



# **FEBRUARY 2025 4-H ANNOUNCEMENTS**

**ALL EVENTS ARE HELD AT THE UINTAH COUNTY EXTENSION  
OFFICE UNLESS OTHERWISE STATED**

**13th: UBJLS @ 7 pm**

**13th: Teen Council**

**14th: Friday 4-H-- Button Flowers**

**Presented by the Spikehill Rangers Club**

**17th: Holiday--OFFICE CLOSED**

**19th: Livestock Education Night: Breeds, Livestock  
ID, & Characteristics of Winners @ 6:00 pm**

**Presenters: Uintah Co. Livestock Judging Club**

**20th: Teen Council**

# Announcement

## 4-H Program Coordinator Transition

We want to share that Natasha Holtmeyer will be leaving her role as the 4-H Program Coordinator in April. She has accepted a position with the University of Wyoming Extension as their Extension Coordinator. We are grateful for Natasha's dedication to Uintah County 4-H and the impact she has made on our youth, volunteers, and community.

The 4-H Program Coordinator position is now open, and applications are being accepted. If you or someone you know is interested in this opportunity, you can view the job posting and apply here: [USU Careers - 4-H Program Coordinator Position](#).

We wish Natasha the best in her new role and look forward to welcoming the next coordinator to continue building a strong 4-H program in Uintah County!



### Job Posting



SCAN HERE

# CALLING ALL HIGH SCHOOL SENIORS

UTAH 4-H CAREER READINESS

## 4-H CAREER HONOR AWARD

AWARD FOR HIGH SCHOOL SENIORS



The 4-H Career Honor Award celebrates high school senior 4-H members who are prepared for the future because of their 4-H experience. State 4-H Portfolio contestants in their senior year of high school who receive a **blue ribbon** will receive a job application kit and 4-H graduation cords.



If an eligible contestant receives a Red ribbon, they will have 1 month to make the recommended changes to their documents and resubmit them for the 4-H Career Honor Award.



4-H Career Honor Award recipients will need permission from their high school to wear 4-H cords during their graduation ceremonies.





# 4-H PORTFOLIO STATE CONTEST

DECEMBER 15, 2024 - MARCH 1, 2025

SUBMIT ON ZSUITE

OPEN TO ALL AGE GROUPS!



## Why Submit a 4-H Portfolio?

- This is a great time to receive state-level feedback.
- The 4-H Portfolio is incorporated into all 4-H Leadership Positions and other opportunities. Youth who submit their portfolio to the State 4-H Portfolio Contest will have a competitive advantage moving forward.
- Youth will receive a blue, red, or white ribbon and certificate based on their submission.

## 2024-2025 STATE 4-H PORTFOLIO CONTEST COVER LETTER OBJECTIVES:

- Explain what have knowledge and skills you have learned from 4-H over the past year related to your 4-H project.
- Explain the goals you have for the upcoming 4-H year.
- Describe the life skills you have gained from 4-H last year.
- How has 4-H helped you make decisions about your future.

Learn more on the 4-H Portfolio webpage!



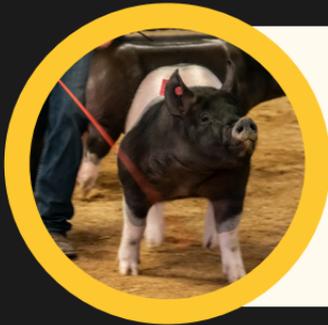
Extension  
UtahStateUniversity





# Livestock Education Workshop Series

ETHICAL ANIMAL HEALTH WITH DR. KINNEY



**FEBRUARY 19TH @ 6 PM**

**4-H LIVESTOCK JUDGING TEAM**

THE LIVESTOCK JUDGING TEAM WILL BE GOING OVER LIVESTOCK BREEDS AND IDENTIFICATION, AND CHARACTERISTICS OF WINNING ANIMALS AND JUDGING TECHNIQUES



**MARCH 20TH @ 6 PM**

**BELL MONT MEATS--QUALITY CUTS**

JOIN US FOR THIS HANDS-ON WORKSHOP ALL ABOUT QUALITY OF MEAT. THEY WILL BE BRINGING DIFFERENT CUTS & TALKING ABOUT HOW YOUR CARE AFFECTS THE QUALITY OF MEAT PRODUCED



**APRIL 28TH @ TBD**

**4-H LEADERS--SHOWMANSHIP/FITTING CLINIC**

PLEASE JOIN US FOR A CLINIC ON HOW TO FIT YOUR ANIMALS FOR SHOW AND THEN SHOWMANSHIP TIPS FROM THE EXPERTS

# 2025 Uintah County 4-H Weigh In and Tagging Schedule



Show	Show Date	Steer Tagging Deadline	Lamb, Hog, Goat Tagging Deadline	Entry Deadline
Vernal	6/2/2025	2/23/2025	4/4/2025	4/17/2025
Spanish Fork	4/29/2025	1/20/2025	3/1/2025	
Delta	5/27/2025	2/17/2025	3/29/2025	
Ferron	7/9/2025	3/31/2025	5/10/2025	
Salt Lake	8/6/2025	4/29/2025	6/8/2025	
State Fair	9/10/2025	6/3/2025	7/13/2025	

**CHECK  
ENTRY  
DEADLINES  
WITH  
EACH  
SHOW!!!!**

**2025 JUNIOR LIVESTOCK  
LIVESTOCK *TAGGING*  
DATES AND LOCATION**



**S A T U R D A Y**  
**FEBRUARY 8TH**

10-11:30 AM  
Western Park  
Beef Weigh-In  
Tagging for all livestock

**S A T U R D A Y**  
**MARCH 8TH**

10-11:30 AM  
Western Park  
Lamb, Goat, and Hog Weigh-In  
Tagging for all livestock

## 2025 County Contests:

Sign up to compete in any of the following County contests on ZSuite. Registrations due by March 1st for all contests.

\*Horse Contests will be held March 17th.\*  
All other contests will be held March 8th with times to be announced.



- Demonstrations
- Prepared Speech
- Impromptu Speech
- Horse Demonstrations\*
- Horse Public Speaking\*
- Favorite Foods
- Family Consumer Science Presentations



For questions call the office at (435)-781-5452

## UINTAH COUNTY QUIZ BOWLS

Friday, March 21st, 2025

3 PM

SMALL ANIMAL

4 PM

HORSE

5 PM

LIVESTOCK

6 PM

FAMILY CONSUMER SCIENCE



**ALL PARTICIPANTS NEED TO BE MEMBERS-IN-GOOD-STANDING.**

Contact [jessica.richens@usu.edu](mailto:jessica.richens@usu.edu)  
for more information

## **4-H**

### **Demonstrations:**

Demonstration dealing with one of the three mission mandates: Science, Engineering, and Technology, Agriculture (excluding horse), Other.

Presentations should not exceed 15 minutes

*(Individual or Team of 2)*

## **Horse**

### **Demonstrations**

Demonstration of skills or methods learned in any area in the 4-H Horse Project. Presentations should not exceed 20 minutes in length. May compete as a team of two or as an individual.

*(Individual or Team of 2)*

### **Impromptu Speech**

Participants will give a 3-5 minute speech on a randomly selected topic.

*(Individual)*

### **Horse Public Speaking**

A 7-10 minute original talk on any appropriate topic related to the horse industry.

*(Individual)*

### **Prepared Speech**

Participants give a 6-8 minute original speech specifically related to their personal 4-H experience

*(Individual)*

### **Family Consumer Science**

#### **Presentations:**

Presentations pertaining to home economics or family and consumer sciences. Presentations must be at least 10 minutes in length but no longer than 15 minutes.

*(Individual or Team of 2)*

### **Favorite Foods**

Contestants will be judged on their selection, knowledge and presentation of a favorite food.

*(Individual or Team of 2)*

# 2025 STATE CONTEST INFO

## **NEW RULES FOR 2025:**

State Contests Eligibility:

To participate in the State Contests during the 4-H Classics (June 23–25), youth must either:

- Be part of a county-based team with a volunteer leader, or
- Compete in a preliminary/regional contest and be placed on a regional team

## **CLARIFICATION ON REGIONAL CONTESTS:**

- I am currently reviewing the rules to confirm whether competing at regionals is mandatory. Until I receive written confirmation that it is not required, please plan on attending regional contests as part of your preparation.

## **SAVE THE DATES:**

- Northern Region Horse Contests: March 29th in Spanish Fork (as part of the Utah 4-H Horse, Livestock, and Small Animal Programs Training).
- Northern Region Dog/Small Animal Contests: Date TBD.
- Northern Region Livestock Contests: May 10th in Spanish Fork (as part of the Intermountain Livestock Judges Training).
- 4-H Classics: June 23–25 in Spanish Fork.



# FRIDAY 4-H

## 2024-2025 Schedule

\*\*TIMES FOR INDIVIDUAL WORKSHOPS WILL VARY\*\*

**AUG**

30TH: CANNING FOR KIDS

**SEP**

FCS FUN

6TH: ZUCCHINI BREAD COOK ALONG

27TH: ARTFUL FUN: SOAP & STONE CREATIONS

**OCT**

SPOOKY STEM

11TH: POPSICLE PUMPKIN DECORATION

18TH: EXPLODING PUMPKINS

**NOV**

FOOD SCIENCE

8TH: EDIBLE FOOD SCIENCE

22ND: CAKE DECORATION

**DEC**

HOLIDAY CHEER

6TH: MACRAME CHRISTMAS TREE

13TH: TEEN LED CHRISTMAS CHALLENGE

**JAN**

NEW BEGINNINGS

3RD: JUNK JOURNAL

17TH: SEWING GO BAGS

**FEB**

LOVE IN THE AIR

14TH: BUTTON FLOWERS

**MAR**

SPRING FORWARD

14TH: STEM ENGINEERING

**APR**

EARTH &  
ENVIRONMENT

25TH: GREEN THUMB SUCCULENTS

**MAY**

9TH: SUMMER BASH SCRATCH OFF  
4-H MAKE & TAKE

# **4-H CLUB OFFICE USE RULES AND REGULATIONS**

## **1. Meeting Times**

- 4-H clubs are no longer allowed to meet in the office during business hours.
- Clubs may reserve the office after 5:00 PM, provided it is available.
- Due to increased programming and club needs, as well as a full staff and a growing number of clubs, we can only accommodate club meetings in the office once every two months.
- A club leader must arrive at least 15 minutes before the start time of the scheduled meeting.

## **2. Reservation Process**

- The office must be reserved through Heather Jensen.
- The office can be reserved for the upcoming month starting the last week of the current month (e.g., February reservations open the last week of January).

## **3. Child Supervision**

- Children must be supervised by club leaders at all times during meetings.
- Club leaders should plan to arrive early and stay until the meeting concludes to ensure all youth are safely picked up by their parent or guardian.
- Children are not allowed in the office alone or left outside the office unattended.

## **4. Materials, Equipment, and Supplies**

- Clubs do not have open access to office materials, equipment, or supplies.
- Any materials needed for meetings must be requested in advance to ensure availability.
- You are welcome to use supplies in the podium as long as they are returned by the end of your allotted time.

## **5. Cleanup**

- Ensure the space is cleaned up after use. This includes disposing of trash, returning furniture to its original position, and leaving the area as you found it.

## **6. Break Room and Storage Area Use**

- The back "break room" and the storage area are off-limits and reserved exclusively for Extension staff.

## **7. Desk Use**

- Desks in the office are strictly off-limits to both adults and youth. Please utilize pens and paper in the podium.
- Clubs that fail to follow this rule will immediately lose their privilege to use the office for meetings.

Additional Notes: While many offices do not allow outside groups to use their space at all, we are fortunate to offer the flexibility of after-hours use for 4-H clubs. These guidelines are designed to ensure smooth operations during business hours and provide a positive experience for everyone using the office.

**Please remember that use of office space is a privilege, not a right. Thank you for your cooperation in adhering to these policies to support a respectful and efficient environment for all!**

## Uintah County 4-H 2024-2025

### Member-in-Good Standing Requirements

Any youth participating in 4-H will need to fulfill these requirements to be considered a Member-In-Good Standing in their project field.

#### To be a Member-In-Good Standing, 4-H youth must:

1. Be enrolled in 4-H with active status on ZSuite before starting their project.
2. Be a member of a chartered 4-H Club.
3. Attend at least 4 meetings: 2 specific to your project and 2 with your 4-H Club.
4. Submit a Portfolio (Cover Letter/Resume) to an Extension staff member for approval.

## HOW AND WHEN IS 4-H/EXTENSION EQUIPMENT AND PROPERTY AUTHORIZED FOR THE GENERAL PUBLIC OR A THIRD PARTY?

4-H/EXTENSION EQUIPMENT MAY BE AUTHORIZED FOR USE BY A THIRD PARTY TO SUPPORT 4-H/EXTENSION ACTIVITIES. AUTHORIZATION OCCURS THROUGH EXISTING PROCESSES:

THE USE, SHARING, LOANING OF EQUIPMENT OR PROPERTY MAY BE INCLUDED AS PART OF AN APPROVED GRANT OR CONTRACT.

AGREEMENTS MAY BE APPROVED THROUGH THE UNIVERSITY'S DOCUMENT REVIEW PROCESS. AGREEMENTS SHOULD ADDRESS ISSUES OF LIABILITY, INDEMNIFICATION, SCOPE OF USE, TIME, SUPERVISION, RESPONSIBILITY FOR REPAIRS, ETC. RISK MANAGEMENT CAN ASSIST WITH THE DEVELOPMENT OF SUCH AGREEMENTS.

PROCEDURES FOR "CHECK-OUT" KITS, "SHOPPING-CARTS", "LENDING LIBRARIES", ETC. MAY BE DEVELOPED AND APPROVED THROUGH THE UNIVERSITY'S DOCUMENT REVIEW PROCESS. RISK MANAGEMENT CAN ASSIST WITH LANGUAGE THAT ADDRESSES ISSUES OF LIABILITY, INDEMNIFICATION, SCOPE OF USE, TIME, SUPERVISION, RESPONSIBILITY FOR REPAIRS, ETC.

4-H/EXTENSION EQUIPMENT AND PROPERTY IS NOT AUTHORIZED FOR NON USU PURPOSES. WHEN A THIRD PARTY IS AUTHORIZED TO USE 4-H/EXTENSION EQUIPMENT AND PROPERTY, THEY DO NOT RECEIVE A BLANKET AUTHORIZATION. THE AUTHORIZATION IS TIED TO THE APPROVED 4-H/EXTENSION/USU GRANT, EVENT, ACTIVITY, ETC. AUTHORIZATION DOES NOT EXTEND TO OTHER ACTIVITIES CONDUCTED BY THE THIRD PARTY. EXCEPTIONS REQUIRE A WRITTEN AGREEMENT APPROVED THROUGH THE UNIVERSITY'S DOCUMENT REVIEW PROCESS.

## **CODE OF CONDUCT**

**Participant is expected to adhere to the following code of conduct while participating in 4-H activities. Participant will:**

- Exhibit positive character and behavior such as responsibility, respectfulness, caring, citizenship, and fairness.
- Attend all assigned sessions as part of a planned activity and be in the assigned area at all times.
- Follow guidelines and rules established for activities.
- Dress appropriately, use appropriate language, and respect the rights of others.
- Be respectful of public or private property and will be responsible for any damage, theft, or misconduct.
- Not possess or use alcohol, illegal drugs, or tobacco products.
- Not behave recklessly, engage in sexual misconduct, assault, threaten, or harm another person.

I understand the following:

- The possession or use of fireworks, guns, and other weapons is prohibited.
- No violence, including sexual abuse or harassment will be tolerated.
- Hazing of any kind is prohibited.
- Bullying, including verbal, physical, and cyber bullying is prohibited.
- Theft of property is prohibited.
- Misuse or damage of University property is prohibited. Charges will be assessed against those who are responsible.
- Inappropriate use of cameras and digital devices is prohibited in any area where privacy is expected (restrooms, etc..)

I understand and acknowledge that Participant's failure to adhere to the above code of conduct may result in Participant's removal or suspension from 4-H programs or events.