

Utah County 4-H



NEWSLETTER



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June 2023



Extension
UtahStateUniversity



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CREATING A 4-H ELEVATOR SPEECH

By Kimberly McClellan

You're at a 4-H event, heading back to your hotel room for the night. The person next to you in the elevator asks, "Are you with 4-H?" You smile, nod your head, and tell them yes.

Then they ask, "What is 4-H? I don't know much about it." What would you say?

This would be the perfect opportunity to give an elevator speech. An elevator speech is a way to introduce yourself, make a point or two, and connect with someone else. It's called an elevator speech because it is supposed to be brief, about the same amount of time it takes to ride with someone in an elevator. They are typically 30 to 60 seconds long.

While it may not be in an elevator, you will probably meet others that are not familiar with 4-H. Creating a 4-H elevator speech can help you tell your 4-H story in a concise and impactful manner. Everyone has a unique 4-H experience. Your speech will not be the same as fellow members and volunteers. However, there are some key components that an impactful elevator speech will include.



Introduction

Describe yourself, such as your name and where you're from. You could also include if you're a 4-H member or volunteer and how long you've involved in 4-H. Keep it relevant and brief.

Let me introduce myself. I'm Susie. I'm from small town in Utah. I've been in 4-H for 8 years now.

Convey a Message

Your speech should have one, maybe two, main messages or key points. For example, explain what 4-H is. Start with the basics, as you will not be able to include all the details about 4-H. You could also include some of the benefits of 4-H.

4-H is the nation's largest youth development program, delivered by Cooperative Extension, a group of more than 100 universities across the nation. 4-H focuses on learning by doing with the guidance of caring adults. It offers many different program areas, including STEM, horse, livestock, and family and consumer science.

Through hands on experience, 4-H is proven to help youth develop life skills like confidence, independence, resilience, and compassion. These skills empower youth to become life-long leaders.

One of my main program areas is livestock. I show sheep and goats. I have learned a lot as I've work and cared for my animals. It has taught me the value of hard work and good sportsmanship when things don't go as I want at the show. It has also built my confidence and resilience.

Invite

Before you conclude your speech, include an invitation. Review your message or key points and think about what you want your audience to do as a result of hearing your message. For example, invite them to reach out to their local Extension office to learn more about 4-H in their area.

If you want to learn more about 4-H, contact your state or local Extension office. At each Extension office there are 4-H professionals that can help you.

Give an Example

To help get your key points or message across, use a real life example. Talk about how 4-H has benefited you or pick an experience you had that was particularly meaningful. This will make your speech more impactful and memorable.

Once you have created your speech, start practicing. Say it out loud in front of a mirror, or even go over it in your head. Since it is an informal speech, it does not have to be perfect. However, practice will help you deliver it with confidence. Also be prepared to answer any follow up questions your audience may have.

County 4-H Calendar

JUNE 2023



MAY 30 - JUN 2 Millard County Junior Livestock Show | Millard County Fairgrounds

JUN 1 Utah County STEM Fest | 5 pm - 8pm | University Place

JUN 4-8 Uintah Basin Junior Livestock Show | Uintah County Western Park

JUN 5 Fair Ready Craft Camp | 10 am -12 pm | 4-H Office

JUN 6 Horse Show #1 | Check-in 8:00 - 8:45 am | Spanish Fork Fairgrounds

JUN 12 Livestock Knowledge Bowl | 1 pm - 3 pm | Spanish Fork Fairgrounds

JUN 19 Office Closed | Holiday

JUN 20-21 Ooey, Gooney, Boom Camp | 4-H Office

JUN 22-24 Cowboy Camp | Dot Bar Ranch, Randolph, UT

JUN 27-29 Maker Class | 4-H Office

RECURRING EVENTS

DOG CLUB Every Monday | 6 pm | Orem

LEGO ROBOTICS June 20, 27 and July 11, 18 | 2 pm - 4 pm | Utah County 4-H Office

4-H STEM
Wednesdays | 3 pm - 4 pm | Vineyard City Library
Thursdays | 4 pm - 5 pm | Payson City Library
Fridays | 4 pm - 5pm | Salem City Library

See our online events calendar and follow us on social media for event updates!



State 4-H Calendar

JUNE 2023



MAY 30 - JUN 2 Color Country Natural Resource Camp

JUNE 9 4-H State Project Ambassadors Applications Due

JUNE 12 State Eventing Show

JUNE 12-14 Junior Youth Conference

JUNE 19-20 i4-H

JUNE 22-23 Mustang Camp

JUNE 26-28 4-H Classic

See the Utah 4-H State Calendar online for more details: extension.usu.edu/utah4h/calendar

JUNE 4-H CAMPS

Fair Ready Craft Camp

This jumpstart summer craft day camp will get you ready for the Utah County Fair 4-H Exhibits! Crafts include: paracord bracelets, yarn crafts, create a t-shirt iron on, and much more! All items are fair ready; just create and enter them in August.

June 5
10 am - 12 pm
Grades 3-12
\$8

4-H members register here:
4h.zsuite.org/event-registrations/20622



Ooey, gooey, boom

Let's get messy! This 2-hour, 2-day camp is filled with all things ooey, gooey, slimy, and boomy! A perfect way to learn about chemistry without all the mess at home.

June 20-21
10 am - 12 pm
Grades K-4/ages 5-9
\$35

4-H members register here:
4h.zsuite.org/event-registrations/21369

Not a 4-H'er yet? Register here:
4h.zsuite.org/external-event-registration/21369



Lego Robotics

June 20, 27 and July 11, 18

2 pm - 4 pm

Grades 3-8

\$75

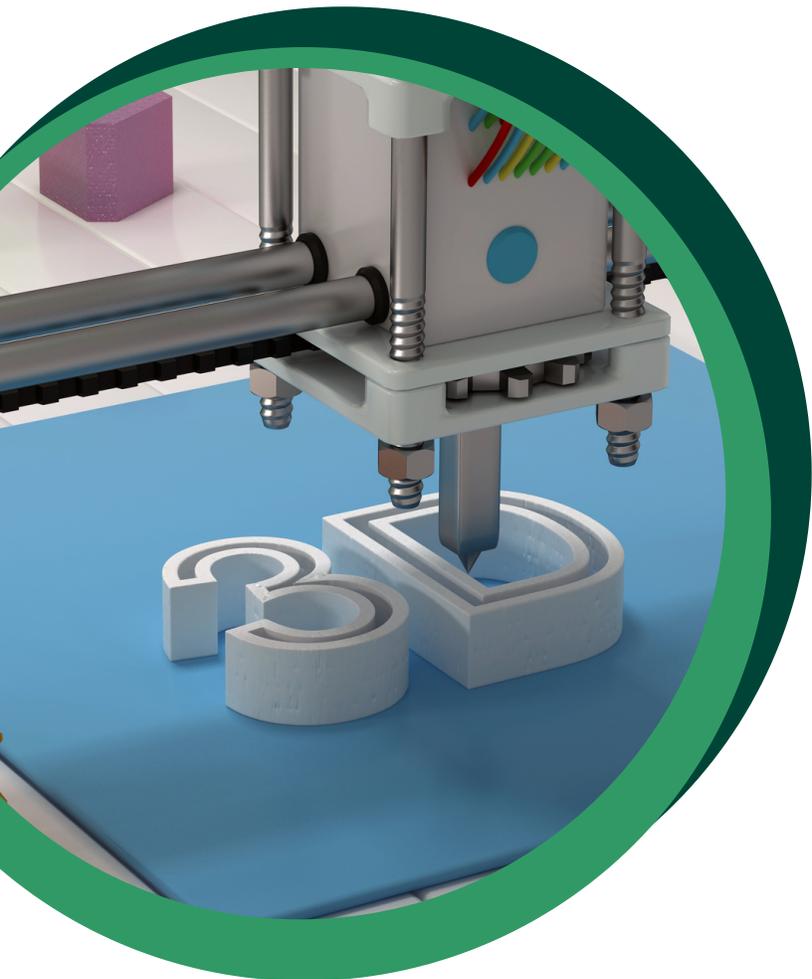
Build and program a Lego EV3 robot to complete challenges all while learning the basics of computer programming using Lego's proprietary code blocks. Limited class, 8 participants.

4-H members register here:

4h.zsuite.org/event-registrations/21372

Not a 4-H'er yet? Register here:

4h.zsuite.org/external-event-registration/21372



Maker Class

June 27 - 29

10 am - 12 pm

Grades 5+/ages

\$65

Learn to use a CAD program to create a 3D printed creation, create your own puzzle or engrave with the laser cutter & design a logo to make your own t-shirt with the Cricut.

4-H members register here:

4h.zsuite.org/event-registrations/21368

Not a 4-H'er yet? Register here:

4h.zsuite.org/external-event-registration/21368

STATE 4-H EVENTS

Mustang Camp

This overnight camp is an opportunity for youth across Utah to learn about managing public lands, rangelands, wild horses, and burros, looking deeper at the relationship between healthy lands and healthy horses.

June 22-23

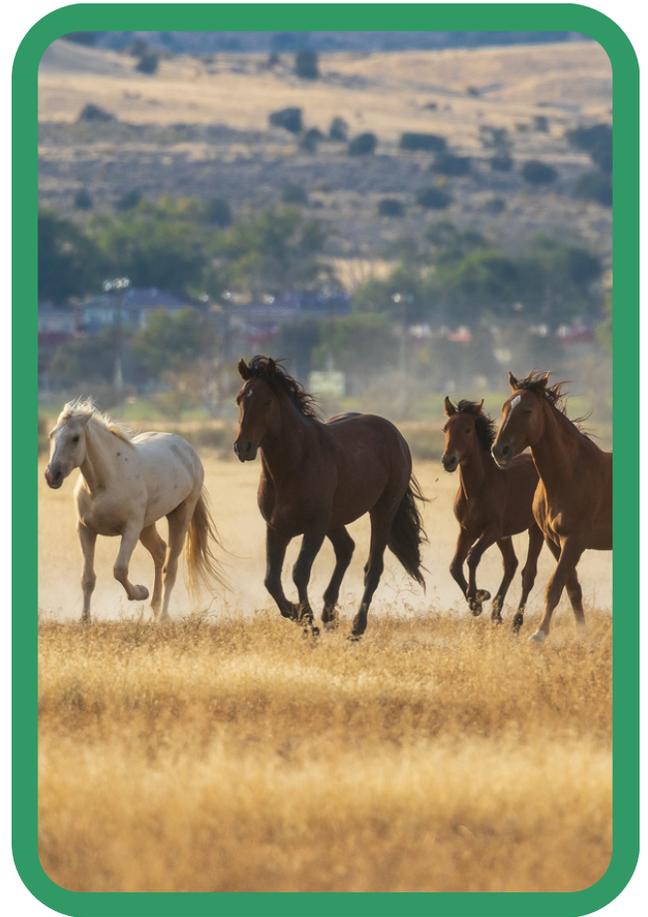
6th-12th grades

Registration closes June 14th at 11:59 pm

Registration cost is \$60 per youth and includes: 4 meals, overnight lodging, camp materials and camp activities.

Learn more and register at:

extension.usu.edu/utah4h/events/mustang-camp



4-H Classic

We will have volunteer and youth workshops to provide club meeting ideas on: Family Consumer Science, STEM, Civic Engagement, Leadership, Horse & Livestock, and Career Readiness. There are 40+ workshops to choose from. In addition to workshops, there will be 20 state contests happening related to Family Consumer Science, Public Speaking, Horse & Livestock, and STEM. Contests will be open to observe.

June 26-28

Registration Open: April 1 - June 14

Cost \$40 (includes t-shirt and 2 meals)

Learn more and register at:

extension.usu.edu/utah4h/events/state-contests/4h-classic/index

4-H State Project Ambassador Applications

The Utah 4-H State Project Ambassadors are the faces of our various program areas. Unlike our State 4-H Ambassadors that represent the program as a whole, State Project Ambassadors focus on one area within Utah 4-H. A 4-H State Project Ambassador is exemplary of Utah 4-H's brightest and most talented youth.

Youth are invited to apply in the FCS, Horse, Livestock, and STEM project areas.

4-H Youth Grades 9-12
Apply in ZSuite by June 14

Learn more and apply at:
extension.usu.edu/utah4h/more/ambassadors/project-ambassadors



Teen Summit

Teen Summit empowers youth to see their ability to effect change now and in the future -- preparing them for the challenges they'll face today and tomorrow. For teens in 8th – 12th grade interested in developing leadership skills, building new friendships, and strengthening skills that promote success.

Includes workshops, team building activities, social networking, and collaborative exchange of ideas.

July 10-12
Utah State University | Main Campus | Logan, UT
Registration open May 1 - June 16

Learn more at register and at:
extension.usu.edu/utah4h/events/teen-summit



STEM AND FCS



Library Days



Starting in June, we will be hosting free, one hour STEM activities at the Payson, Vineyard, and Salem city libraries. For all youth ages 8 and older.

Vineyard Library | Wednesday's 3pm
Payson Library | Thursday's 4pm
Salem Library | Friday's 3pm

Check with the libraries regarding registration needs. Please note activities at the Vineyard Library will start June 14th.



Upcoming Events

4-H Summer Camps

June - August

This summer we will have a variety of 4-H involving STEM and FCS. These camps will include arts and crafts, drones, chemistry, Lego robotics, rockets and, more! See the [June 4-H Camps](#) page to learn more.

Utah County Stem Fest

June 1 | 5:00 pm - 8:00 pm | University Place

Come see how Science, Technology, Engineering, and Math are applied in rockets, hot air balloons, trains and in many more ways. There will be hands on STEM activities and demonstrations appropriate for all ages. For more information visit: universityplaceorem.com/events/utah-county-stem-fest/



Quick Tips

For easy clean up when cooking, line baking sheets with parchment paper or tinfoil. When using tinfoil, use a little cooking spray to make sure it doesn't stick.



Need a reminder? Sign up for the Utah County 4-H text remind system by texting @4hutco" to 708-589-7727



LIVESTOCK

Upcoming Shows

Millard County Junior Livestock Show

May 30 - June 2 | Millard County Fairgrounds

For more information visit:
millardcountyjrlivestockshow.com

Uintah Basin Junior Livestock Show

June 5-8 | Uintah County Western Park

For more information visit:
extension.usu.edu/uintah/4h/junior-livestock

Quick Tips

Weigh your animal twice a month or even weekly if possible. If you don't have a scale, ask your club leader or [program coordinator](#) if they have access to one. Weighing your animal often will help you determine how much feed your animal needs and if they are on target for the show. Many livestock feeds will have a recommended feeding amount based on your animal's weight. Use [USU Extension's livestock weight calculators](#) to predict what your animal will weigh at the time of the show.



Need a reminder? Sign up for the Utah County 4-H Livestock text remind system by texting "@4-hutstock" to 81010

Livestock Knowledge Quiz Bowl

Come test your knowledge about swine, sheep, goats and beef in a quiz bowl format. Open to all 4-H youth ages 8 and older.



June 12
1 pm to 3 pm
Spanish Fork Fairgrounds



HORSE



20 Show 23 Schedule



Show 1

June 6 | Spanish Fork Fairgrounds

Registration open May 1st - 24th

Test open May 29th - June 2

Show 2

June 29 | Spanish Fork Fairgrounds

Registration open June 7th -16th

Test open June 19th - 26th

Show 3

July 11 | Spanish Fork Fairgrounds

Registration open June 27th - July 3

Test open July 5th - 9th



Announcements

Horse Study Night and Trivia Tuesdays are concluded for the summer. We will start again in the fall!

There is a possibility the third show will be moved to July 29. This will allow more time for practice and for youth to be a part of the Utah County Fair. Please watch for updates. We will let everyone know as soon as possible if the date is changed so you can plan accordingly.

Check-in for our first show will be from 8:00 am to 8:45 am. There will be an exhibitor meeting at 8:45 am and showmanship will begin at 9:00 am. The test will be online and sent out via email. The show order will be available at the show.



Quick Tips

The week of the show, use saddle soap to clean your leather tack. Follow with a leather conditioner. This will improve your and your horse's overall appearance on show day and help you catch the judge's eye.



Need a reminder? Sign up for the Utah County 4-H Horse text remind system by texting "@4huthorse" to 224-207-8560.