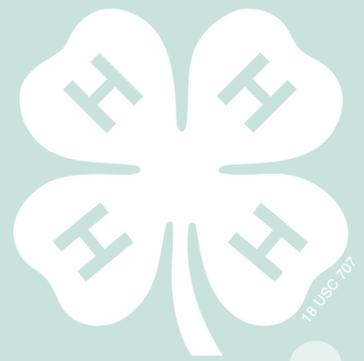


Utah County 4-H

# NEWSLETTER



Extension  
UtahStateUniversity



December 2023

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# 4-H Calendar

# DECEMBER 2023



**DEC 1** State 4-H Portfolio Contest Opens

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**DEC 1-31** 12 Days of 4-H Fun

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**DEC 2** Dog Club | 2 pm - 4 pm | Eagle Mountain, UT

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**DEC 6** Junior Teen and Teen Council Meeting | 4 pm- 5 pm | 4-H Office  
Learn Livestock Education Series #3 | 4:30 pm - 5:30 pm | 4-H Office

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**DEC 7** Learn Livestock Education Series #3 | 4:30 pm - 5:30 pm | Spanish Fork Fairgrounds  
4-H STEM | 5 pm - 6 pm | Salem City Library

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**DEC 8** 2024 National Conference Delegate Application Closes

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**DEC 9** Communication: the Key to Survival | 9:30 am - 3:00 pm | USU Salt Lake Center  
Gift Wrapping at CAL Ranch | 11 am - 2 pm | American Fork CAL Ranch Store

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**DEC 11** Cookie Cutter Classic | 6 pm - 8 pm | Spanish Fork Fairgrounds  
Dog Club | 6:30 pm - 7:30 pm | Orem, UT

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**DEC 14** 4-H STEM | 5 pm - 6 pm | Salem City Library

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**DEC 15** Horse Science NFR Watch Party | 6:30 pm - 10 pm | 4-H Office

Continued on page 2

**DEC 16**

Livestock Tagging #1 | 1 pm - 2 pm | Arrowhead Vet Clinic Benjamin, UT  
4-H Hairy Horse Show | 10 am | Spanish Fork Fairgrounds  
Gift Wrapping at CAL Ranch | 11 am - 2 pm | American Fork CAL Ranch Store

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**DEC 18**

Dog Club | 6:30 pm - 7:30 pm | Orem, UT

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**DEC 20**

Learn Livestock Education Series #4 | 4:30 pm - 5:30 pm | 4-H Office

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**DEC 21**

Learn Livestock Education Series #4 | 4:30 pm - 5:30 pm | Spanish Fork Fairgrounds

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**DEC 23**

Gift Wrapping at CAL Ranch | 11 am - 2 pm | American Fork CAL Ranch Store

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**DEC 25-27**

4-H office closed for holiday

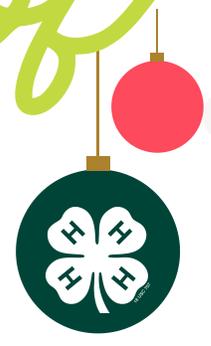
See our online events calendar and follow us on social media for event info and updates!





# Days of

## 4-H FUN



|  |   |   |
|--|---|---|
| Write a thank you to your 4-H Leader                   | Attend a 4-H Activity in December   | Participate in a community service project            |
| Activate your 4-H membership for 2023-24               | Create a social media post highlighting your 4-H Project                      | Give a compliment to one of your 4-H Club Members     |
| <b>HEALTH</b><br>Do a physical activity for 40 minutes | <b>HANDS</b><br>Paint, Draw, Create a 4-H inspired masterpiece                | Memorize the 4-H Pledge                               |
| Invite a friend to 4-H                                 | Try something new from another project area!<br>(STEM, FCS, Horse, Livestock) | <b>HEAD</b><br>Play a memory match game with a friend |
| Teach a new skill to someone else                      | <b>HEART</b><br>Share why you love 4-H with a friend                          | Get outside and create a 4-H inspired snow sculpture  |

**Choose 12 activities from the boxes above to complete during the month of December. Submit your submission via ZSuite by December 31st!**

# GIFT WRAPPING AT CAL RANCH

December 9th, 16th and 23rd



As you wrap gifts for shoppers at CAL Ranch, you'll spread cheer and make their holiday brighter. The best part? You'll be doing it for a good cause! All the tips we receive will go towards funding our 4-H programs. Come on out and spread some holiday cheer and make a difference in the lives of our 4-H youth! All 4-H youth and volunteers are invited.

On the 9th we will be raising funds for our horse program, on the 16th we will raising funds for Teen Council, and on the 23rd we will raising funds for the STEM program. Join us at the American Fork CAL Ranch store from 11:00 am to 2:00 pm on any of these days!

For more information, contact Heather at [heather.thomson@usu.edu](mailto:heather.thomson@usu.edu) or call (385) 268-6531.

# COMMUNICATION: THE KEY TO SURVIVAL



**December 9, 2023**  
**USU Salt Lake Center**

## Come Out of the Cold

Have you ever wanted to be heard and no one listens? Then this interactive and hands on training is for you! "Come out of the cold" is a specialized event that teaches you how to be heard. From parents, to friends, to even your local government, your voice is important. Come make friends, share ideas and learn how to share your voice! For all youth in grades 6th-12th.

### Cost

\$20 per individual

### Registration

4-H members: [4h.zsuite.org/event-registrations/24579](https://4h.zsuite.org/event-registrations/24579)

Not a member yet? Sign up here:

[4h.zsuite.org/external-event-registration/24579](https://4h.zsuite.org/external-event-registration/24579)

### Workshops include:

- Sharing your vision
- Selling your ideas
- Working as a team
- The Art of Respect
- Positive first impressions
- Working with organizations and governments

# 2024 NATIONAL CONFERENCE DELEGATE APPLICATION

Applications close  
on December 8th!

We are looking for some of the top teens to represent Utah 4-H at the National 4-H conference. 5 to 6 teens in the 9th-12th grade from across the state will be selected. Top applicants will be selected for an interview in December.

As a delegate, you will attend monthly preparation meetings on Zoom and go on a 5-day trip to Washington DC to attend the National 4-H Conference. Most of your expenses will be paid for.



## What is National 4-H Conference?

At conference, delegates have the opportunity to participate in round table discussions, present to federal partner agencies and engage with their U.S. Senators and Representatives. Learn more at: [4-h.org/events/national-4-h-conference](https://4-h.org/events/national-4-h-conference)

## How do I apply?

Submit your resume and cover letter In ZSuite and have your 4-H coordinator write you a letter of support: <https://4h.zsuite.org/event-registrations/24439>.

# 4-H STATE PORTFOLIO CONTEST

December 1st through February 15th



## Portfolio Objectives

The 2023-2024 4-H Portfolio State Contest cover letter is centered on the culminating outcomes that youth may gain from their 4-H experience. The cover letter objectives are aligned to the top emerging issues in each age group. Points will be awarded for complete answers – not for the best description of a positive 4-H experience.

## Why submit a 4-H portfolio?

This is a great time to receive state-level feedback.

The portfolio is a part of leadership positions and other opportunities.

You'll receive a blue, red, or white ribbon and certificate based on your submission.

## Submitting Your Portfolio

Submit your cover letter and resume in ZSuite!

Before submitting, give yourself time for review and make sure your portfolio is free of grammar and spelling mistakes. Ask a family member, friend, or your 4-H coordinator to review it.

The 4-H Portfolio is the standard application tool for all 4-H leadership positions, a valuable resource as youth seek employment, and gathers the information needed to apply for scholarships. Competing in the State 4-H Portfolio Contest will give youth a competitive advantage as they apply for opportunities throughout the year. High school seniors will automatically be entered for the 4-H Career Honor Award! Learn more at: <https://extension.usu.edu/utah4h/more/4-h-portfolios>.



## JUNIOR TEEN COUNCIL AND TEEN COUNCIL

This club is an excellent way for youth to build essential leadership skills, develop new friendships, and have a meaningful impact on their community.

These councils serve as the leadership team for our county youth. They help plan retreats, camps, and participate in service projects. They also help provide training to club officers.

Junior Teen Council is for youth grades 6th-8th.  
Teen Council is for youth in grades 9th-12th.

For more information, contact Holly at [elmradacompanies@gmail.com](mailto:elmradacompanies@gmail.com).

### Monthly Meeting

**December 6**

Interested in joining the council?  
We'd love to see you at our monthly meeting. Meetings are held at the 4-H Office from 4 pm to 5 pm. Come see what it's all about!



# 4-H STEM ACTIVITIES

Join us for free, weekly STEM classes! These classes are sponsored by Utah State University and our local 4-H. Our 4-H instructor introduces kids to science, technology, engineering, and math through engaging hands-on activities. For youth in grades 3-8. All are welcome! You do not have to reserve a spot.

For information, contact our instructor, Joseph, at [joseph.huff@usu.edu](mailto:joseph.huff@usu.edu).

December 7 and 14

5 pm - 6 pm

Salem City Library



# LEARN LIVESTOCK EDUCATION SERIES

## Come learn all about livestock!

In addition expanding your livestock knowledge, this series will teach you skills that you will be able to apply to your own efforts in raising and showing livestock. This series focuses on sheep, goats, cattle, and hogs. It is open to all 4-H youth ages 8-18.

Join us on the first and third week of each month. For the convenience of our members, each part of the series will be held in two locations: our 4-H office on Wednesdays and the Spanish Fork Fairgrounds on Thursdays. Simply choose which one works for you!



### Part 3: Common Cattle and Hog Breeds

**December 6**  
4:30 pm - 5:30 pm  
4-H Office

**December 7**  
4:30 pm - 5:30 pm  
Spanish Fork Fairgrounds

### Part 4: Common Sheep and Goat Breeds

**December 20**  
4:30 pm - 5:30 pm  
4-H Office

**December 21**  
4:30 pm - 5:30 pm  
Spanish Fork Fairgrounds



# LIVESTOCK TAGGING #1



**December 16th**

**1:00 pm - 2:00 pm**

**Arrowhead Veterinary Clinic  
Benjamin, UT**

## Cattle Tagging for:

- Utah State Junior Livestock Show
- Millard County Junior Livestock Show

## Livestock Tagging Process

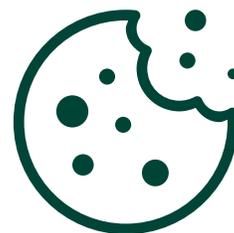
Step 1: Register for 4-H at [4h.zsuite.org](http://4h.zsuite.org). All youth must have an “active” status before animals may be tagged.

Step 2: Attend a tagging event. All tags are \$2 each. Payment is required at time of tagging (cash or check made out to Utah County 4-H).

Questions? Contact Corianne Topham at [corianne.topham@usu.edu](mailto:corianne.topham@usu.edu) or (385) 225-7740.



# COOKIE CUTTER CLASSIC



Our Utah County 4-H Livestock Ambassadors are proud to present The Cookie Cutter Classic! This will be a "jackpot" where each exhibitor will frost a livestock cookie (cattle, sheep, goat, or swine) and compete in their age division. Awards will be given to the top cookies in each age division in each species.

Preregistration is highly encouraged so exhibitors get their desired specie of cookie. Sign up and learn more here: <https://forms.gle/eUBULCLgNQwFU3qZ8>.

## Age Divisions

PeeWee (up to 2nd grade)

Junior (3rd through 7th grade)

Senior (7th through 12th grade)

Geezer (18 + years old)

**December 11**

**6:00 pm - 8:00 pm**

**Spanish Fork Fairgrounds**

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**\$1 registration fee paid in cash the night of the event**

**Registration closes on Monday, December 4th**

## Horse Science

# NFR WATCH PARTY



**December 15th**  
**6:30 pm - 10:00 pm**  
**4-H Office**

Want a front row seat to the National Finals Rodeo? Join us for our 2nd annual NFR watch party. Come watch rodeo's leading athletes compete at the year's biggest event.

This year's craft will be horse head ornaments that you can paint to match your favorite horse!

Head on over to ZSuite to RSVP (event is free). You won't want to miss out on this fun-filled evening of games, Christmas crafts and live rodeo entertainment!

<https://4h.zsuite.org/event-registrations/23924>

**Make this!**



# 4-H HAIRY HORSE SHOW

Join us for some holiday fun at the Utah County 4-H Hairy Horse Show! All 4-H Age Divisions, with an open class option open to 18 and older. No need for a clean horse, the hairier the better!

Please note this show does not count towards any year-end standings.

Typical western show attire is not required. Coats/Hoodies may be worn. All youth exhibitors are required to wear long jeans, boots, a long sleeve shirt, and helmet. Costumes are allowed! All costumes must be 4-H appropriate for each specific contest or activity. Please see the official dress code in the ZSuite registration for more information.



**December 16th**

**Show starts at 10:00 am**

**Spanish Fork Fairgrounds (large indoor arena)**

**\$16 per exhibitor**

## Classes

Rail: Regular dress. Classes will be divided into age divisions.

Freestyle Reining: contestants will choose their own pattern and song. Costumes are encouraged and allowed during this portion of the show. Patterns must be NO longer than 2 minutes in length and include: a lead change, stop, and back. Song must be approved by the 4-H Office.

Speed Events: barrels and poles (you may dress up for either of these events if you choose).

## Register in Zsuite!

<https://4h.zsuite.org/event-registrations/24269>



# DOG CLUB

## Learn about Dogs, from Their Nose to Their Toes

The Utah County 4-H Dog is still accepting members! At weekly meetings, club members will learn all about the proper care and handling of dogs from their nose to toes. They also learn how to compete in 4-H showmanship, American Kennel Club obedience and rally.

To compete, youth must be ages 8 to 18 but we allow youth 5 and up to participate. All ages and breeds or mixed breed dogs are allowed to be part of the project. Youth may compete with more than one dog and siblings may share one dog and compete in separate events. The club also is branching out to attend community events and learning about careers in the pet industry.

To learn more, email [utahcountydogg4H@gmail.com](mailto:utahcountydogg4H@gmail.com).



## December Club Schedule

### December 2

Agility Practice | 2-4 pm | Eagle Mountain, UT

### December 11 and 18

Club Meeting | 6:30-7:30 pm | Orem, UT