

4-H News to Know April 2014

Colorado
State
University

Extension

Custer County
P. O. Box 360
Westcliffe, Colorado 81252
PH: (719)783-2514 FAX: (719)783-0908
mail: coopext_custer@mail.colostate.edu
Website: www.custercountygov.com/ext

There may be a few times that both Robin and Beverly are NOT able to be in the office. We will try to keep you posted with necessary office closures. Otherwise, it might be best to call ahead before you make the trip. THANKS.

Communication – As we continue with the 4-H year, we want to remind you how we communicate with you. We have a lot of important information, deadlines, requirements, new changes and most importantly, educational opportunities to make you aware of. Our primary method of communication is through the *4-H News to Know* newsletter. It would be helpful to read this newsletter every month! Please make sure your mailing address and email address are both up to date!! On occasion, we mail letters or postcards to 4-H members', leaders' homes. Please open and read anything you receive from our office. Finally, all things related to County Fair are communicated through the Fair Book, which is generally completed and posted on www.custercountygov.com/ext in May or early June.

Keep in mind that many 4-H contests and activities have registration forms and deadlines. These will be covered in the newsletter. We publish this newsletter nearly every month, with a few combined monthly issues near fair time and the end of year. Information to be included in the newsletter needs to be submitted to the Extension Office by the 25th of each month. If information is not included in the newsletter, but needs to be sent out, we will send out an email to all 4-H and FFA members. So please keep current on viewing your email as well.

Don't forget...if you make any changes to your 4HOnline account, you NEED TO LET US KNOW!!!!!!!

Spring Carnival – Lots of games and fun was had during the Carnival. Tickets sold amounted to \$722.50. This amount was split up between the three clubs: Triple C Clovers, Trailblazers and Silver Spurs, as well as the proceeds from the pizza and pop sold. What a great job!!!!!!

Meat Quality Assurance Class – all 4-H members in their first year with a market livestock project **MUST** attend a class and once again when they turn 14 or those 14 may take a written test and must pass it instead of taking the class. Those members 14 years of age with either option are: **Halie Lemons and McKensie Penkoff**. You must take the test before the date of the MQA class. The following first year 4-H members must attend a class: **Charlie Buchanan, Jacob Comerford, Elizabeth Mullett, and Benjamin Penkoff**.

The only MQA class to be held in Westcliffe will be Wed., April 9 at 4:15 @ the Annex Bldg. **There will be a marketing class in conjunction with the MQA. The class is open to any market livestock project members.** There are several opportunities to visit the MQA trailer at several locations around the state:



Fremont County – Canon City Rodeo Grounds – April 21 or 22 from 6:30 – 8:30 p.m.

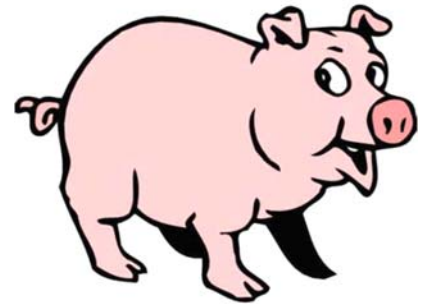
Chaffee County – Fairgrounds – April 18th from 3 – 7 p.m.

Teller County – 11122 U.S. 24, Divide – April 16th from 4 – 6 p.m.

Park County – FitzSimmons Middle School, Shawnee, CO – April 17th – from 6 – 8 p.m.

If you attend one of these sessions, you must request a letter of attendance verification to be sent to the Extension Office. Please call if you have any questions.

Peaks and Plains AgFest - Calling all 4th through 6th grade homeschoolers! You are invited to come to the Peaks and Plains AgFest. AgFest is a one day, hands-on, science-based, educational field trip experience. Spend a day with Colorado State University Extension Agents who have developed each agriculture science station using the resources and knowledge of the state's land grant university. Find out about these and much more as you participate in eight hands-on activities that explore the agriculture of Colorado. The event will be held at Colorado State Fairgrounds, Palace of Agriculture April 28th – 30th (you pick your day). Call the Custer County Extension Office to register and for further information at 783-2514.



Colorado State Fair Pork Exhibitors: All market hog exhibitors going to the Colorado State Fair need to have the up-to-date Pork Quality Assurance certificate for your entries. The MQA class held in Fremont County will also provide you with the PQA requirements.

Livestock Record Books

REMEMBER... we will **NOT** be using the electronic version of the livestock or horse record books. We have printed versions, age appropriate for all 4-H members here in the office. Only one type of livestock per record book will be allowed. We will NOT combine livestock projects. So, if you are bringing beef, sheep, swine and goats to the fair, you will need to complete four different books. You may have multiple animals in your record book as long as they are all the same type. ie: 2 pigs-1 book, 4 rabbits-1 book, 3 sheep & 2 goats-2 books. Horses will have their own type of record book as well. If you have any questions at all, please call or stop by the Extension Office.

Livestock Weigh in Schedule

Market Beef – from **2-4 p.m.**(Mandatory- May 18). Optional - June 22.

Market Sheep and Goats **ONLY** – from **2-4 p.m.** April 27, May 18 and June 22.

Market Swine projects will NOT be weighed or tagged at the April 27 weigh in so do

NOT bring your pigs. *A mandatory meeting will be held at 1:30 p.m. for*

ALL 4-H and FFA MARKET SWINE EXHIBITORS!

The Custer County Fair Board will be notifying everyone with information concerning all swine projects and the PED swine virus and security measures that will be in place at the County Fair. All market swine exhibitors will receive further information in a letter from the Extension Office at a later date. PLEASE READ YOUR MAIL PROMPTLY!!!!!!

4-H Club Meeting Schedules:

Silver Spurs - at 4:15 p.m.: April 10, May 8 and June 12-courthouse annex.

Trailblazers – at 1 p.m.: April 6, May 4, and June 1-Mrs. Tillotson’s classroom at school.

Triple C Clovers – April 4, May 2, June 6 @ 1 p.m. in the school Great Room.

4-H Project Requirements

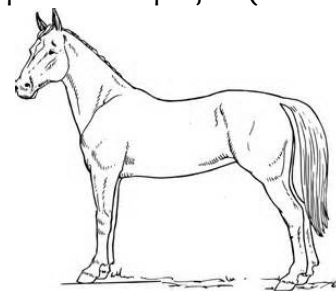
The Custer County Fair follows the Colorado State Fair requirements on all your indoor projects. These projects are: cake decorating, ceramics, computers, entomology, foods, model rocketry, outdoor adventures, photography, robotics, scrapbooking, shooting sports, veterinary science, visual arts, , wildlife and woodworking.

The 2014 CSF requirements are posted on the State 4-H website @ www.colorado4h.org

You can find your requirements, e-records, tip sheets, score sheets, etc. on this website.

Add/Drop Deadlines

4-H members – don’t forget your project deadlines: if you want to add or drop an indoor project (those judged in the home ec building) the **deadline is May 1st**. Livestock and animal projects, the add/drop deadline is the first weigh in date for those animals.



Horse Certificates

Horse certificates are due to the Extension Office by **May 1, 2014**. This certificate must be completed for each horse that you may use for your project at the county fair. Certificates may be copied from the Horse record book or stop by the office for your copies. If leasing your horse, the lease agreement must be turned in with the horse certificate.



Dog Health Certificates

Dog certificates are due to the Extension Office by **May 1, 2014**. This certificate must be completed for each dog that you may use for your project at the county fair. Certificates may be copied from the Dog e-record or stop by the office for a copy.

Poster Boards Available

Look no further for the correct size of poster boards for your projects. We have a supply of them in the Extension Office. Your cost is \$2 each.

Colorado State Fair Retinal Scanning/Nomination Card Requirements

All market beef, sheep and goats that will be nominated to compete at the Colorado State Fair **MUST** have a retinal scan done as part of the nomination process. Market beef will be done on February 1st and Sheep and Goats will be done on May 9th. The retinal scanning process will be done in Fremont County. The cost is \$5 per animal. Another option would be the Fremont County Director, Tommy Covington, coming to Westcliffe to do the retinal scanning. He would charge a fee, probably travel costs plus the \$5 fee per animal.

The nomination cards for market swine will still need to have the ear notches, etc. All nomination cards (for sheep, swine and goats) must be completed and submitted to the Extension Office before the June 1st deadline.

2014 NRA YHEC & 4-H Hunting Skills Challenge

Do you enjoy hunting, shooting or just being outdoors? Would you like the opportunity to enhance your skills and learn more about hunting methods, game species, hunter ethics and safety? Then this event is for you!



The Youth Hunter Education Challenge/4-H Hunting/Outdoor Skills Challenge will be held in Flagler, CO on May 3-4 at the Flagler Lake Wildlife Area.

Youth 8-20 AND their family members are invited to attend. Shotgun and archery shooting, .22 rifle and muzzleloader shooting, orienteering and wildlife identification are just some of the challenges that are waiting for you and your family.

The cost of the event is \$45 per shooter and includes all ammunition and targets and guarantees participation in all events. Space is limited to 50 shooters per day so call to get your Shooter Information Packet today! For more information call Perry Brewer at 719-349-1358 or perry.d.brewer@gmail.com

State 4-H Conference – members 14 & up are eligible to attend this conference held on the CSU campus in Ft. Collins, June 17-20th. This conference provides great training and an opportunity for 4-H members to strengthen their leadership skills. Eligible Custer County 4-H members may participate in the state contest areas of: Prepared Speech or Impromptu Speech (results from our Public Speaking Contest). Total registration costs are estimated at \$320 each plus \$25 for contest entry fees if applicable. Don't forget to apply for the Custer County 4-H Foundation scholarship! **Deadline to register is May 14th**. Please contact the office if you are interested in going this year!

Please check out the Custer County CSU Extension website: www.custercountygov.com/ext

2014 Public Speaking Contest

PUBLIC SPEAKING CONTEST is April 7th (Monday) at 6pm in the Custer County Court Room.

I appreciate your willingness to participate in this fabulous contest! The Speech Contest is a very important part of the 4-H program. You make it happen, thank you! Awards are presented to the winners at the Achievement Banquet in September.

Community members are welcome to attend! Please use the west double doors to the courtroom. Please plan to arrive before 6 pm so that the speakers will NOT have any distractions during their speeches. **NO FLASH PHOTOGRAPHY DURING THE SPEECHES. No food allowed in the Court Room. Only bottled water for drinks.**



Good luck to all 4-H competitors!

FAIR SCHEDULE

Monday, July 14, 2014

- 7:00 am 4-H and Open Division exhibits check in
- 8:00 am 4-H and Open Division exhibits in place
- 9:00 am 4-H and Open Division exhibits judging

Tuesday, July 15, 2014

- 9:00 am 4-H Horse Shows & Gymkhana Exhibit Building opens
- 6:00 pm Exhibit Building closes

Wednesday, July 16, 2014

- 8:30 am Archery Competition
- 9:00 am Exhibit building opens
- 2:00 pm 4-H and FFA livestock exhibitors check in
- 5:00 pm 4-H and FFA livestock weigh in
- 6:00 pm 4-H and FFA livestock in place
Exhibit building closes

Thursday, July 17, 2014

- 8:30 am Dog Show-Saddle Club Building
- 9:00 am Exhibit building opens
- 10:30 am 4-H, FFA and Open Rabbit Classes
4-H, FFA and Open Poultry Classes
Small animal Master Showmanship Contest will be held immediately after the rabbit and poultry classes.
- 5:00 pm 4-H, FFA Swine Classes
Exhibit building closes

Friday, July 18, 2014

- 9:00 am 4-H and FFA Sheep Classes
- 10:30 am 4-H and FFA Goat Classes
- 1:00 pm 4-H and FFA Beef Classes
- 2:30 pm Master Showmanship (immediately after completion of beef classes)**
- 6:00 pm Exhibit building closes
**Ranch Rodeo (Saddle Club)
Free Dance after Rodeo**

Saturday, July 19, 2014

- 7:00 am Rotary Club Pancake Breakfast-School
- 8:00 am Rodeo Slack
- 9:00 am Exhibit building opens
- 10:00 am Parade - Main Street
- 1:00 pm Stampede Rodeo
- 6:00 pm Stampede Rodeo
Exhibit building closes
- 9:00 pm Stampede Dance-Saddle Club Building

Sunday, July 20, 2014

- 9:00 am Cowboy Church
Exhibit building opens
- 11:00 am Steak Fry
- 12:00 pm 4-H & FFA Livestock Sale
Exhibit building closes
- 3:00 pm Stampede Rodeo

Monday, July 21, 2014

- 7:00 am Check out for livestock and exhibit building until 9:00 a.m. Buildings closed.

(THIS IS A TENTATIVE SCHEDULE)

High Country Helper – April 2014

Wdowik nutrition column: Nuts pack nutritional benefits - January 02, 2014

FORT COLLINS - Did you know that nuts may help you live longer?

This could come as a surprise, because nuts have an undeserved reputation of being junk food, but a recent Harvard study of more than 100,000 men and women found that people who eat nuts regularly, even daily, are less likely to die from heart disease, cancer and respiratory disease compared to those who do not. The study also found nut eaters were healthier overall, with lower rates of obesity, smaller waists, and lower cholesterol and blood sugar levels.



According to this and other studies, the following can benefit from nuts in one's diet:

Brain function: Amino acids, vitamins and minerals found in nuts support blood flow to the brain to assist with cognitive tasks, especially as we age.

Heart health: Nuts contain both monounsaturated and polyunsaturated fats, which help lower LDL (bad) cholesterol and raise HDL (good) cholesterol, and assist with heart rhythm and blood flow.

Weight: Nuts contain high quality protein and fiber that both fill you up and keep you feeling full longer than foods without protein or fiber. This means the potential to eat less and less often.

Diabetes: Nuts have a low glycemic index, and their protein and fiber help prevent spikes in blood sugar and the crashes that often follow eating simple carbohydrates.

Diverticulosis: In the past, doctors recommended people with diverticulosis avoid nuts because it was thought they would lodge in the intestine and cause inflammation. Instead, current evidence shows the fiber in nuts helps speed digestion and keeps the intestines healthy.

Cancer and respiratory disease: Nuts are abundant in folate, niacin, vitamin E, potassium, calcium, magnesium and phytochemicals. These nutrients offer anti-inflammatory and antioxidant characteristics.

Given all these accolades, you may be tempted to start snacking on nuts by the handful, but a word of caution: they are high in calories, so eating too many can lead to weight gain, which would just counteract all their positives. So use nuts to replace other foods and limit them to about one ounce per day by using these suggestions, each given in one ounce serving sizes:

- 28 peanuts can take the place of tortilla chips
- 48 pistachios are a good substitute for potato chips
- 24 almonds make a nice trail mix combined with one-quarter of a cup of dried fruit
- 14 walnut halves taste great added to breakfast cereal
- 20 pecan halves are a delicious substitute for croutons on a tossed green salad
- 20 hazelnuts can be toasted and tossed with vegetables such as broccoli or green beans
- 18 cashews make a satisfying sweet snack in place of candy

When I was a child, we only had nuts in the house on holidays, so I will forever think of my mom's special cookies when I taste walnuts. Perhaps you have a similar memory that you can keep alive by enjoying the taste and health benefits of nuts throughout the year.

The Nutrition Column is written by Melissa Wdowik, assistant professor at Colorado State University, director of the [Kendall Anderson Nutrition Center](#) and a CSU Extension affiliate.



2014 Preserving the Harvest Food Preservation Classes

ALL CLASSES:

Location: CSU Extension - Pueblo County, 701 Court Street, Suite C, Pueblo, CO 81003
Fee: Fee must be paid by deadline date to register
Payable to Extension Program Fund (check or cash only)
Contact: Christine or Lois at 719-583-6566 for more information.
Minimum of 6 participants required to hold a class.

Jams and Jelly

Thursday, June 19, 2014 6:00-8:00 pm
Registration deadline June 12th \$10.00 Fee

Learn the role of pectin in gelling and get hints and tips to get the right consistency. Receive recipes for canned jams and jellies as well as freezer/refrigerator jellies.

Pressure Canning

Thursday, June 26, 2014 6:00-8:00 pm
Registration deadline June 19 \$10.00 Fee

Learn what foods must be pressure canned and how to tell if your product is properly sealed.

Pickling

Wednesday, July 9, 2014 6:00-8:00 pm
Registration deadline July 2 \$10.00 Fee

Making and canning your own pickles is one of the easiest things you can do with produce! Class will cover pickling fruits, vegetables and relishes.

Water Bath Canning

Monday, July 14, 2014 6:00-8:00 pm
Registration deadline July 7 \$10.00 Fee

Learn the basic steps in water bath canning as well as what foods are preserved using this method.

Two Part Hands-On Workshop

Saturday, July 19, 2014
Registration deadline July 11
Limit: 12 participants \$40.00 Fee

Pressure Canning, 9:00 am-12:00 pm
This hands-on workshop will teach pressure canning skills for low acid foods. Learn ways to prevent spoilage and illness.

Water Bath, 1:00 pm-4:00 pm
This hands-on workshop will hone your canning skills using the water bath method for high acid fruits.

Water Bath- Hands-On Workshop

Wednesday, July 23, 2014 1:00-5:00 pm
Registration deadline July 16 \$20.00 Fee

Limit: 12 participants
This hands-on workshop will hone your canning skills using the water bath method for high acid fruits. Participants will can tomatoes.

Freezing and Dehydrating

Monday, August 4, 2014 6:00-8:00 pm
Registration deadline July 28 \$10.00 Fee

Learn how to freeze fruits and vegetables quickly and safely for high quality product. Learn how to dry fruits, vegetables, herbs and meat.

Pressure Canning- Hands-On Workshop

Thursday, August 14, 2014 1:00-5:00 pm
Registration deadline Aug. 7 \$20.00 Fee

Limit: 12 participants
This hands-on workshop will teach pressure canning skills for low acid foods. Learn ways to prevent spoilage and illness. Participants will can green chilies.

Fermenting

Thursday, August 21, 2014 6:00-8:00 pm
Registration deadline August 14 \$10.00 Fee

Learn how to make and preserve sauerkraut, kim chee, and other products. This class will cover equipment needed, acceptable processing methods, and how to preserve fermented foods.



Like us on Facebook:
Pueblo County Extension - FCS

**To receive 50% off any (or all) of the
preservation classes on this flyer.**

Note: A hands-on workshop means you will actually do the canning. Please dress accordingly. Other classes include lecture and a slide show or video walk-through of the canning process.

If you have a disability for which you seek an accommodation, please notify CSU Extension at 719-583-6566 at least five (5) business days in advance of the event.
Colorado State University Extension, U.S. Department of Agriculture and Colorado counties cooperating.
Extension programs are available to all without discrimination.



FYI

April 2014

Ranchers...Stop by the Extension Office to pick up your Redbook.

CSF Seedling Tree Sales continues... Stop at the Extension Office or the Post Office for an order form. Trees will be delivered on May 6th at the Westcliffe Fire Station. There is a limited inventory of trees available from the nursery. Order today before they are gone. Visit: www.csfs.colostate.edu for more information and lots of great publications. **Deadline to order for Westcliffe delivery is April 16th.**



Custer Conservation District Annual Tree Sale

The Custer Conservation District Annual Spring Tree Sale fundraiser has begun. The District is offering 6' – 7' trees and also 3' potted trees that are suitable as windbreaks, shade trees, or for landscaping. The potted species that are available include Colorado blue spruce, Austrian pine and bristlecone. Examples of the potted trees may be viewed at the District Office. Our 6' – 7' include pinon pine, white fir, ponderosa pine and Engelmann spruce. Eight foot to ten foot aspens are also available. The trees are dug locally; thereby the trees are already acclimated to the local conditions. Tree orders will be taken by phone (783-2481), via the website www.custercountyconservationdistrict.org, or by visiting the District office at 10 Hermit Lane, Silver Cliff. Discounts are available when larger numbers of trees are ordered. The deadline for ordering trees is Friday, May 2nd and the trees will be ready for pick-up by mid-May (this timeline is subject to change due to weather & snow conditions). The proceeds of the tree sale help the District provide workshops and conservation education programs to landowners and to the local school district. Custer County Conservation District is a nonprofit organization dedicated to conservation education and helping landowners manage their natural resources.

Celebrate Earth Day & Recycle – on Saturday, April 26th from 10 a.m. to 1 p.m. at the Custer County School parking lot, a mobile record shredder unit will be available sponsored by High Country Recycling. This is a paper recycle & shred event with confidential & secure paper destruction. All types of paper – copy paper, notebooks, ledger & sketch paper, checkbooks, green bar, envelopes (plastic windows, too), carbonless carbon paper, file folders, magazines and catalogues. There is no need to remove staples, clips or rubber bands. **Donations appreciated to help offset event costs.**

The WESTCLIFFE FARMER'S MARKET is looking for vendors for 2014 season. Farmers, bakers, artists, and musicians welcome! For more information and vendor applications go to: www.westcliffefarmersmarket.com. Please call Simone Soucy (market manager) 719-371-2937 for further information. Markets will begin June 11th and run until October 8th on Wednesdays from 9am-1pm.

Cliff's Park Community Garden - Spring is just around the corner and the Cliff's Park Community Garden (CPCG) committee are turning their thoughts to bringing out the shovels, hoes and wheelbarrows making sure that at the earliest feasible date we are ready to plant our seeds.

Over the last three years the CPCG garden compound has improved relative to the control of weeds and pest, water availability and overall making vegetable gardening a pleasant and worthwhile endeavor for the Wet Mountain Valley residents. For instance, last year the Community United Methodist Church grew and contributed an estimated 300 bags of fresh produce such as lettuce, spinach, carrots, kale, swiss chard and about 150 lbs of zucchini, yellow squash and potatoes to the local Sharing Center. The Garden also has a "Commons" area where participants not wanting to have the full responsibility for their own individual plots can share in the work as well as the harvest.

If you want your own, organically grown vegetables this Summer, please call Joyce Ziesler at (719) 783-0888 or email her at jdziezler@wildblue.net.

Our Energy Diet

Colorado State University Extension estimates that the average Colorado household uses about eight thousand kilowatt-hours of electricity, seven hundred therms of natural gas (not applicable for Custer County, but thinking propane usage should be similar), and eleven hundred gallons of gasoline every year. This translates into having a ‘halo’ of 30 old light bulbs shadowing us 24-7 to power our lives! In winter, we can reduce our energy halo by using a thermostat, sealing cracks and gaps in our home, letting direct sun in through windows, replacing furnace filters, closing fireplace dampers, and turning off lights. To learn more about your energy consumption and to take charge of your energy diet, visit the Colorado State University Extension energy website at www.ext.colostate.edu/energy.

Fungus gnats

By Irene Shonle, Gilpin Extension

As I was reading in bed the other day, a tiny black insect kept buzzing around my ears and trying to fly up my nose until I finally became fed up and dispatched it. Darn those fungus gnats! They seem to be having spring population boom right now. Judging from the number of people who have been calling me or commenting on the situation at their house, I’m not alone. The only thing I can say in their favor is that the flying adults don’t bite, so their annoying qualities only extend to the fact that they like to invade your personal space (and that they mate and give rise to the larvae – that is the life stage that can cause problems).

The first step in figuring out how to solve the issue is to properly diagnose it. It can be hard to tell the difference between fruit flies and fungus gnats, but since they usually come from different sources (unless you’re worm composting), it’s important to sort this out. First, note the season. In summer, fruit flies are much more common, but in winter, the fungus gnats usually rule supreme. Fruit flies are relatively large and stocky, with large (often bright red) eyes and a light brown body. Fungus gnats, in contrast, are smaller and more delicate, resembling a tiny mosquito, and are black. See the photo below for a photo with both species.

Adult fruit flies hatch from eggs laid in overripe fruit or other fermenting produce, whereas fungus gnats mostly hatch from eggs laid in houseplant growing media. If you are mostly seeing the critters in bedrooms and areas where there are plants, they are almost certainly fungus gnats. ([Go here for more on fruit flies and other household flies](#))

While the adult fungus gnats are annoying, the larvae are minor to major pests on houseplants. They primarily feed on fungi, algae and decaying plant matter but they will also feed on plant roots. In high enough numbers, the larvae can stunt the growth of the plants.

Here’s how to deal with them: First, let plants dry out between watering (just before the point of wilt). Fungus gnats are very attracted to moist media, and the larvae only live in the top 2-3 inches of soil. Reducing watering reduces the survival of the eggs and larvae. In the cooler, shorter days of winter, it is especially easy to overwater plants, but most plants will actually be happier and healthier when not overwatered.

Second, repot your plant with fresh growing medium – as it breaks down, the potting soil tends to hold more moisture, which promotes fungus gnat development. As a bonus, your plant will probably perk up, too.

Third, put up some yellow sticky traps around your plants to trap the adults. Reducing the adult population will reduce the numbers of eggs laid, and can break the cycle.

Finally, if you’re still going crazy, try insecticides. Often, a Bt (*Bacillus thuringiensis*) soil drench will suffice to kill the larvae, but is non-toxic to humans. Otherwise, you may need to use pyrethroid-based insecticides, with extended persistence for use on houseplants (containing the following active ingredients: bifenthrin, cyfluthrin, permethrin, and lambda-cyhalothrin). Short-persisting contact insecticides such as those containing pyrethrins, soaps, oils, and neem, do not provide sufficient long-term control of fungus gnat adults and require repeat applications at short intervals (couple of days) to exhibit effects.



Fungus gnat (left of middle pair) next to fruit fly on a yellow sticky trap

For more information, go to the following fact sheet: <http://www.ext.colostate.edu/pubs/insect/05584.html>