



November 2011

Utah County 4-H Newsletter

NOVEMBER

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14	Teen Day Camp "Pirates of the Caribbean"
20-21	"Got Cows" Teen Winter Camp
20-21	Authors Babysitter & Cooking Camp
23	Leaders Council 11:45am Teen Council 4:00pm Jr. Ambassadors 4:00pm
26	Consumer Bowl Contest



ATTENTION:

Reservations for activities are now made only at time of payment. We accept Visa, Mastercard, Checks, and Cash. Thanks!

Messages you leave saying you want to sign up DO NOT mean that you are signed up and WILL NOT be returned. You need to talk to us person to person!!! So KEEP calling!

Mentoring Conference

Date: Friday-Saturday, November 4-5th

Time: Meet at the 4-H office Friday at 5:15pm to carpool or meet at the Lodge at 6:00pm. The conference will end at 12:00pm on Saturday.

Sign Up By: **There is still time to sign-up! So call 801-851-8475 to sign up ASAP!!**

Cost: FREE

Location: BYU Timp Lodge

Eligibility: All 4-H Mentors

All mentors are invited to join in on the fun at our annual mentor conference. This overnight experience will be packed with workshops such as How to Connect with Your Mentee, Basics of Mentoring, Activity Planning, and much more! There will also be plenty of food, games, and prizes for the mentors that come to enjoy and win!



Healthy Cuisine Contest

Date: Tuesday, November 15th

Time: 4:00pm - 7:30pm

Sign up by: November 8th call 801-851-8470

Location: Oak Canyon Jr. High 111 S Canal Dr.

Lindon, UT 84042

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. **This contest has been held in the spring in past years so note this change.**



Junior Ambassadors

Has started up again! They will meet the same time as Teen Council the 4th Monday of every month at 4:00pm. This is for all current 7th & 8th graders.

Come and have fun with your friends!

Turkey Show



Date: Friday - Saturday, November 11-12th

Time: Friday 7:00am-12:00pm
Saturday 8:00am-12:00pm

Location: Friday - Processing Plant, 11000 W 11600 N
Bothwell, UT
Saturday - Box Elder County Fairgrounds Auction
Barn, 400 N 1000 W, Tremonton, UT

Eligibility: 4-H Members

For additional information contact Jim Jensen 851-8474

4-H Thanksgiving Food Drive

Please help us by donating to our Thanksgiving Food Drive. Simply bring your items to the *Family Movie Night & Achievement Awards* in November. All families that donate will be entered into a raffle for the evening! All food will go directly to helping local families! We are in need of the following items:

- *Gravy Packets*
- *Brown & Serve Rolls*
 - *Pie Crust*
 - *Pumpkin Pie Mix*
 - *Stuffing Mix*
- *Vegetables (i.e. canned green beans or corn)*
 - *Canned Yams*
 - *Jello Mix*

Sewing Training

Will be January 10-12 at Thanksgiving Point.
The registration date is not known yet, but keep an eye out for when we announce the date
....this fills up very quickly!

4-H Family Movie Night & Achievement



Eligibility: All 4-H'ers and their families

This year we will be combining Family Night with the 4-H Achievement Night program. Come support all our 4-H youth as we honor their achievements over the last year and then have some fun watching a movie afterwards with popcorn and snow cones!

Examples of some of the awards given include:

First Year & Mini Certificates: For all 4-Hers who just completed their first year in 4-H or were a mini 4-Her this year. (Must be enrolled by June 1, 2010)

Year of Completion Pins: Every 4-Her in attendance will receive a pin indicating the year they just completed in 4-H. THEY MUST BE IN ATTENDANCE AT ACHIEVEMENT NIGHT TO RECEIVE A PIN.

4-H Contest Winners: All the 4-H contest winners will be receiving their trophies at Achievement Night if not already presented at the Utah County Fair.

4-H Portfolio Competition Winners: Numerous awards will be given to the top 4-Hers in the 4-H Portfolio Competition for the outstanding work they have done in 4-H this year. Awards such as Outstanding Portfolio, Category Awards, Project Pins and Incentive Awards will be given.

4-H Achievement Awards: Youth who participated in numerous activities sponsored by the County and State 4-H program will be recognized for their level of involvement.

Achievement Night

Youth

Program

SENIOR CONTEST WINNERS

Sponsored by Cinemark USA, Inc.

Eric Babb
Russell Babb
Taylor Beck
Lexi Biesele
Christie Bunnell
Emmali Coral
Aislynn Edwards
Tyler Galt
Logan Jensen
Melissa Larsen
Robin Looney
Amber McClain
Izaak Neil
Matteo Neil
Christian Oaks
Kamery Olsen
Kelly Olsen

Malinda Olsen
Dallin Poulson
Kristen Prior
Shad Prior
Rachael Richter
Rebecca Richter
Caleb Rodgers
Dillon Shepherd
Josie Slade
Oliver Slade
Elissa Sump
Megan Sump
Danny Thacker
Kayden Worthington
Eliza Young
Melia Young

TEEN LEADERSHIP AWARD

Sponsored by Department of Workforce Services

Christie Bunnell
Matteo Neil

Josie Slade
Oliver Slade

ACHIEVEMENT SCORECARD AWARDS

Sponsored by C-A-L Ranch Stores

GOLD AWARDS

\$50 Cash

Eric Babb
Russell Babb
Devin Bunnell
Dallin Bunnell
Christie Bunnell
Ann Elgaaen
Katelyn Elgaaen
Garrett Fife
Teagan Fife
Anna Guthrie

Leah Guthrie
Joseph Hardin
James Lakko
Matteo Neil
Kamrey Olsen
Josie Slade
Oliver Slade
Foreman Spaeth
Audrey Spaeth
Katherina Spaeth

Danny Thacker
Richard Whitworth
Celine Whitworth
Joseph Whitworth
Reagan Whitworth

SILVER AWARDS

\$25 Cash

Parker Boley
Jerod Boley
Aislyn Edwards
Jacob Elgaaen
Michael Gudmundson
Enoch Hardin
Logan Jensen
Sahara Mitchell

Izaak Neil
Lindsey Olsen
Porter Olsen
Devin Orton
Erica Orton
Elissa Sump
Megan Sump
Alyssa Tanner

Jenna Walker
Hailey Walker
Andrew Wang

BRONZE AWARDS

\$10 Cash

Jayden Cory
Alexandra Drury
Ashley Gudmundson
Tyler Johnson
Alyse Lewis
Natassja Neil
Jennica Orton

Jacob Sump
Devin Tanner
Spencer Walker

COUNTY CONTESTS

Sponsored by Utah County Commissioners

CONSUMER BOWL

Dallin Bunnell
Devin Bunnell
Jayden Cory
Joseph Hardin
James Lakko
Foreman Spaeth
Katherina Spaeth
Andrew Wang

DEMONSTRATIONS

Gideon Argyle
Spencer Argyle
Tiana Argyle
Leah Blackmore
Ann Elgaaen
Jacob Elgaaen

Katelyn Elgaaen
Katelyn Elgaaen
Emily Elgaaen
Garrett Fife
Teagan Fife
Anna Guthrie

Leah Guthrie
Joseph Hardin
Claire Lewis
Megan Spotten
Alyssa Tanner
Andrew Wang

WORLD OF WORK

Stephanie Miskin
Audrey Spaeth
Foreman Spaeth
Katherina Spaeth

HEALTHY CUISINE

Ashley Eyre
Joseph Hardin
Camilla Kellems
Mary Kellems
James Lakko

Marc Mineer
Carly Payne
Audrey Spaeth
Foreman Spaeth
Katherina Spaeth

Hailey Walker
Jenna Walker
Andrew Wang

FAVORITE FOODS

Devin Bunnell
Garrett Fife
Teagan Fife
Anna Guthrie
Whitney Harper
Tyler Johnson
Sara Kofford

Erica Orton
Katherina Spaeth
Kennedy Voran
Hailey Walker
Spencer Walker
Andrew Wang

IMPROMPTU PUBLIC SPEAKING

Devin Bunnell
Anna Guthrie
Leah Guthrie

FASHION CONSUMER STRATEGIES

Garrett Fife
Teagan Fife
Aubrey Maw

CHEF EXTRAORDINAIRE

Thea Neil

TRY TEAMS

SILVER AWARDS

\$15 4-H Service Bucks

Rebecca Richter
Matteo Neil
Elissa Sump
Oliver Slade

Josie Slade
Michael Gudmundsen
Russell Babb

GOLD AWARDS

\$20 4-H Service Bucks

Rachael Richter
Dustin Haskell
Layne Haskell

PORTFOLIO COMPETITION

MOST OUTSTANDING PORTFOLIO

Sponsored by C-A-L Ranch Stores

Senior Christie Bunnell
Senior Russell Babb
Senior Logan Jensen
Intermediate Teagan Fife
Intermediate Dallin Bunnell
Intermediate Katherina Spaeth
Junior Garrett Fife
Junior Devin Bunnell
Junior Audrey Spaeth

PROJECT CATEGORY WINNERS

CITIZENSHIP & CIVIC EDUCATION

Sponsored by Covenant Communications & CLAS Ropes Course

Senior Richard Whitworth

Intermediate Alyssa Tanner

Junior Garrett Fife

COMMUNICATION & EXPRESSIVE ARTS

Sponsored by Heindselman's and Covenant Communications

Senior Josie Slade

Intermediate Anna Guthrie

Junior Parker Boley

CONSUMER & FAMILY SCIENCE

Sponsored by Heindselman's and Covenant Communications

Senior Oliver Slade

Intermediate Reagan Whitworth

Junior Sahara Mitchell

Junior Alexandra Drury

ENVIRONMENTAL EDUCATION & EARTH SCIENCE

Sponsored by Diane Stratton

Senior Eric Babb

Intermediate Jerod Boley

Junior Devin Bunnell

HEALTHY LIFESTYLE EDUCATION

**Sponsored by The Stitching Corner Inc. &
Covenant Communications**

Senior Kamry Olsen

Intermediate Foreman Spaeth

Junior Leah Guthrie

PLANT & ANIMAL

Sponsored by Jo-Ann Fabric & IFA Country Stores

Senior Danny Thacker

Intermediate Jayden Cory

Intermediate Lindsey Olsen

Junior Dalaney Drury

Junior Porter Olsen

PERSONAL DEVELOPMENT & LEADERSHIP

Sponsored by The Stitching Corner

Senior Christie Bunnell

Intermediate James Lakko

Junior Audrey Spaeth

SCIENCE & TECHNOLOGY

Sponsored by Covenant Communications

Senior Russell Babb

Intermediate Joseph Hardin

PROJECT PINS

HORSE PINS

Sponsored by American Quarter Horse Association

Delaney Drury

CLOTHING PINS

Sponsored by Coats and Clark Inc. & Singer Sewing Company

Celine Whitworth

Alexandra Drury

Leah Guthrie

Oliver Slade

Ann Elgaaen

FOODS & NUTRITION PINS

Sponsored by Kraft General Food

Matteo Neil

SAFETY PINS

Sponsored by GMC General Motors

Joseph Whitworth

ENTOMOLOGY PINS

Sponsored by Mobay Corporation

Joseph Hardin

BEST STORY AWARD

Sponsored by Covenant Communications

Katelyn Elgaaen

PORTFOLIO INCENTIVE AWARDS

Sponsored by Covenant Communications & CLAS Ropes Course

Andrew Wang
Nattasja Neil

County Ambassador Festival of Trees decorating



Date: Monday, November 28th

Time: 2:30pm

Location: JoLene's House in Lindon

Eligibility: All County Ambassadors

Come and help us decorate our Christmas Tree for the Festival of Trees!

Expansion & Review

Date: Monday, December 5th

Time: 3:45-5:30pm

Sign Up By: **November 28th**, call the 4-H office at 801-851-8470

Cost: FREE

Location: Pizza Pie Café, 2235 N University Pkwy in Provo

Eligibility: All Teen Council & Leaders Council Participants



Expansion and Review is an opportunity to come and share your opinion on the events this year in 4-H and plan for next year. What should we do again? What was a big hit? How can 4-H help your family?

“Got Cows” Teen Winter Camp



Date: Friday-Saturday, January 20-21st

Time: 4:00pm Friday to 4:30pm Saturday

Sign up by: **December 1st**, call the 4-H Office at 801-851-8470

Cost: \$50, with 1/2 scholarships offered to the first 15 that sign up!

Location: Aspen Grove Family Camp, Provo Canyon

Eligibility: 10th-12th Grade 4-Her's

We will be learning all about what it takes to be an 8 cow person who deserves an 8 cow person. Activities will include cross country skiing, speed dating, snow sculptures, and many more fun and interactive activities. We encourage everyone to recruit a friend to 4-H and bring them along.

-The information flier, parent permission form, and registration form are attached.

Teen Day Camp “Pirates of the Caribbean”

Date: Saturday, January 14th & Saturday, March 10th

Time: TBD

Sign Up By: **January 6th**, call the 4-H office at 801-851-8470

Cost: TBD

Location: 100 E. Center St. in Provo Rms. L700, 800, 900

Eligibility: All 9th-12th graders



BRING A FRIEND!! Come have a day of fun. There will be games, activities, workshops and more! There will a dance or a movie! Come and join us as we sail away on a 4-H adventure!

Utah Child Protection Registry

The Utah Child Protection Registry is a unique program that empowers families to stop adult advertisements from reaching their children's e-mail addresses, mobile phone numbers, and instant messenger IDs. The free program is administered by the Division of Consumer Protection and enforced in conjunction with the State Attorney General's Office.

The State Attorney General's Office has made the following statement regarding 4-H:

"4-H has been mentoring Utah's youth for almost 100 years, and not only does Utah 4-H offer children a place to create, learn and have fun, but they provide communities with valuable resources to help protect family values. One program I support and encourage Utah families to participate in, is the Utah Child Protection Registry. The Registry was created to give families a tool to stop adult product advertisements like alcohol and tobacco from reaching their children's inboxes. Please take the time to learn about the Utah Child Protection Registry by getting information from your local 4-H office or by visiting www.utah4h.org."

The Utah Child Protection Registry is not a spam filter or a service that "blocks" unwanted messages. Companies and marketers are prohibited from sending messages for products or services that are illegal under Utah law for minors to purchase. These include but are not limited to alcoholic beverages and products, tobacco products, pornographic materials, and/or gambling services.

For more information or to register today, go to www.donotcontact.utah.gov.

Consumer Bowl Contest



Date: Thursday, January 26th

Time: 4:00pm

Sign up by: January 19th, call the 4-H Office at 801-851-8470

Location: 100 E. Center St. in Provo Rms L700 & 800

Eligibility: All 4-H Members

Youth compete in a quiz bowl type contest answering questions related to the Consumer & Family Science curriculum area, including foods and nutrition, financial management, clothing and textiles, consumer decision making, and child care. 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/html/contests-and-demos/consumer-bowl>

Worth 2 4-H Achievement Points.

Authors Babysitter & Cooking Camp

When: Friday, January 20th - Saturday, January 21st

Where: Health and Justice Bldg.
150 S. University Ave. Rm. 1600

Who: 5th grade and up

Cost: \$20.

Information: A 2 day camp where each participant will make an Activity Book, make a toy, cook creative foods for little ones and publish their own Children's Picture Story Book.

This camp is designed to enhance many skills.

Friday Evening 6:00 - 9:00

- Create a fun, Babysitters Activity (*Quiet*) Book
- Make & Taste several yummy child friendly treats

Saturday 10:00 - 2:30 pm

- Children's Book Authors will teach you to write and create your own Children's Picture Story Book. Bound before you go home.
- Make a toy to compliment your book.
- We are making a children's friendly lunch with desserts for all participants then assemble a Children's Recipe Book to take home,

Sign up early through the 4-H office. We will send you the information to begin your story book ahead of time.

Call with all your Questions: Monti at [801.602 4871](tel:801.602.4871)

**TURKEY
BOWL
TIME!**



100 E. Center St. L400
Provo, UT 84606
Phone: (801) 851 8470
Fax: (801) 343-8065
www.utahcounty4h.org



GOT COWS?

FINDING AN EIGHT COW RELATIONSHIP

4-H TEEN WINTER RETREAT

JAN 20-21, 2012

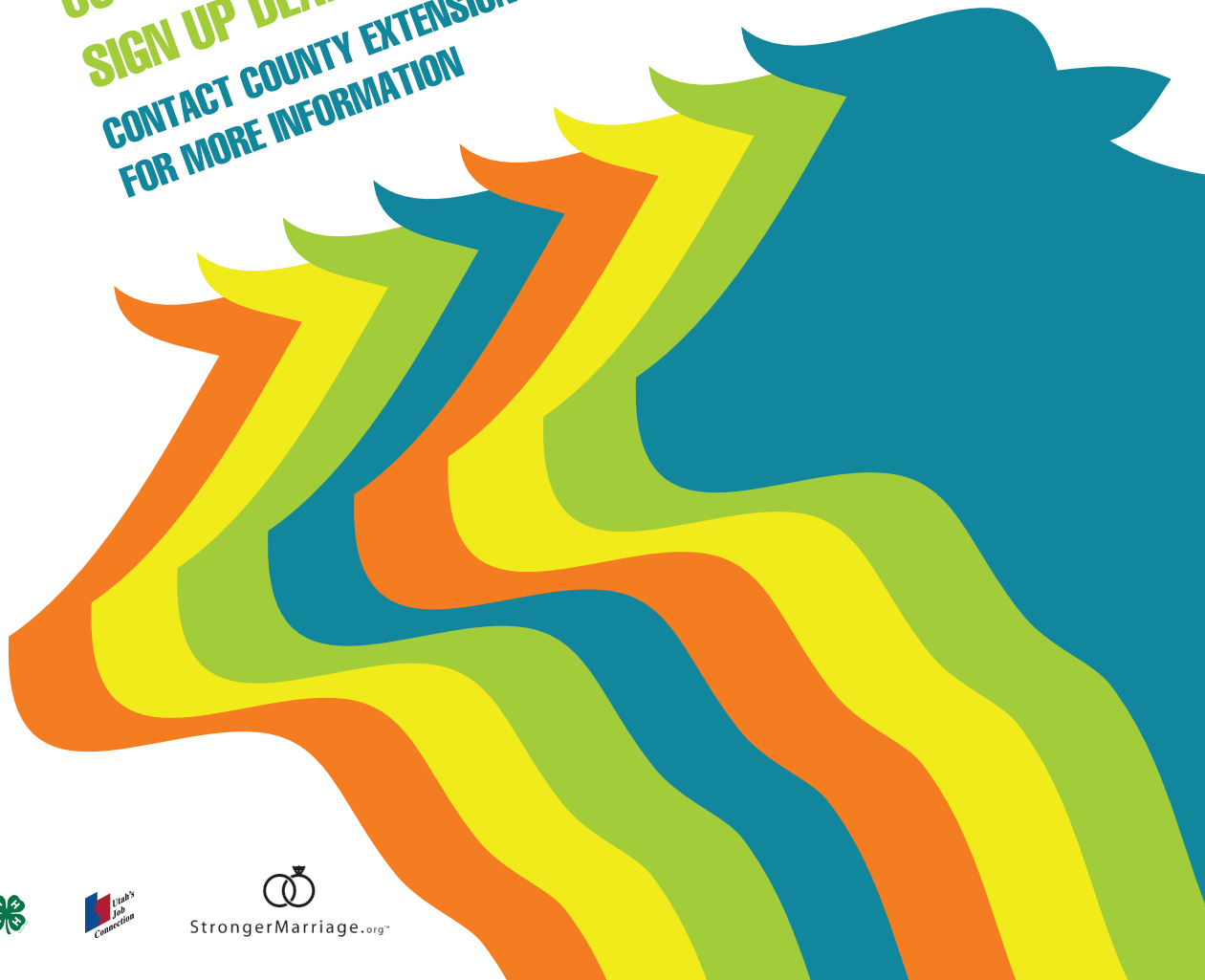
ASPEN GROVE "UP PROVO CANYON"

9-12 GRADES INVITED

COST: \$50.00

SIGN UP DEADLINE: DEC 1ST

CONTACT COUNTY EXTENSION OFFICE OR VISIT UTAH4-H.ORG
FOR MORE INFORMATION



GOT COWS?



FINDING AN EIGHT COW RELATIONSHIP

4-H TEEN WINTER RETREAT APPLICATION

JANUARY 20-21, 2012

ASPEN GROVE – PROVO CANYON, UTAH

9-12 GRADES INVITED

COST IS: \$50.00

SIGN UP DEADLINE: DEC. 1ST



Application & Lodging Form Instructions:

1. Please submit one form for each participant
2. Please print clearly or type all information
3. Duplicate as needed

Participant Information:

First Name _____ Last Name _____

Street Address _____ City _____ State _____ Zip _____

Phone # (_____) _____ County _____

Birthdate (mm/dd/yy): _____ Age (As of Oct. 1, 2011): _____ Email: _____

Gender: Male Female

Current Grade in School: Freshman Sophomore Junior Senior

Adult T-Shirt Size (please check one): SM MED LRG XL XXL XXXL

Race/Ethnicity (please check one):

American Indian/Alaska Asian/Pacific Islander Black Hispanic White

Participation (please check one):

Teen Adult Advisor USU Extension Staff Other: _____

Would you prefer cross-country skiing or snowshoeing? (please check one)

Cross-country skiing Snowshoeing

Please list the names of those you want to room with:

1- _____ 2- _____ 3- _____

Special Services Requests

Five working days' notice is needed to prepare materials and services

Reasonable accommodation is available for persons with disabilities. Please check here for additional information.

Please check here if you have special dietary restrictions, and explain your requirements: _____

Attached is a parent permission form. If you will allow your teenager to participate in relationship dynamic survey at the completion of the retreat, please sign attached form and return with application.



USU IRB Approval: March 11, 2010; Page 1 of 2
Approval Terminates: 03/10/2011
Protocol #2587
IRB Password Protected per IRB Administrator

Department of Family, Consumer, and Human Development
2905 Old Main Hill
Logan UT 84322-2905
Telephone: (435) 797-1501

PARENT PERMISSION

Assessing Relationship Dynamics

Professor Bradford in the Department of Family, Consumer, and Human Development at Utah State University is conducting a research study to find out more about relationship dynamics. You have been asked to take part because you are attending a program on healthy relationships. There may be potentially up to 220 total participants in this research. The purpose of this research is to explore the experiences of having attended these programs, and the relationship dynamics of people who attend relationship education classes.

Procedures: As part of the classes on relationships, your child will be asked to fill out a survey of his/her experience in the relationship education program. This survey will be filled out at the end of the program, and may take about 5-8 minutes.

New Findings During the course of this research study, you will be informed of any significant new findings (either good or bad), such as changes in the risks or benefits resulting from your child's participation in the research, or new alternatives to participation that might cause you to change your mind about allowing participation in the study. If new information is obtained that is relevant or useful to you, or if the procedures and/or methods change at any time throughout this study, your consent to continue participating in this study will be obtained again.

Risks Participation in this research study may involve some added risks or discomforts. These may include any potential discomfort that may come from answering questions about your child's knowledge of relationships and about their own relationship dynamics, present or future.

Benefits There may or may not be any direct benefit to your child from these procedures. One possible benefit will be learning scientifically sound principles of healthy relationships. The investigator, Dr. Bradford, may learn more about how relationship education has impact on participants' attitudes and their current relationship dynamics.

Explanation & offer to answer questions The County Extension Agent Naomi Brower (801-399-8206) or Kay Bradford (435-797-5454) has explained this research study and can answer your questions. Please contact one of these people if you have other questions or research-related problems.

Extra Cost(s) / Payment/Compensation There are no costs nor payment for participation.

Voluntary nature of participation and right to withdraw without consequence Participation in research is entirely voluntary. You may refuse to allow your child to participate or withdraw him/her at any time without consequence or loss of benefits. Your child is free to attend relationship education classes without taking part in this research, and is free to seek other sources of information on relationships. Your child may be withdrawn from this study without your consent by the investigator if his/her participation is no longer appropriate (e.g., if he/she is not a participant in relationship education).

Confidentiality Research records will be kept confidential, consistent with federal and state regulations. Only Drs. Bradford, Higginbotham, and Skogrand, and their research assistant will have access to the data which are



USU IRB Approval: March 11, 2010; Page 2 of 2
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IRB Password Protected per IRB Administrator

Department of Family, Consumer, and Human Development
2905 Old Main Hill
Logan UT 84322-2905
Telephone: (435) 797-1501

PARENT PERMISSION
Assessing Relationship Dynamics

kept in a locked file cabinet in his locked office. No name is given on the survey, and participants are not identified by name, nor are asked for specific identifying information. No name is linked to the data. The investigator will enter the information on the computer, and then destroy the paper copies of the surveys once the information is entered (about four month’s time).

IRB Approval Statement The Institutional Review Board for the protection of human participants at USU has approved this research study. If you have any pertinent questions or concerns about your rights or a research-related injury, you may contact the IRB Administrator at (435) 797-0567 or email irb@usu.edu. If you have a concern or complaint about the research and you would like to contact someone other than the research team, you may contact the IRB Administrator to obtain information or to offer input.

Copy of consent You have been given two copies of this Informed Consent. Please sign both copies and retain one copy for your files.

Investigator Statement “I certify that the research study has been explained to the individual, by me or my research staff, and that the individual understands the nature and purpose, the possible risks and benefits associated with taking part in this research study. Any questions that have been raised have been answered.”

Signature of PI: Kay Bradford, PhD, LMFT

Principal Investigator
(435) 797-5454; k.bradford@usu.edu

Signature of Co-PI: Brian Higginbotham, PhD, Family Life Extension Specialist

Signature of Co-PI: Linda Skogrand, PhD, Family Life Extension Specialist

Signature of Participant By signing below, I agree to allow my child to participate.

Name of Child

Parent or Guardian signature

Date