



October 2011

# Utah County 4-H Newsletter



## OCTOBER

- 3 County 4-H Portfolios Due
- 3 Teen Leadership Award Due
- 3 Achievement Scorecards Due
- 5 Portfolio Judging (Call the office to sign up)
- 20-22 Teen Leadership Training 9th - 12th grade
- 24 Teen Council  
Leaders Council
- 24 Family Night Out - Halloween Carnival

## NOVEMBER

- 4 TRY Team Training
- 4-5 Mentoring Conference
- 11-12 Utah Turkey Show
- 14 4-H Family Movie Night & Achievement Awards
- 15 Healthy Cuisine Contest  
(Note: not in the spring this year!)
- 28 County Ambassador-Festival of Trees tree decorating

## DECEMBER

- 5 4-H Expansion & Review
- 20-21 "Got Cows" Teen Winter Camp



# Happy Halloween!

## Portfolios and Achievement Scorecards Due



**Due:** Monday, October 3rd

**Time:** By 5:00pm

**Return to:** 100 E Center St L400, Provo, UT 84604

Be sure to have your Achievement Scorecards filled out and turned in by October 3rd. Return these to the Utah County 4-H office. No Scorecards will be accepted after this date. An updated copy of the Scorecard is attached. Portfolios are also due on this date.

## 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!

## Utah County 4-H Scholarship

**Due:** Monday, October 3rd (Portfolio is due)

**Eligibility:** 4-Her's in 12th grade with a 4-H Portfolio

Youth interested in attending Utah State University can apply for our Utah County 4-H Scholarship. Youth must have a 3.0 GPA and a compiled 4-H Portfolio. Your Portfolio is due October 3rd and scholarships will be announced at Achievement Night in November. Additional 4-H scholarships are available from the State 4-H Office and are due February 15th. Check the state website for details: <http://www.utah4h.org/>.



## Utah 4-H TRY Training Retreat

**Date:** Friday-Saturday, November 4-5th

**Time:** TBA

**Cost:** \$15 includes food and supplies

**Sign up by:** **October 10th**, call 801-851-8470

**Location:** Thanksgiving Point

**Eligibility:** All 8th-12th graders



### What is TRY?

TRY stands for Teens Reaching Youth. It is the newest leadership program sponsored by Utah 4-H. You do not have to be enrolled in 4-H to get involved. We are currently recruiting TRY Teams throughout the state. A team is made up of 2-4 teens and their adult coach. The Utah 4-H TRY Program is open to Utah Teens, grades 8th-12th. Here is your chance to get trained on exciting new projects, mentor younger kids, build your portfolio, all while having a blast!

### Example of the TRY Impact

The TRY delivery model incorporates all three 4-H Mission Mandates. The focus of our work will be to encourage healthy lifestyles in both the teens and the children they teach. The science mission mandate is addressed through the training and teaching about food science, gardening and video production lastly as this program is a service learning program for the teens who volunteer their service. With the three 4-H Mission Mandates combined, this program will engage youth in the Revolution of Responsibility to make themselves and their community a better place.

At this retreat, teams and their coach will have a choice of being trained in one of the following trainings:

- **Health & Nutrition from the Garden:** Children are motivated to eat the fruits of their labor in their study of "Health and Nutrition from the Garden." This imaginative curriculum teaches children that growing and eating nutritious fruits and vegetables is rewarding and fun. This includes activities on gardening, healthful snacks, food safety and the ABC's of healthful eating.
- **Getting Kids Outside:** The growing movement to deficit disorder" can be fun and engaging for teens. Activities that encourage kids to "get outside" will be shared to start getting kids moving and exploring outside.

## Family Night Out - Halloween Carnival



**Date:** Monday, October 24th

**Time:** 6:30pm

**Cost:** Free

**Location:** Historic Courthouse in the Ballroom/Rotunda

**Eligibility:** All 4-Her's

Dress up and bring the whole family for an evening of fun, games, tricks & treats!

## 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:** **Friday, October 28th**

**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 4th**, 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.**

## 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 Family Movie Night & Achievement Awards

**Date:** Monday, November 14th

**Time:** 6:30-9:00pm

**Location:** Utah County Health & Justice Building Rm. 1600 & 1601 in Provo

**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.

## Junior Ambassadors

Will be starting 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!

## 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!

## 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!

## 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:** TBD

**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



# "Got Cows" Teen Winter Camp



**Date:** Friday-Saturday, January 20-21st

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

**Sign up by:** **December 2nd**, 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 4Her'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.

# Be Safe Trick-or-Treating

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





Utah 4-H is teaching an overnight TRY Training Retreat at Thanksgiving Point. Cost is \$15, which includes food and supplies. Teams will arrive on Friday night and stay through Saturday. Space is limited, application deadline for all TRY tracks is October 10, 2011.

Select one Utah 4-H TRY Track you and your team prefer:

- Health & Nutrition from the Garden: Children are motivated to eat the fruits of their labor in their study of "Health and Nutrition from the Garden."
Getting Kids Outside: The growing movement to reconnect children and nature, and to battle "nature deficit disorder" can be fun and engaging for teens.

A team is made up of 2-4 teens and an adult coach. If you sign up for Utah 4-H TRY Training and come as a team of 2-4 teens and an adult coach and commit to teach the curriculum to at least 15 youth, your TRY Team members (including adult coach). Teams can apply for a travel reimbursement. We will contact teams to let them know if accepted.

1- \_\_\_\_\_ 2- \_\_\_\_\_ 3- \_\_\_\_\_

4- \_\_\_\_\_ 5- \_\_\_\_\_
NAME OF ADULT COACH: \_\_\_\_\_

TRY Team Training Scholarship
Training fee Waiver # of people @ \$15 \$ \_\_\_\_\_
Estimated costs: Lodging \$ \_\_\_\_\_
Mileage \$ \_\_\_\_\_

FULL PAYMENT IS REQUIRED WITH REGISTRATION \* unless requesting a fee waiver

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/Alaskan [ ] Asian/Pacific Islander [ ] Black [ ] Hispanic [ ] White

1. Describe previous 4-H involvement (if any): \_\_\_\_\_

2. Describe previous leadership experiences, including community, school, 4-H, and other organizations. This may include elected offices, serving on committees or boards, or efforts in planning and organizing events and activities: \_\_\_\_\_

3. Describe previous teaching and/or public speaking experiences, including community, school, 4-H, and other organizations: \_\_\_\_\_

4. List major 4-H, school, and/or community accomplishments and honors: \_\_\_\_\_

5. In 50 words or less explain why you should be selected to serve in this role: \_\_\_\_\_

### 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 attach an explanation of your requirements.

### Method of Payment - full payment is required with registration.

- Check enclosed made payable to Utah 4-H
- Cash

### Cancellation & Refund Policy

A written cancellation must be received by October 10, 2011 in order to receive a refund. No refunds will be given after the cancellation date. Substitutions will be accepted with advance notice. Utah State University reserves the right to cancel this program due to insufficient enrollment and limits its liability to registration fee refunds only.

### Your application must have all three signatures below to be accepted and valid.

*We understand and approve of the purpose and objectives of this activity, and our signature(s) below represents our approval for participation.*

*I have discussed the responsibilities of this leadership role with my family and am prepared to fulfill the commitments.*

\_\_\_\_\_  
4-H Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
County Extension Agent Signature

\_\_\_\_\_  
Date

*Special Thanks to National 4-H Council, Walmart, USU Extension and Thanksgiving Point.*



**WAL★MART**

**UtahStateUniversity**   
COOPERATIVE EXTENSION



### Please send to:

Corinne Mayberry  
Thanksgiving Point  
3003 N. Thanksgiving Way  
Lehi, UT 84043-3506  
Fax (801) 768-4941 or  
(801) 768-4958  
[cmayberry@thanksgivingpoint.org](mailto:cmayberry@thanksgivingpoint.org)

Your application packet must include the following items to be eligible:

- FULL PAYMENT IS REQUIRED WITH REGISTRATION**
- The completed two page application form with required signatures
- The signed Medical History/Code of Conduct Form/Photo Release Forms:  
<http://utah4-h.org/htm/general-forms/club-enrollment>

**Questions? Please call (801)768-4944**