLL COMPETITION

A First Lego League qualifying tournament was held at the Kearns Entheos Academy on Saturday, January 16.

4-H was represented by several teams in this qualifying competition and the state competition was held on January 30 at Utah Valley University.

(Contact Mark Mathias @ mark.mathias.usu.edu for more info.)

Public Speaking WORKSHOP



This workshop will help you prepare for the Public Speaking County Contests, including World of Work, Impromptu Speaking, and Demonstration.

To master the art of public speaking, learners need to eliminate discomfort and boost confidence, understand the key elements of opening, message deliver, closing, and question and answer.

This workshop will help you understand how to overcome

the fear of speaking in public:

Overcome Nerves, Speak Up, and Improve Your Confidence!

DATE: Thurs., Feb. 25

TIME: 6:30-8:00 pm

LOCATION: Sandra N. Lloyd Community Ctr. (Music Rm.), 12830 S. Redwood Road

REGISTER: 4honline.com

“Always remember: If you’re alone in the kitchen and you drop the lamb, you can always just pick it up. Who’s going to know?”
-- Julia Child

Favorite Foods CONTEST

The FAVORITE FOODS contest is one of the easiest contests for youth to participate in. You can compete solo or find a friend and create a team of two.

The rules are simple: (1) Prepare your food ahead of time and bring it to the contest where you’ll be able to heat it up if needed. (2) Set a place setting for your dish prior to beginning your demonstration. (3) Give a short 5-10 min.

presentation on your “favorite food” dish. (4) Serve the dish to the judges and answer any questions they have about your recipe and your presentation.

More contest guidelines and information as well as the score sheet can be found [>HERE<](#).

DATE: Thurs., Feb. 11

TIME: 7:00-8:30pm

LOCATION: USU Extension Conference Rm. (SI-950), 2001 S. State Street

REGISTER: 4honline.com



“Tell Tale Heart”

STEM - “Tell Tale Heart” Electronics Class (and more)

USU Extension/4-H is offering a series of STEM Electronics classes for YOUTH ages 10-15. (You DO NOT need to be enrolled in 4-H to attend.)

A different “project” will be studied on 4 different dates.

FEB. 13 - “Tell Tale Heart”
MAR. 12 - “Bat Eyes”
APR. 9 - “Space Invaders”
MAY 14 - “Rubber Band Sentry”

Class materials are presented in a “hands on” format and participants will “learn by doing”.

These classes will be co-presented by Brian Ivie and Mark Mathias, Salt Lake County/4-H STEM Coordinator.

TIME: 10:00am - 1:00pm

LOCATION: SLCo Govt. Ctr., 2001 S. State St, USU Extension Conference Rm (SI-950)

COST: \$7.00 / each class in the series

REGISTER: Eventbrite.com

Space is limited so don’t delay. You won’t want to miss this opportunity to explore the world of electronics.

Check the 4-H website for class descriptions.

4-H Contest Day

Participants in this event have a choice of four different categories to demonstrate their speaking skills. The options include Impromptu Speaking, World of Work, 4-H Demonstration, and 4-H Public Speaking.

Each contest has a unique set of criteria and you can find those details at saltlakecounty4h.org.

These contests are qualifying events for the Utah 4-H State

Contests, which are a competitive showcase of youth talent throughout the state.

We offer two different opportunities to compete and hone your speaking skills.

This year, we have changed the format to allow all participants to also have the opportunity to be a part of the "audience" as they witness and learn from other competitors. You won't want to miss this opportunity to see and hear what your peers are doing!

DATE: Mar. 24 & May 5

TIME: 6:30-8:30pm

LOCATION: Salt Lake County Government Ctr., USU Extension, 2001 S. State Street

REGISTER: 4honline.com
(March 24 reg. is OPEN now)



TEEN WINTER RETREAT

26 youth and adult volunteers from Salt Lake County attended the Teen Winter Retreat on January 29-30 at the Aspen Grove Family Camp and Conference Center in Provo, Utah. The event was sponsored by the State 4-H Ambassadors and EVERYONE had a GREAT TIME!





Making the Best Better!

4-H'ers across the nation are responding to challenges every day in their communities and their world.

As the youth development program of the Cooperative Extension System of land-grant universities, 4-H is the nation's largest youth development organization, empowering six million young people throughout the United States. Cooperative Extension of 1862 and 1890 land-grant universities provide the leadership to engage young people in 4-H in all 3,007 counties of the United States. The impact of the Cooperative Extension partnership is profound, bringing together National Institute of Food and Agriculture of USDA, land grant universities and county government to resource learning opportunities for youth.

Through America's 110 land-grant universities and its Cooperative Extension System, 4-H reaches every corner of our nation—from urban neighborhoods to suburban schoolyards to rural farming communities. With a network of more than 6 million youth, 611,800 volunteers, 3,500 professionals, and more than 25 million alumni, 4-H helps shape youth to move our country and the world forward in ways that no other youth organization can.

4-H Enrollment

As most of you are aware, we began a new 4-H year on October 1. This means that it's time to re-enroll for the 2015-2016 year. To do this, you will need to log in to your profile and/or family at ut.4honline.com, select the member/volunteer name that you want to re-enroll and click on "edit". At the bottom of that person's profile page there will be a button titled "Enroll for 2015-2016". Click it and continue on through the pages.

The annual 4-H enrollment fee is \$10/youth for 4-H club membership. This fee provides accidental insurance during 4-H activities and events and covers county program administrative costs. **4-H enrollment fees are due at the time of enrollment.**



Payment options: (1) Cash, check, and credit cards accepted in person at the 4-H office. (2) Checks may be mailed to the 4-H office - please include the names of the 4-H members that you are paying for so their account can be credited, (3) credit cards accepted over the phone in the 4-H office.

This year we have added an online option to submit your fee payment. The link is provided on the "Confirm" page in the payment instructions box.

ONLINE PAYMENT OPTION: <http://slco4henrollment.eventbrite.com>

