



January 2011

Utah County 4-H Newsletter

January

- 1 4-H Office will start taking credit cards
- 1 Leadermete Registration Begins Online
- 21-22 Got Dating?: Avoid Falling For A Jerk (or Jerk-
Ette) 10th-12th grade
- 24 Leaders Council 11:45am
Teen Council 4:00pm
- 27 Consumer Bowl 4:00-6:00pm

February

- 1 Scholarship Applications Due
- 1 Senior Portfolios are Due
- 4-5 Video Production Camp
- 7 Family Night Out- All 4-Hers
- 12 Sweetheart Dinner
- 26 Leaders Banquet
- 23 World of Work Contest
- 23 4-H Impromptu Public Speaking Contest
- 23 4-H Public Speaking Contest

Please pay special attention to event registration dates as several have been added or extended.



March

- 1 Mock Legislature Applications Due
- 11-12 Junior Teen Retreat
- 17-19 Leadermete
- 28 Leaders Council
Teen Council
- 31 Healthy Cuisine

Senior 4-H Portfolios are due February 1st in the office!

4-H Leadermete

Registration is going on NOW!

Date: March 17-19

Sign up begins: Fri, **January 1**, registration is online.

Cost: \$55 Early Bird plus Workshop Fees

Location: St. George

Eligibility: All Senior 4-H'ers and adult volunteers and staff.

Washington County is hosting Leadermete 2011! This is a dynamic three day conference with something for everyone. Over 100 different classes will be offered in the areas of Gardening, Cooking, Sewing, Teen Leadership, Afterschool & Mentoring, Contests, Livestock and more. This is a great opportunity to see the breadth and scope of 4-H in Utah.

Please join their blog at <http://leadermete2011.blogspot.com/>.

This will enable you to receive email updates on important information about the conference. New posts weekly will have additional information on hotel accommodations and other exciting things being planned for this year's conference.



Consumer Bowl Contest



Date: January 27

Time: 4:00-6:00pm

Sign up by: **January 20**

Location: Historic Courthouse Rm. 319

Eligibility: All 4-Her's

Youth compete in a quiz bowl type contest answering questions related to the following study guide topics:

- My Pyramid
- Nutrition for Athletes
- Be the E-Entrepreneurship
- Savings Accounts
- MP3 Players
- Trail Foods
- Energy Drinks & Other Beverages

This is a really fun contest that doesn't need a lot of preparation ahead of time. Come try it out. You can bring a team of 4 or come individually and we will place you into teams.

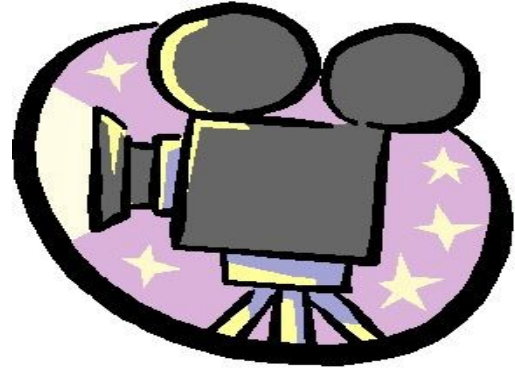
The 2010/2011 Study Guide is available at:

<http://utahcounty4-h.org/htm/contests-and-demos/consumer-bowl>

Video Production Camp

Date: Fri-Sat, February 4-5
Time: 6:00pm Fri. - 5:00pm Sat.
Sign up by: Mon., January 31, call 801-851-8470
Location: Utah County 4-H Extension building and Travel Lodge
Eligibility: 9th-12th graders
Cost: TBA (Must bring a non - 4H member to attend for FREE!)

Come to learn how to shoot, edit, and act in a music video while meeting new people and having a fabulous time.



Family Night Out - Building Trust 7 Peaks Ice Arena



Date: Mon, February 7
Time: 6-8pm
Sign up by: January 31, call 801-851-8470
Cost: \$5 for a family of 4 and \$1 for each additional family member
Location: 7-Peaks Ice Arena, 100 North 7 Peaks Blvd, Provo
Eligibility: All 4-H families

Come on out for a night of family fun at the 7-Peaks Ice Arena. Have fun skating with your family and learn how to build trust with one another!

Last year we had more people attend than the facility could accommodate, so we will take reservations this year on a first come first serve basis.

Call the 4-H office to reserve a place and make payment.

Utah County 4-H Scholarship Applications

Due date: Tues, February 1
Eligibility: 12th grade 4-H'ers.

This scholarship is for 4-H youth interested in applying to USU that have been actively involved in 4-H. This is an excellent opportunity. Must be in 12th grade. Send your Utah 4-H Portfolio to the county office to apply.

The Utah 4-H state office also offers a variety of smaller scholarships. For information go to www.utah4h.org/html/scholarships. State office applications are due February 14th.



Senior 4-H Portfolio

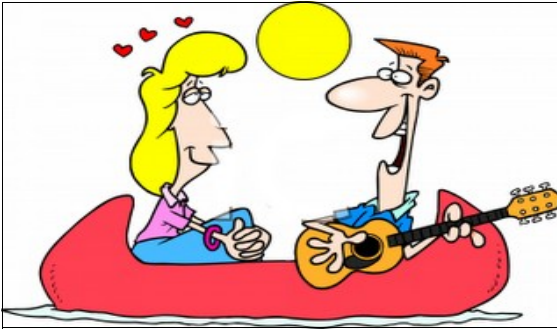


Due date: Tues, February 1
Eligibility: 9th-12th graders.

All 9th-12th graders please turn in your 4-H portfolios in the Utah County Office for state competition. Youth will then be selected to continue on to the State 4-H Contest portfolio interviews. The winners of the state 4-H contest will then be selected to go on to the National 4-H Congress in Atlanta, Georgia!!

Sweetheart Dinner

Special Guest Speaker/Entertainment: Craig Jessop



Date: Sat, February 12
Time: 6:30-8:30pm
Sign up by: Fri, February 4, call 801-851-8470, spots available for 75 couples
Cost: \$45 per couple for dinner & entertainment or \$10 per person for speaker and entertainment only
Location: Historic Courthouse Rotunda, 51 S. University Ave. Provo

Come enjoy a wonderful dinner with your sweetheart and hear from special guest speaker, Craig Jessop,

former Director of the Mormon Tabernacle Choir and current Dean of the Music Department at Utah State University. He will also be bringing students to perform.

Sponsored by the USU Utah County Alumni Chapter & Utah County 4-H. All proceeds go toward the USU Utah County Scholarship program.

Leader's Banquet & 4-H Leader Awards

Date: Sat., February 26
Time: 6:30-8:00pm
Sign up by: Fri, February 11, call 801-851-8470
Location: Historic Courthouse Rotunda
Eligibility: All 4-H families

Come join us for a night of Greek Mythology and fun. Dinner will be provided and awards for 4-H service will be presented. We will also be constructing Greek buildings and having a Greek dress up contest.

Space is limited to 160 people total, so reservations will be taken on a first come first serve basis.



World of Work, 4-H Impromptu Public Speaking, & 4-H



Date: Wed., February 23

Time: 3:00-7:00pm

Sign up by: Wed., February 16, call 801-851-8470

Location: Utah County 4-H Offices, 100 E Center St. L
-400, Provo

Eligibility: 9th-12th graders

World of Work

In the World of Work Contest, contestants submit a resume and job application and then interview with human resource professionals.

4-H Impromptu Public Speaking

In the Impromptu Public Speaking Contest, contestants will randomly select three different topics and then will have to choose a topic and give a 3-5 minute speech on that topic.

4-H Public Speaking

In the Public Speaking Contest, contestants give a 6-8 minute original speech specifically related to their 4-H experience.

Contest guidelines can be found at:

<http://www.utah4h.org/htm/events-registration/statecontests>

Junior Teen Retreat

Dates: March 11-12

Sign up by: March 1, call 801-851-8470

Cost: \$30 with \$15 scholarships for the first 30 kids

Location: Jolene's Home, 585 W 10 N in Lindon

Eligibility: 5-7th grade 4-H'ers (grade now)

Calling all suspects! Step into the world of Clue as you are finger printed and learn to decode hidden messages. Come and enjoy a night full of mystery games and help us find the clues to solve the crime of the night. But beware, you might be the next victim! Dinner and breakfast will be provided. If parents are interested in chaperoning please let us know.



Healthy Cuisine Contest

Date: Thursday, March 31

Time: 4:00pm

Sign up by: March 1, call 801-851-8470

Location: Orem Jr High cooking lab, 765 N 600 W, Orem

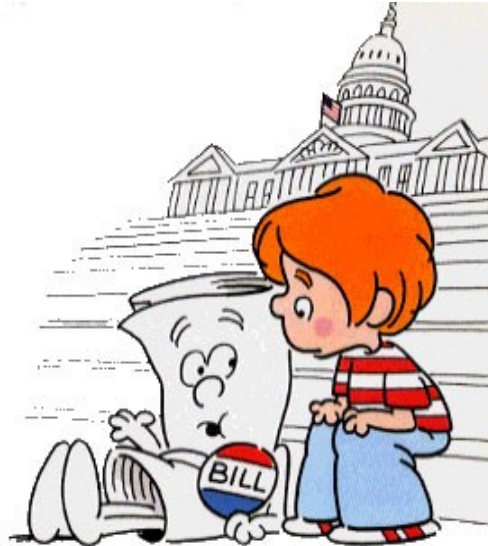
Eligibility: All 4-Her's (individually or in teams of two)

Contestants have 60 minutes to prepare and serve a full healthy meal to one judge, including clean up. Contestants also fill out a daily meal plan which includes the meal they are serving.

Worth 2 4-H Achievement Points.



Mock Legislature Applications Due



Date: Tue, April 19th (tentative)

Time: 9:30am-3:30pm

Sign up by: March 1, applications and information are available at utah4-h.org.

Cost: \$15 (tentative)

Location: Utah State Capitol

Eligibility: 9th-12th grade 4-Her's

Come sit in the actual seats of your Legislators, and represent your county in the legislative process! Experience first-hand the legislative process, make new friends, and have a great time!

100 E. Center St. L400

Provo, UT 84606

Phone: (801) 851 8470

Fax: (801) 343-8065

www.utahcounty4h.org



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