



4-H Newsletter Clover Connection

Utah State University Extension

Salt Lake County

January 2009

www.saltlakecounty4-h.org

Volume 2009, Issue 1

Coming soon to Salt Lake County.... 4-H Community Clubs!

Make Friends, Develop Leadership, Create Projects, and Have Fun!

Open to anyone **6th – 9th Grade**

Fun and new projects once a month **Starting in March!**

Upcoming Projects: **Rockets, Photography, Digital Music Videos, Stomp/Hip Hop, Cooking and More!**

Community Clubs will be held **twice a month** at three different locations from **4:00 – 6:00 pm**



North West Recreation Center: Every 1st and 3rd **Monday**

1300 West 300 North

Salt Lake City, Utah 84116

Redwood Recreation Center: Every 1st and 3rd **Tuesday**

3060 South Lester (1585 W 2495 S)

West Valley City, Utah 84119

Magna Recreation Center: Every 1st and 3rd **Wednesday**

3270 South 8400 West

Magna, Utah 84044

(Some dates may change due to school holidays)

Adults! Are you looking for a service opportunity? Have an interest or talent you would like to share? Adults are welcome to attend with their youth or volunteer their time assisting with or leading the projects/demonstrations.

Register Online. If you have any questions or would like more information, please contact Heather Jenkins at heather.jenkins@usu.edu or (801) 468-3539.

Achievement Scorecard

In an effort to offer all 4-H members the opportunity to be recognized for their 4-H participation, Salt Lake County 4-H is implementing the achievement scorecard. This scorecard indicates the various activities and events that a member can earn points for participating in Salt Lake County 4-H. At the end of the year, the members tally their points; and if the points total 15 or above, the member earns an award at Achievement Night.

Achievement Scorecard is available on-line at

<http://saltlakecounty4-h.org/hm/awards-recognition/achievement-scorecard>.



Marcelle Smith, 4-H Extension Agent	468-2695
John Wesley, 4-H Extension Agent	468-3183
Cathy Hashimoto, 4-H Outreach Coordinator	468-3130
4-H Information Desk	468-3180
Extension Information Desk	468-3179

Western National Roundup

The following 4-Hers will be representing Salt Lake County 4-H, Utah 4-H, in the Western National Round-up being held January 7- 10, 2009 in Denver, Colorado.

Molly Kranendonk – Fashion Consumer Strategies

Katie Helfrich – Horse Bowl Team

Lindsey Childers

Matt Warner

Megan Rowley

Congratulations for winning the Utah State Contests and earning your way to this awesome competition! Wishing you the best of luck!

Healthy Cuisine Contest

January 15, 2009, 6:00 pm: Junior Level

January 22, 2009, 6:00 pm: Senior and Intermediate Levels, 6 :00 pm

Registration deadline: One week prior to each contest (January 8th and 15th respectively)

*This contest may be done individually or in teams. If you plan to participate in a team you will be judged on the level of the oldest participant in that team.



The Healthy Cuisine contest is Quick Meals revamped, for those of you who have competed in this area before. For those who haven't the following is a short description:

Plan, prepare, and clean-up a nutritious meal in one hour. The meal should include a variety of foods and be low in saturated fats and sodium. You will be judged on appropriate portion sizes, recipe presentation, food safety, and food choice (including nutrition and aesthetics). Please see the official rules and forms at the 4H State website under the link 'state contests'. <http://utah4h.org/htm/events-registration/statecontests> The Healthy Cuisine contest, unlike the Quick Meals contest, **DOES NOT require a MyPyramid analysis**. No more smiley faces! *It will* require an Information and Recipes sheet and Menu sheet, which can both be found on the state website listed above.

For further questions, please contact Sara Oldroyd, FCS Agent, at 801-468-3176

Favorite Foods Contest



February 7, 2009

9:00 am

Registration deadline: Monday, February 2nd

Salt Lake Government Center, 2001 South State Street, Rm S1200

*This contest may be done individually or in teams. If you plan to participate in a team you will be judged on the level of the oldest participant in that team.

Contestants will be judged on their selection, knowledge and presentation of a favorite food. You will bring your dish from home. Be prepared to discuss the favorite food- why it's your favorite, where you got the recipe, any special techniques used in preparing it, and anything you'd like to share about your favorite food. You will have 15 minutes, including set-up and clean-up. A recipe and sample of the food will need to be presented to the judges. For further details please see the Utah 4-H website:

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

For further questions, please contact Sara Oldroyd, FCS Agent at 468-3176.

Entrepreneurship/World of Work Contests February 7, 2009

Entrepreneurship Contest: Intermediate (grades 6-8) and Senior (grades 9-12) division 4-H youth are eligible to participate in the Entrepreneurship Contest on February 7, 2009. Youth will present a business plan concept to a panel of judges. The concept should include the idea for a business, the purpose, target market, name and idea of the finances to begin the venture. They may chose to present an idea for a proposed business or an actual business they have started.

Time: 9:00 am

Place: Salt Lake County Government Center , 2001 South State South Building, Rm S1200

Deadline for Registration: January 30, 2009

World of Work Contest: Senior (grades 9-12) division 4-H youth are eligible to participate in the World of Work Contest on February 7th, 2009. Youth will prepare a resume, complete a job application and participate in an interview to evaluate job readiness and interview skills. The resume and job application should reflect an appropriate job opportunity for that youth. All youth planning on applying to be a 4-H Family Camp Counselor should plan on interviewing this day.

Time: 9:00 am

Place : Salt Lake County Government Center 2001 South State, South Building Rm S-1200

Deadline for Registration: January 30, 2009

Register online at <http://saltlakecounty4-h.org/htm/events-and-registration/world-of-work-entrepreneurship-contest>

Sewing Workshop



Saturday, January 24, 2009

Riverton Community Center – 12830 South Redwood Road

9 am to 3 pm

\$5 for lunch, \$6 for non 4Hers

Anyone who can use a sewing machine will be able to participate in this camp. We will be making pajama bottoms and learning how to sew 3 types of zippers: single flap, double flap and invisible. The zippers will be inserted in a pencil case, a make-up bag and a purse. Becky Oliver, a wonderful 4-H leader, will give the instructions on the zippers.

What you will need to bring on your own:

1. Pattern & fabric, thread, elastic, etc. for your pajama bottoms.
2. A sewing machine if you have one – MUST let us know when you register.
3. Scissors and pins..
4. Zipper foot & thread (if you bring your own machine).
5. Youth 12 and under needs to have a 4-H leader, adult, or parent attend to help them. There may be one adult per 3 youth.

Registration online or call Andrea at 468-3180 by Monday, January 19.

If you have time, please have your PJ bottoms cut out.

Video Production/Website Design Contests - Senior Division Only

February 7, 2009 9:00 a.m.

Salt Lake County Government Center

Need at least 3 contestants to hold the contest.

Video Production – Participants, as an individual or a team of two, develop a music video using their choice of music and video production techniques including, but not limited to, video footage, still photography, computer animations, or a combination of techniques.

Website Design – Participants, as an individual or a team of two, creates a website on a topic of their choice. They present their website to the judges and participate in an interview about website design. No state contest available for this contest.

See Utah 4-H for contest guidelines at <http://utah4h.org/htm/events/statecontests>.

Leaders Corner

New Club Leader Orientation

January 14, 2009 7:00 p.m. West Jordan Library, 1970 West 7800 South
Please register on-line at www.saltlakecounty4-h.org.

Leaders Council

January 20, 2009 7:00 p.m. Taylorsville City Hall, 2600 West Taylorsville Blvd.

Core Training – Preparing Club Members for Contests, Fair, and Other Events

January 27, 2009 10:30-11:00 a.m. Salt Lake County Government Center
(Note change: Listed last month in the Leaders Corner as the January 22, 2008.) Please register on-line at www.saltlakecounty4-h.org.

2009 Western Regional 4-H Leader's Forum (WRLF)



IT'S NOT TOO LATE—Sign up now!

February 25 - March 1, 2009

Discover the trail which leads to fun and learning to take back to the herd at home.

Go to <http://www.colorado4h.org/wrlf09/> for more information and to register.

Teen Corner

Teen Council

January 26, 2008 4:15 pm Salt Lake County Government Center

Thanks Teen Council Executive Officers

On Saturday the 15th of November, the executive officers of the Teen Leaders 4-H Council ran an officer training activity. 19 youth participated in interactive exercises to teach them about the roles of the officers and what they do. The time was cut short so the three hour workshop turned into a one hour overview. However, the officers did a very good job of shortening the curriculum and the workshop was a success.

By Kelsie Swindells

Family Camp Counselors and Planning Committee

Teens we need you!!! Salt Lake County 4-H Family Camp is going to be held July 20-22, 2009. This year the teens are planning and implementing camp. If you are interested in being a counselor or a member of the planning committee, then set aside February 9, 2008 to interview for that position during the World of Work Contest. Training will be provided during Teen Council on January 26, 2009.

Why TRY?

Join a Teens Reaching Youth (TRY) Team. Selected teams attend a free retreat to learn how to teach fun, hands-on programs for younger youth, selecting one of four project areas: Robotics, GPS, Recharge Nutrition, or Service Learning. TRY Team Training is tentatively set for February 21, 2009. Go online to register.

Why TRY? Enjoy these awesome benefits:

- Great resume experience for work, scholarship, and college applications!
- Gain experience teaching others.
- Make friends!
- Free t-shirt identifying you as a TRY Team member.
- Awards and recognition for you and the youth you teach.
- Be adored by the younger kids you teach!

Highlights of Super Saturday Leadership Training and Special Interest Workshops

Debbie Proctor, Wasatch FCS Agent, taught us how to prepare bread in a bag and then bake it...aaahhh, the aroma....and taught us how to sew a table runner. Everyone in the workshop went home with a completed table runner.

Lauralee Lyons shared the changes being made on the 4-H portfolios. Portfolios are due **February 2, 2009** to the county office, so we can have them up to Logan by February 15, 2009. The previous guidelines will be used to judge the portfolios submitted this year. Begin the new guidelines for the 2008-2009 4-H year and portfolios submitted in 2010 will be judged using the new guidelines.

Club Leaders received insight on how to run a successful club, how to prepare a babysitting kit, what club project resources are available, why involve teens in TRY Teams, and how to get started in the show ring. Thanks to Karen Koford, Peggy Black, Julie Swindells, Cathy Hashimoto, Jennifer Robertson, Marcelle Smith, and John Wesley for teaching these workshops.

Brian Ivie taught club leaders how to create club blogs. Once you have a club blog up and running, let Marcelle know the link and we'll see if we can add it to our Salt Lake County 4-H website. Then members, parents, and other club leaders can know what is happening in your club.

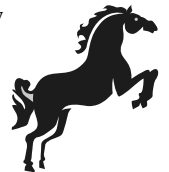
Robotics and GPS TRY Team and Jim French took our basic technology skills and knowledge one step higher in providing advanced training in robotics and GPS. The robotics club is expanding. If you want to get involved, call Theresa Martindale at 209-0043 for more information. Interested in a geocaching club? Register on-line at www.saltlakecounty4-h.org. We will start a club once enough interest is shown.

Two new projects areas were introduced, archery and dog training. These project areas will be offered in open clubs by our new volunteers: Ron Meyers, archery; and Cindy Whitehair, dog training. For information and registration, go to www.saltlakecounty4-h.org.

Thanks to the Teen Council Executive Officers and Julie Swindells for teaching the club officers about their responsibilities.

4-H Horse Shows

Find out how you can support and be involved in the county 4-H horse shows and help out with the state horse show hosted by Salt Lake County by attending the Salt Lake County 4-H Horse Council Annual Rules and By-Laws Meeting beginning at 9:00 am, January 17th in the Sheriff's Posse Building at the Equestrian Center at 11400 S 2200 W in South Jordan. **Important:** For a club to be eligible to vote on decisions to be made, a completed club enrollment must be on file in the 4-H office or given to the 4-H agent prior to the meeting.



Shooting Sports



Beginning in February, the first meeting for shooting sports will be held. During January, please call the 4-H office and register for the program. Participants must have their **Hunter Education Cards** and have parental supervision. Emphasis will focus on archery first. Details will be given to those who register during January.

Livestock Dates

Livestock Dates:

Beef Tagging - March 7, 8-10 am, Equestrian Center (Around 700 Barn and Race Track)

Swine/Sheep - May 6, 6-8 pm & May 9, 8-10 am, Equestrian Center (Sheriff's Posse Building)

County Fair Date - August 5-8



Salt Lake County 4-H Leader's Council:

Officers:

Scott K. Fausett—President
—Vice President
Liz Fitzgerald—Secretary
Brenda Lyman—Treasurer

Key Project Leaders:

Animals—Layne Bird
Citizenship & Civic Education—
Michelle Fausett
Communication & Exp. Arts—
Consumer & Family Science—Karen Koford
Environ. Ed & Earth Science—Layne Bird
Healthy Lifestyles—
Personal Dev. & Leadership—Julie Swindells
Plant Science—Diana Jensen
Science & Technology—
Fund Raising—Kevin Kranendonk
Marketing—Scott K. Fausett
North Area Mentor—Vicki Kranendonk
South Area Mentor—Cem Lyman
Youth Representative—Janielle Scott



Utah State University Extension
Salt Lake County 4-H

2001 South State Street, #S1200
Salt Lake City, UT 84190-2350
(801) 468-3180
www.saltlakecounty4-H.org

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Calendar of Upcoming Events

January 2009

1 Office Closed
7-11 Western Regional National Roundup
14 New Leader Orientation 7:00 pm
15 Healthy Cuisine Jr
17 Horse Rules Meeting
19 Office Closed
20 Leaders Council Meeting
22 Healthy Cuisine Sr/Int
24 Advanced Sewing Pajama Party
26 Teen Council

February 2009

1 Horse Council
2 Senior 4-H Portfolios Due
7 Web Design/Video Productions
World of Work/Entrepreneurship
Favorite Dish
11 New Leader Orientation 10:00 am
16 Office Closed
23 Teen Council
25-1 Western Regional Leaders Forum (WRLF)

March 2009

1 Horse Council
2 Mock Legislation Applications Due
7 Beef Tagging
11 New Leader Orientation 7:00 pm
12-14 Leadermete
17 Leaders Council
21 Robotics
23 Teen Council
26 Core Training

