

# CACHE COUNTY

## CACHE CONNECTION

Volume 8, Issue 4



Date: December 2009

### LOOKING AHEAD TO 2010

A great New Year's resolution to add to your list would be to learn something new, and there is no better place to do that than the USU Extension Office in Cache County! We are particularly excited to offer marriage strengthening classes in 2010. Thanks to funding from the Utah Commission on Marriage and the Department of Workforce Services, we are able to keep the cost of the classes to a minimum and offer them in both English and Spanish. See page 5 for more information about the Dinner Date Nights and register today!

We also offer classes in family finance, nutrition, and food storage. Register early for these classes! They fill up fast. (pages 2, 3 & 4)

The Master Gardener course will be offered once again in 2010. This popular series of horticulture workshops runs from February 4 through April 29, 2010 on Thursday evenings at the Cache County Administration Building. (pages 6-7)

4-H Teen Council has been resurrected! Applications to join are available online or in our office. 4-H Teen Council enables older 4-H youth help with the 4-H program and learn service and leadership at the same time. (page 12)

Those who enjoy rural living will also enjoy participation in Small Acreage workshops to be held early next spring. USU Extension will be hosting evening classes in cooperation with local agricultural businesses. Participants will get great ideas on how to maximize the benefits of their homesteads. (page 8)

Come check out what we have to offer to make you life a little easier and better at the USU Extension Office! Happy Holidays and Happy 2010!

### 4-H RESTRUCTURING MEETING

**Attention all 4-H Volunteers!**

USU Extension in Cache County presents:

**Cache County 4-H Restructuring Meeting**  
**Thursday, January 21, 2010**  
**7:00 p.m.**  
**The Copper Mill Restaurant**  
**55 North Main in Logan (Upstairs)**



Due to budget and position cuts in Cache County, we will need to restructure our 4-H program. Which programs should be eliminated? What programs are invaluable? What underserved audiences need to be reached? Join us on January 21 at the Copper Mill to help us decide. Your input is important to us! For reservations, phone Peggy at 752-6263 by Thursday, January 14, 2010. Seating is limited to 100 on a first come, first served basis.

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**EAT AND EDUCATE 2010****ADRIE'S ALMANAC WINTER 2010****“Eat and Educate” Workshop Series 2010**

Cache County Administration Building, 179 North Main Street, Logan, Suite 109

Time: 11 a.m. – 1 p.m.

Cost: \$2 (\$1 if you pay 24 hours or more prior to the class)

For Reservations or questions call: (435) 752-6263

**Thursday, January 14, 2010      Slashing Costs and Expenses**

Did the holidays break the bank and your budget? Are you finding there is too much month at the end of the money? We'll share a bazillion ideas to help you cut costs and expenses in all areas of your home and life. A light lunch will be served.

**Thursday, February 11, 2010      Food Storage Cooking School: Rice & Oatmeal**

Do you wonder how to incorporate more food storage items into your recipes? Come and learn how to use rice and oatmeal in your daily diet to save money, rotate your food storage, and add fiber to your diet! Several recipes will be demonstrated for you to sample.

**Thursday, March 11, 2010      Emergency Preparedness: Financial Information Binders**

What can we learn from recent floods, fires, and hurricane disasters? What do you need to know and have ready if you are forced to leave your home quickly during a disaster or medical emergency? Learn how to put together a financial information binder for all of your important papers. A light lunch will be served. (Pre-made binders will be available to purchase for \$12.)

**Thursday, April 8, 2010      Food Storage Cooking School: Wheat**

The “queens of wheat berries” are at it again! Our wheat berry recipes for casseroles, sauces, and salads can't be beat! We'll also show you how to make light and fluffy whole wheat rolls. Dig those buckets of wheat out of your basement! You will need and want them after this class! Don't wait for an emergency to start using this important food storage staple.

**Thursday, May 13, 2010      Freezer Mixes and Meals**

Take the guesswork out of cooking by making these freezer meals and mixes ahead of time. This time-saving craze has become very popular for busy households. Make an entire month's worth of meals in one day? Many people swear by this system and would never go back to cooking every night. This class could take a load off your busy schedule! Freezer-ready meals and mixes will be demonstrated and sampled.

**Wednesday, June 23, 2010      Food Storage Cooking School: Dry Milk**

This class will help you put the fun back into using dry milk. Really! We've invented oodles of yummy recipes using dry milk. Your family will never know the difference—and you'll be saving money while you rotate your food storage. Tasting is believing! Come and taste what dry milk can do when used in creative dishes.

For more information, contact Adrie Roberts at 752-6263

**Out of respect for the hearing impaired, no children please.**

# SMART MONEY MOVES

*USU Extension Presents:*

## *A Series of Four Workshops on Money Management*



### **Schedule of Workshops:**

**7-9 p.m.**

**February 24**

*Getting Organized,  
Setting Financial Goals*

**March 3**

*How Does Your Cash Flow?  
Slashing Expenses*

**March 10**

*Credit and Debt  
Identity Theft*

**March 17**

*The Art of Saving Money  
Preparing to Buy a Home*

Plan now to join us for this popular and informative, four-week series of personal and family financial management workshops.

**Cost:** \$15 per person for the entire series, including workshop materials, a binder, handouts, and refreshments. Applications will be accepted on a first-come, first-served basis. Class size is limited to 60. (Out of respect for the hearing impaired, no children please).

**Classes will be held on the dates specified at the:**

Cache County Administration Building, 179 North Main,  
Multipurpose Room, Suite 109

Wednesdays, February 24 and March 3, 10, and 17, 2010  
from 7 - 9 p.m.

*For more information about the workshops,*

*contact Adrie Roberts, USU Extension Agent, (435) 752-6263.*



### **Registration Form**

Name(s) \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Please mark here if you require any special assistance to attend the workshops: \_\_\_\_\_

Detach this form and enclose a \$15 check or money order per person payable to: Cache County Extension.

**Mail or bring to:** USU Extension, Cache County Administration Building, 179 North Main, Suite 111, Logan, Utah, 84321

**UtahStateUniversity**  
CACHE COUNTY EXTENSION

*“Utah State University is an Equal Opportunity/Affirmative Action Employer”*

# Give Your Body the Best With Viva Vegetables!

Classes are held in the Cache County Administration Building Multi-Purpose Room 179 North Main, Logan 435-752-6263

**Call to reserve your spot today!**

Out of respect for the hearing impaired, no children please.

## CLASSES ARE FREE!

Join us for the USU Extension in Cache County Food \$ense Program's Giving Your Body the Best and Viva Vegetables! series.

### 2010 SCHEDULE:

#### Daytime Classes 11:00-12:30

##### **January 28**

Potatoes A Plenty  
Menu Planning and Quick Meals

##### **February 25**

Beautiful Broccoli  
Heart Healthy Eating

##### **March 25**

Lovely Legumes  
My Pyramid

##### **April 22**

Spiffy Spinach  
Milk & Dairy

##### **May 27**

Awesome Asparagus  
Fruits and Vegetables

##### **June 24**

Pleasing Peas  
Food Safety

##### **July 22**

Green Beans Galore  
Grains

##### **August 26**

Summer Squash Sensation  
Breakfast and Snacks

##### **September 2**

Plentiful Peppers  
Dietary Guidelines

##### **November 4**

Crazy for Cauliflower  
Meat, Beans, and Proteins

#### Nighttime Classes 7:00-8:30

##### **January 20**

Potatoes A Plenty  
Menu Planning and Shopping

##### **February 17**

Beautiful Broccoli  
Heart Healthy Eating

##### **March 24**

Lovely Legumes  
My Pyramid

##### **April 21**

Spiffy Spinach  
Milk & Dairy

##### **May 19**

Awesome Asparagus  
Fruits and Vegetables

##### **June 30**

Pleasing Peas  
Food Safety

##### **July 21**

Green Beans Galore  
Grains

##### **August 18**

Summer Squash Sensation  
Breakfast and Snacks

##### **September 15**

Plentiful Peppers  
Dietary Guidelines

##### **November 17**

Cauliflower  
Meat, Beans, and Proteins

#### Topics Include:

- Menu Planning
- Quick Meals
- Dietary Guidelines
- Delicious New Vegetable Recipes

**FREE SAMPLES!**



This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>.

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

# MARRIAGE STRENGTHENING CLASSES

## DINNER DATE NIGHT SERIES

**Utah State University**  
CACHE COUNTY EXTENSION

Want some new ideas to make your marriage even better? Come enjoy four enriching Dinner Dates with us Tuesday evenings in January and February. Each evening will include dinner and an informative presentation to help you strengthen your marriage and deepen your friendship.

**Topics Include:**

January 19: The Inside Scoop on Successful Marriages

January 26: Marriage’s Secret Weapon: An Attitude of Appreciation

February 2: ‘Hot’ Marriage Topics: Finances, Parenting, and Sexual Intimacy

February 9: What Men and Women Really Need

*Marriage Week Banquet at the Copper Mill*

**Location:** 179 N Main, Logan, Cache County Admn. Bld. Multipurpose Room

**Time:** 7:00-8:30 p.m.

**Cost:** \$15 per individual (Dinner at Copper Mill included)

*That’s less than \$10 per date!*

For more information contact Adrie Roberts at 752-6263.



*“Utah State is an Affirmative Action / Equal Opportunity Institution”*

Registration

Please fill out the form below or go to <https://www.asaponlinereg.com/EventDetail.aspx?Pk=20686> and register online.

Name (s) \_\_\_\_\_

Number Attending (1) \$15.00 \_\_\_\_\_ (2) \$30.00 \_\_\_\_\_

Address and Phone Number \_\_\_\_\_

Any Special Needs (please specify) \_\_\_\_\_

\*Make checks payable to Cache County Extension. Mail or bring this form to USU Extension, 179 N Main, Suite 111, Logan, Utah 84321

# MASTER GARDENER COURSE

## Master Gardener Course Schedule

APPLICATION DEADLINE: JANUARY 30, 2010

**COST:**

If completing service hours: \$95.00

If not completing service hours: \$115

For more information, call 752-6263.

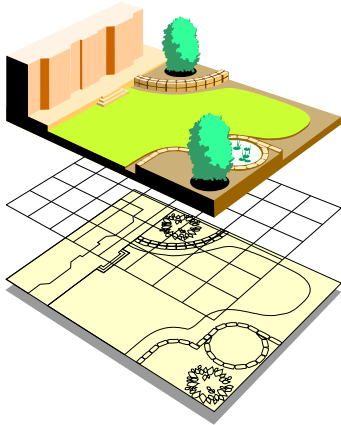


The Master Gardener program consists of approximately forty hours of horticulture instruction, and forty hours of community service. Instruction includes a comprehensive look at horticulture subjects including basic botany, soils, fertilizers, fruits, vegetables, insects, turf grasses, pesticides, house plants, ornamentals, diseases and related topics. Community service includes volunteering on a variety of horticulture programs sponsored by USU Cache County Extension including 4-H, county fair judging, landscape tours, community gardens and other fun activities. Those wanting to participate will have fun experiences with others of similar interest.

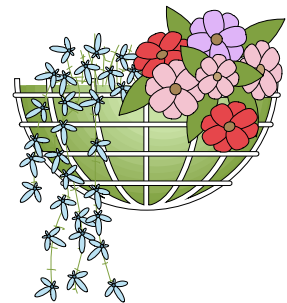
February 4 – April 29, 2010

Please mail or deliver application with payment to:

**USU EXTENSION, CACHE COUNTY  
179 N MAIN, RM 111  
LOGAN, UT 84321**



- Feb 4 - Intro to Botany – Taun Beddes
- Feb 11 – Soils, fertilizer., compost – Taun Beddes
- Feb 18 – Vegetable I – Stuart Parkinson
- Feb 25 – Vegetable II – Jerry Goodspeed
- March 4 - Entomology – Reed Findlay
- March 11 – Pathology – Wayne Jones
- March 18 – Herbaceous – Taun Beddes
- March 25 – Fruits – Mike Pace
- April 1 – Weeds, pesticides – Brian McLain
- April 8 – Landscaping – JayDee Gunnell
- April 15 – Turf, water – Taun Beddes
- April 22 – Woody Plants – Taun Beddes
- April 29 – Plant Problem Diagnostics – Taun Beddes



Applications can be found online at <http://extension.usu.edu/cache/htm/horticulture>

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

## COMMUNITY GARDEN PLOTS

## Taun's Tabloid Tidbits

USU/Cache County Extension will be offering garden plots at the Cache County Community Garden, 725 South 50 East, Hyde Park, located west of St. Thomas Aquinas Catholic Church in Hyde Park. Garden plots are open to anyone. A 200-square foot plot can be leased for \$30, plus a \$15 refundable end-of-season cleaning deposit, for the entire growing season. Community gardens are especially useful to those who do not own land or do not have enough space in the yard to have an extensive garden. They also provide opportunity to become more self-sufficient and learn a skill that will benefit you for a lifetime. Last year, the 4-H Jr. Master Gardeners were able to harvest approximately \$200 of produce from their plot.

Plots will be tilled at the beginning of the growing season and the Catholic Church graciously provides free irrigation water to participants. However, all participants are expected to keep their plots

few hours during the growing season for garden upkeep. Basic gardening tools are also available at the garden site for use for those who do not own them.

If you are interested in participating in the community garden in 2010, contact USU/Cache County Extension at 435-752-6263. Plots are leased on a first-come, first-served basis. Additional plots may also be available to those wanting to plant a more extensive garden.

Those who would like to have a garden plot, but have financial hardships, please contact Taun Beddes for scholarship information.

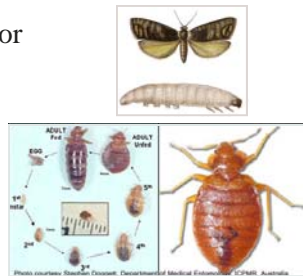


## LANDSCAPE MAINTENANCE WORKSHOP

**Date/Time:** January 7, 8 a.m. - 4 p.m.  
**Cost:** \$15 per person, \$20 after Dec. 24, 2009  
**Place:** Cache County Administration Building  
 179 N. Main, Suite 109, Logan, Utah

For more information, call 752-6263 or email Taun at taun.beddes@usu.edu.

Checks can be mailed to:  
 USU/Cache County Extension  
 179 N Main, Suite 111  
 Logan UT 84321



### Tentative Agenda

8-9 a.m. Bed Bugs  
 9-10 a.m. Thousand Cankers Disease & Emerald Ash Borer  
 10-11 a.m. Top 10 Diseases of Trees  
 11- noon Fruit Trees Pests  
 12-1:00 p.m. Lunch  
 1-2 p.m. Common Weeds in Turf and the Landscape  
 2-3 p.m. Plant Pest Quarantine: Japanese Beetles, Africanized Bees, Grasshoppers and Others  
 3-4 p.m. Pesticide Laws & Procedures

**Seven CEUs will be available!**

## GARDENING CLASSES OFFERED

**March 1**  
Vegetable Gardening

**March 8**  
Lawns & Fertilizer

**March 15**  
Fruit Production

Cache County Extension is pleased to announce the continuance of the free annual home gardening classes held in the Cache County Administration Building Multipurpose Room. Classes will be on Tuesday evenings in the month of March from 6 p.m. to 9 p.m.

This offers a great opportunity to those wanting to learn how to spend less time in maintenance of a beautiful yard and also to those wanting to learn more about landscaping and gardening. Everyone is welcome, but please RSVP to 752-6263. Specific topics covered include vegetable gardening, turf and plant care, fertilizers, pesticides and others.

## SMALL ACREAGE TRAINING CLARK'S CROPS AND COWS



### SMALL ACREAGE TRAINING

As the line between urban and rural areas becomes increasingly blurred, the Extension office is spending much time responding to requests from small acreage owners. New residential developments of 1, 5, or 10 acres are becoming common all across the United States, but especially in western states. Many small acreage owners do not have prior knowledge or experience in land management and desire education and resources to help them care for their properties, or to start a small farm business. In 2001, multiple western states (including Utah) created a small acreage curriculum entitled "Living on the Land". The curriculum is easily modified to address local needs and interests and is continually being updated. Materials can be taught in relatively short courses, or may take several weeks with multiple presentations.



Evaluation data from several States show high student satisfaction and rates of adoption of best management practices. "Living on the Land" has also excelled at creating and strengthening valuable partnerships with other organizations, agencies, and private industry.

Cache County small acreage owners will likely have an interest in participating in a local training co-sponsored by Cache County Extension, Intermountain Farmers Association and Petersen's Country Store. Tentative dates for the evening seminars are March 31 and April 1. Additional details will be forthcoming and feedback from small acreage owners is certainly welcomed.

## WATER QUALITY COOPERATION

By Jim Bowcutt, USU Extension Agent  
Bear River Watershed Coordinator

Recently, a survey was conducted by USU Extension regarding the public view of water quality in Cache Valley. In this survey almost 50% of the people surveyed believed that it was their own responsibility to help improve water quality in the valley. While many people would like to do their part to improve water quality, they often times don't know what they can do to help in their own homes.

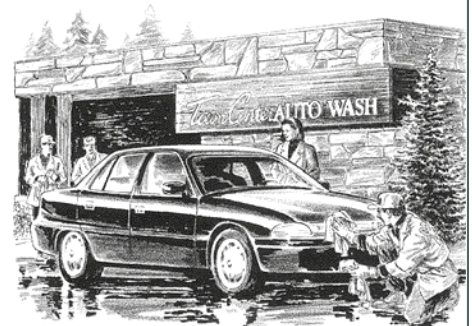
Locally, the pollutants that are causing the state the most grief are nutrients, such as phosphorus and nitrogen. Some of the major sources of nutrients are municipal, industrial, and agricultural inputs. Many of us do not have farms or manage the large facilities that are responsible for these larger loads, but there are still many things we can do to help make a big difference in water quality.

Many of us handle nutrient rich materials on a daily basis. For example, most of us have lawns and gardens. Both require fertilizers and produce large quantities of organic waste. Both the fertilizers and yard waste are loaded with nutrients. When fertilizers and grass clippings end up in our gutters or on sidewalks they often get washed down the storm drains and eventually into our local rivers or lakes.

Another area we can all improve is watching what we put down our garbage disposals. While garbage disposals were made to take care of peelings from fruits, vegetables, and other leftovers, we can get too carried away. Everything that we send down the garbage disposals goes into our local waste water treatment facilities. While these facilities are very efficient at taking the undesirables out of the water, not all are equipped to take out nutrients.

There are several things we can all do to help improve water quality. Here is a small list of things we can all do:

1. Begin composting organic yard waste and peelings from fruits and vegetables. This can be done either at home or at the local composting facility.
2. Limit use of garbage disposal.
3. Sweep up fertilizers and grass clippings from gutters and side walks.
4. Scoop the poop! When walking our dogs we should be sure to clean up after them. Remember, what they leave behind is still raw sewage.
5. Wash your cars at a commercial car-wash. If we do wash our cars at home, be sure to wash them on the lawn to reduce the amount of cleaners going down the storm drains.
6. Do not dump anything in the gutters or storm drains including cleaning supplies, chemicals, or paints.



By doing these simple things we can all help improve the water quality here in Cache Valley, for us and for our future generations.

For more tips or questions on water quality contact Jim Bowcutt at [jim.bowcutt@usu.edu](mailto:jim.bowcutt@usu.edu)

## 4-H LEADERMETE

## Scott's Thoughts



**March 31–April 2, 2010**

**Utah County, Utah**

**Utah County Administration Building  
100 East Center, Provo**

**Fun Tours!**

**Interesting Keynote Speakers!**

**149 Workshops!**

**Great Entertainment!**

**Something for everyone!**

For More Information visit <http://utah4h.org>

Leadermete is a yearly event held for adult and youth volunteers and 4-H partakers to connect, discover, share ideas, and energize their own portions of 4-H. Come participate in a wide variety of helpful workshops and classes!

Early Bird Registration Due  
January 1—February 28, 2010 (\$55)

Registration after  
February 28, 2010 (\$75)



## WESTERN REGION 4-H LEADERS FORUM

### Plan to join us in the Land of Enchantment!

- The best rate for registration is due by December 15, 2009.
- 2010 Western Regional 4-H Leader's Forum - March 11-14, 2010

The 2010 WRLF planning committee, New Mexico 4-H Leaders and New Mexico State University Cooperative Extension staff look forward to hosting you at the 2010 WRLF in Albuquerque. Come and experience the Land of Enchantment - New Mexico!

We have planned an educational and fun event. A few things to assist you in preparing for this experience...



## CACHE COUNTY 4-H SHOOTING SPORTS

The Cache County 4-H Shooting Sports program is now taking registrations for the 2010 season. This county-wide program is divided into two groups; the Junior and the Intermediate/Senior groups. The Juniors are beginning shooters who are in grades 3-5 with little or no shooting experience. This group is limited to 20 youths, so pre-registration is encouraged. The Juniors will begin on January 23 and meet every-other Saturday through April 3, for a total of six meetings. Three meetings will focus on archery and three meetings with air-rifles. The Intermediate/Senior group will start on January 30 and meet every other

Saturday, finishing up with a county fun shoot on April 10. These youth are in grades 6-12 and must have completed the Hunter Safety training. The Intermediate/Senior group will receive training and experience shooting archery, .22 rifle, shotgun and muzzle loader. All classes will be held at the Cache Valley Public Shooting Range and will cost \$20 which includes the \$4 4-H registration fee. For a detailed schedule, visit the Cache County Extension Web site, <http://extension.usu.edu/cache> and follow the "shooting sports" link.

## 4-H REGISTRATION DUE NOW

The 4-H year runs from October 1 to September 30 each year. It is time to renew your 4-H registration for the new year. Registration can be done in person at the 4-H desk in the Extension Office, Monday through Thursday, 7 a.m. to 6 p.m. Please stop by and register your club so that you are sure to receive information mailed out regarding all upcoming activities.



## 2010 4-H TEEN SEWING CAMP

## Scott's Thoughts



### “TRAVEL AMERICA”

### 4-H Teen Sewing Camp

Youth, 14 years and older that have attended sewing camp for more than two years, are invited to come learn new skills at the

#### 2010 Teen Sewing Camp.

(overnight camp)

Cost: \$25



Registration Opens  
January 28, 2010

We will be making  
Quillows  
Travel Bags  
iPod/Cell Phone Cases  
Game Caddy  
& More

**Friday, March 12 & Saturday, March 13**

Where: USU Bear Lake  
Training Facility

Instruction Packet available  
upon registration - **Limited Space**

## UTAH 4-H STATE CONTEST WINNERS RETREAT



## 4-H SEWING CAMP

### SAVE THE DATE

### 4-H SEWING CAMP

Will be held

**June 1, 2010-beginners**

**June 2-3, 2010-experienced**

Registration opens April 15, 2010

**WHO:** State Contest winners who selected the retreat option may come free of charge. Others in grades 9-12 who would like to attend may pay a registration fee to attend (cost between \$50-\$65).

**WHEN:** Friday, January 22 to Saturday, January 23  
(Arrive at 4:00 pm on Friday and depart Saturday afternoon).

**WHERE:** Retreat will be held at the Swanson's North Fork Environmental Center and Wolf Mountain Ski Resort in Weber County. <http://envctr.weber.k12.ut.us/> & <http://www.wolfmountaineden.com>

**REGISTER BY: January 15, 2010**

**(NO LATE REGISTRATIONS WILL BE ACCEPTED!)**

**For more information & registration:**

<http://www.utah4-h.org/html/utah-4h-news/articleID=8188>

The Environmental Center has a central lodge with a kitchen and rest room facilities as well as a boys' dorm and girls' dorm which will each sleep 40 people. In addition the cook will feed you well. The equipment for the activities at the lodge is provided. Equipment for skiing or snowboarding will be the responsibility of the participants. Snowboard and ski lessons and rentals are available at Wolf Mountain Resort. The Center provides an amazing spot for a great retreat, with fun and great memories. Hope to see you there!

## 4-H COOKING CAMP

### 4-H COOKING CAMP 2010

March 1, 8, 15  
Younger Group—8-11 year olds

March 22, 29, April 5  
Older Group—12-18 year olds

Cost: \$25

Registration Opens Mon. Feb. 1

# 4-H 2010 CALENDAR

## January

- 6 Western National Roundup
- 6 Winter Riding (English)
- 7 Horse Bowl
- 13, 20, 27 Winter Riding (Western)
- 15 State 4-H Retreat registration due
- 21- 4-H Leader Restructuring meeting
- 22-23 State 4-H Retreat at Wolf Mountain
- 23 Shooting Sports (Juniors)
- 25 Teen Sewing Camp Registration Open
- 30 Shooting Sports (Inter./Sr.)

## February

- 1 Registration for Cooking Camp Opens
- 2 Horse Bowl
- 3 Winter Riding (English)
- 6 Shooting Sports (Juniors)
- 13 Shooting Sports (Inter./Sr.)
- 10,17,24 Winter Riding (Western)
- 15 4-H Portfolio Deadline State Competition
- 16 Scholarship Applications Deadline
- 20 Shooting Sports (Juniors)
- 27 Shooting Sports (Inter./Sr.)
- 20 Western Horse Clinic

## March

- 1 Mock Legislature Applications Due
- 1,8,15 Junior Cooking Camp
- 3 Winter Riding (English)
- 6 Shooting Sports (Juniors)
- 11-14 WRLF Volunteer Leader Forum
- 12-13 Teen Sewing Camp
- 13 Shooting Sports (Inter./Sr.)
- 10,17, 24 Winter Riding (Western)
- 20-25 National 4-H Conference
- 20 Shooting Sports (Juniors)
- 22, 29 Apr 5 Sr. Cooking Camp
- 27 Shooting Sports (Inter./Sr.)
- 31-2 Utah 4-H Leadermete - Provo

## April

- 1 State Ambassador Project Reports Due
- 3 Shooting Sports (Juniors) Final Meeting
- 7 Winter Riding (English)
- 10 Shooting Sports (Inter./Sr.) County Fun Shoot
- 14, 21, 28 Winter Riding (Western)
- 16-17 State Ambassador Interviews
- 17 Horse 4-H Clinic
- 18-24 National Volunteer Week
- 20 Mock Legislature
- 23-24 Steer Weigh Ins - Cache County

## May

- 7-8 Spring Dairy Show
- 15 Turkey/Poultry Orders Due
- 17 4-H Adventure Camp Applications Due
- TBA Market Hog and Market Lamb Tag in

## June

- 1 Junior Youth Conference Applications due
- 1 Sewing Camp (Beginners)
- 2,3 Sewing Camp
- 2 Western Show #1, part 1
- 3 Western Show #1, part 2
- 13-16 English Camp
- 14-16 4-H Adventure Camp
- 21 Western First Step Camp
- 28-30 Junior Youth Conference
- 23 Western Show #2 Part 1
- 24 Western Show #2 Part 2



**Special Needs.** For any special arrangements including dietary, physical accesses, or to the accommodation requests, please notify Utah State University Extension fifteen working days prior to the event. 752-6263  
 "Utah State University is an affirmative action / equal opportunity institution"

UTAH STATE UNIVERSITY EXTENSION  
179 NORTH MAIN, SUITE 111  
LOGAN UT 84321

Phone: (435) 752-6263  
Fax: (435) 755-1982

Check us out on the Web:

<http://extension.usu.edu/cache>

## REGISTER FOR 4-H TEEN COUNCIL NOW!

### IT'S NEW! IT'S FUN! IT'S EXCITING!

We're organizing a Cache County 4-H Teen Council and we want you to be involved! This will be a great opportunity for you to meet other 4-H teens from throughout Cache County and Utah.

4-H Teen Council is all about leadership and service. You'll learn how to be a great leader and to serve your community and county in locations that need a helping hand!

Scott Williams, Adrie Roberts, Stacey MacArthur, Katherine Chartier, Julee Webb, and Candi Merritt are the adults that are organizing the 4-H Teen Council. Activities will include a Christmas Get-Acquainted Party on December 17, 2009, an Etiquette Dinner in January, 2010, a service project in February, and an overnight retreat in March.

Meetings will be held in the Cache County Administration Building Multipurpose Room #109, at 179 North Main in Logan. 4-H Teen Council is for teens in the ninth through twelfth grade. You don't have to be a current 4-H member to join - so feel free to invite your friends to join 4-Teen Council with you. Call our office at 752-6263 if you would like an application or go online at <http://extension.usu.edu/cache/htm/4hyouth>.

If you have questions or concerns, please feel free to contact Scott, Adrie, or Stacey at 752-6263. Applications are due to the USU Extension Office by Monday, December 14, 2009. As soon as we receive your application, we'll send out a newsletter to inform you of upcoming events so you won't miss a thing! **Don't delay! Fill out your application and mail or bring it in today!**

### Email?

In our effort to be more economical, we are asking those who have email to share that email address with us and we will notify you when our newsletter is available online. Please send an email to [evelyn.andrew@usu.edu](mailto:evelyn.andrew@usu.edu) with your name. Thank you.

**Special Needs.** For any special arrangements including dietary, physical accesses, or to the accommodation requests, please notify Utah State University Extension 15 working days prior to the event, 752-6263.