



4-H Newsletter

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Salt Lake County

March 2016

Upcoming Events

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!](#)

May

- 4 County Contest: [Hippology](#)
- 5 County Contest: [4-H Contest Day](#)
- 6 County Contest: [Talent Show](#)
- 9 County Contest: [Horse Bowl](#)
- 26 County Contest: [FCS \(Consumer\) Bowl](#)



What Happened?

FAVORITE FOODS CONTEST

16 youth met on February 11 to present their "Favorite Food" to the judges, hoping to impress them with the presentation, place setting, appearance, and taste of their dishes.

This year's contest entries represented a wide variety of international palates! Fares ranged from desserts, quick breads, and sandwiches

to Asian, Italian, Southwestern, and African entrees. The judges washed it all down with some Somali Sweet Tea.

At the conclusion, food was shared among the contestants as well as the spectators!





Chef Skills WORKSHOP

SAUCES...the essential elements of a fine dining experience!

Sauces can play many roles, even when some of our dishes only have a few elements on the plate. The sauce can actually be one of the focal points of the meal!

Sauces can bring new flavors to a dish, accentuate those already on a plate, and provide balance and texture.

In this workshop, we will be

exploring three types of sauces; Roux- Bechamel & Veloute, Gravy- Espagnole, and Sweet - fruit sauce and syrup.

Come discover how to make them....and how to use them.

No FEE to register!

DATE: Thurs., Mar. 31

TIME: 6:30-8:00 pm

LOCATION: Glendale Community Center - 1388 S. Navajo St. (1340 West)

REGISTER: 4honline.com

PLEASE BRING:

1 med. Fry pan (~9 in.)

2 med. sauce pans (~6 in. rnd. x 3 in. deep)

1 med. plastic cup

Wisk

2-3 forks

Wooden Spoon (sm./med.)

Knife

Small Cutting Board

Apron (optional)

Kitchen Towel (optional)

*“The breaking
of a wave
cannot explain
the whole sea.”*

*-- Vladimir
Nabokov*



“Tell Tale Heart”

Junior Youth Conference - JYC

Junior Youth Conference (JYC) is a 3 day camp for 5th and 6th grade youth.

Campers participate in workshops, the annual SNOW FOLIES, and have opportunities to meet other youth from throughout the state.

Older 4-H teens serve as mentors, helping youth improve their self esteem and strengthen their involvement and interest in 4-H.

DATE: June 6-8, 2016

COST: \$125

LOCATION: Snow College - Ephraim, Utah

REGISTER: 4honline.com

QUESTIONS?

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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 three different categories to demonstrate their speaking skills. The options include Impromptu Speaking, 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 competi-

tive 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)



MOCK LEGISLATURE

LEARN BY DOING
Mock Legislature 2016
APRIL 19 OR 26
Register through 4-H Online
REGISTRATION DEADLINE: APRIL 1ST

UTAH 4-H Utah State University is an affirmative action/equal opportunity institution.
EXTENSION Utah State University

Mock Legislature is an opportunity for youth across Utah to experience the role of Legislator. Partnering with Representative Paul Ray and members of the Office of Legislative Research, Utah 4-H youth get the rare opportunity to present and debate current bills on the House Floor of the Utah State Capitol.

Youth practice the entire legislative process by studying bills prior to the event, presenting the bill in committee, and passing or rejecting the bill on the House Floor.

This is an incredible educational experience that you won't want to miss. Register NOW!

LEADERMETE

Each year, 4-H youth, leaders, and agents from throughout the state of Utah converge into one geographical area to attend Leadermete...a 3-day conference filled with incredible hands-on, inspirational workshops, and activities.

On April 7-9, 2016 that convergence will happen in Sevier County.

Workshops are posted, conference sites and entertainment are booked, and registration

will open very soon at www.4honline.com.

Check out www.4-hleadermete.com for updated info.

THE FUTURE IS NEAR!

INTO THE FUTURE
LEADERMETE 2016
HOSTED BY SEVIER COUNTY

EXTENSION Utah State University



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>

