

4-H News to Know May 2014

Colorado
State
University

Extension

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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 ready 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.

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.

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

Colorado State 4-H Office email blasts – There have been several emails sent out recently from the State 4-H Office. Most of these are project specific. Please make sure you look at these...don't automatically delete them.

Congratulations to Custer County 4-H & FFA Graduating Seniors:

Lane Byerly
Kylie Ruzanski

William Brandon
Rebecca Tillotson

Sydney Feldmann
Henry Watson

Manny Pedigo

Good luck in all your future endeavors!

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.** May 18 and June 22.

4-H Club Meeting Schedules:

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

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

Triple C Clovers – 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, entomology, foods, model rocketry, outdoor adventures, photography, robotics, scrapbooking, shooting sports, visual arts 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.

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 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. Sheep and Goats will be done on May 18th at 1 p.m. The cost is \$5 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.

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!

4-H Truck Raffle Tickets

Colorado 4-H Foundation has once again received a Ford truck to raffle off. The 2014 Ford F150 XLT 4x4 Super Crew Cab pickup Grand Prize drawing will be held on September 27th in Montrose, Colorado. Other prizes include 2nd place - \$1,000 cash, 3rd place - \$750 cash, 4th place - \$500 cash, and 5th place - \$250 cash. Tickets cost \$5 each or 5 for

\$20. The 4-H Clubs and Custer County Foundation will be selling these tickets. 40% of the sales will be returned back to our county. Help support the Custer County 4-H program! Ticket sales will end Sept. 8th.

4-H Shooting Sports Raffle Tickets

Colorado's 4-H Shooting Sports program is holding its Fourth Annual statewide fundraising raffle to help local and county shooting sports clubs defray the cost of equipment, ammunition, targets, instructor training, travel and contest expenses. Tickets may be purchased from the Extension Office or any of the 4-H Shooting Sports members. Drawing will be held September 1st. Prizes include:

- ✓ CZ-Canvasback 12 ga. O/U Shotgun valued @ \$827.00
- ✓ CZ-455 American. 22 LR Bolt Action Rifle valued @ \$421.00
- ✓ Wild for Game Processing Set valued @ \$139.99
- ✓ Last Creek Crossing Sculpture valued @ \$125.00
- ✓ Four Piece White Ceramic Kitchen Knife Set w/holder valued @ \$124.99
- ✓ Federal 12 ga. Shotgun Shells 5-10 Box cases valued @ \$65/case
- ✓ Federal .22 LR Ammunition 5 – 525 Round Value Packs valued at \$40/pack

2014 Public Speaking Contest

PUBLIC SPEAKING CONTEST was held April 7th at 6pm in the Custer County Court Room and was a great success. Congratulations to all of the participants. The sky was the limit for speeches this year. Ben Penkoff shared his interpretation of a Foul Shot. We heard from Joshua Phillips about the mummification process, a demonstration on a guitar and how you should care for your rabbit by Daniel Phillips. Marlana Phillips gave us a tear jerking tale of My Forever Home We also heard about how not to give a speech, by Justice Saraceno, what faithfulness means to Harry Kroeker, and the importance of honesty by George Kroeker. Madeleine Woods told us about women and Leadership, Michael Batson shared insights about global warming and Kaya Huffman shared with us about My Daddy. The evening was fun and exciting with a lot of great speakers. These youth deserve recognition for their hard work and dedication to the 4-H public Speaking Event!

The results of the 4-H Public Speaking are:

Juniors – Grand Champion is Justice Saraceno;
Reserve is Ben Penkoff.

Intermediate – Grand Champion is Marlana Phillips;
Reserve is Daniel Phillips

Senior – Grand Champion is Madeleine Woods;
Reserve is Michael Batson

Congratulations to all the participants!!!



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

Extension

April 2014
Newsletter

For back issues visit the Family Matters Web site At www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html

For more information contact the CSU Extension office nearest you, or visit our Web site at:
www.ext.colostate.edu

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Colorado State University,
U.S. Department of Agriculture and Colorado counties cooperating.

Let's Take a Walk!

*Kaye Kasza, Family and Consumer Science Agent
Colorado State University Extension, Southeast Area*

Spring is a great time to break out the shoes and take a walk. Walking is the most natural and affordable exercise you can do. It does not require any special skills. It is safe, free, requires no special equipment and costs nothing to get started.

Walking with children has many benefits. You teach them to enjoy regular exercise. Spending quality time together makes your family closer.



Physical activity provides both mental and physical health benefits. Walking is one of the most effective forms of exercise to achieve heart health. Walking will help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination

To gain the most health benefits, aim for at least 150 minutes each week of moderate activity. Thirty minutes a day, five times a week is an easy goal to remember. Three 10-minute segments each day give the same benefits and may fit your schedule better.

Tips for Success:

As you start your walking routine, remember to:

- **Check with your doctor** if you have serious health issues. Talk to your doctor if you're a male over 40 or a female over 50 or you've been inactive for a while.
- **Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.
- **Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- **Aim for at least 30 minutes** of moderate-to-vigorous physical activity, 5 days a week. Remember that physical activity can be accumulated throughout the day. Three 10-minute sessions is the same as one 30-minute session! Aim for 60-90 minutes of moderate-to-vigorous physical activity each day if you're looking to lose weight.

- **Stand up straight.** Always keep your hips directly under your upper body. Keep your head up and look ahead of you, not at the ground.
- **Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

If you are new to walking, start off with slow, short sessions. Start by walking for 10 minutes and then walk back. Do this each day for a week. Then add 5 minutes to each walk the next week. Keep adding 5 minutes until you are walking as long as desired. You can increase intensity and raise your activity level by gradually increasing your speed.

Remember, something is better than nothing. If you can't fit in 30 minutes of walking, do what you can. Don't give up when you've missed a day of walking.

Let's Talk

Let children know that walking improves the physical and mental health of everyone who walks. Suggest a brisk walk before they tackle a hard homework assignment. Offer a walk as the reward for completing a task. As you walk, work to keep young children's interest up by planning different routes. Include points of interest like a stream or playground, identify wildlife, or teach them to use a sports watch to time splits, distance, etc. Make it fun to take a walk with Mom or Dad. Lead by example, by talking positively about how you enjoy walking and other forms of physical activity.

Recipe for Health:

After-School Strawberry Shake

After your after-school walk with your children, make this nutritious snack together. Spring is a great time to enjoy fresh strawberries. They are in-season so the cost is lower than other times of the year.

- 1 pint strawberries, hulled
- 3 whole strawberries for garnish
- 2 medium bananas, peeled and cut into 1 inch chunks
- ½ cup strawberry or plain fat-free yogurt
- ½ cup orange juice
- 1 tsp honey
- 3 cups ice cubes

In a blender, combine all the ingredients except 1 ½ cups of the ice cubes and puree until smooth. Add remaining ice; blend until smooth. Pour into tall glasses and garnish with whole strawberries.

Recipe courtesy of Fruits and Veggies More Matters.



FYI

May 2014

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

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.

BACKYARD POTATO GROWERS PROGRAM IS BACK!

Come in and get your free seed potatoes and grow your own potatoes. They are fun and easy to grow. There are 3 different kinds – Purple Majesties, Red Sangres, and Yukon Gold. (please check these varieties). You can take 5 of each!

Potatoes are a healthy food. Potatoes are a nutritional bargain. A 5a-ounce potato has about 100 calories, no fat, 26 grams carbohydrate, 3 grams fiber, 21 percent of the daily recommendation for potassium, 45 percent of the daily recommendation for vitamin C, and other nutrients, too. Americans are falling short in potassium, vitamin C and fiber intake, among others.

Horticulture Tips for Custer County

May 2014

Patience Is a Virtue When It Comes to Wet Soil

*Posted by: Micaela Truslove
CSU Extension, Broomfield County*

Longer, warmer days - check. Incredibly large seed order that will require some creative planning in order to get it all shoehorned into the garden - check. Gardening tools cleaned, sharpened and ready for the gardening season - check. Making sure the soil isn't too wet to work before you dig in? Uh oh.

Being an exuberant gardener is a good thing, but when it comes to soil, patience is certainly a virtue. It takes years to improve garden soil, and one wrong move may undo all of the hard work and hours spent loosening, turning and amending. That wrong move is often working the soil while it is too wet.

Ideally soil is made up of four different components: about 45% mineral content from degraded rocks, about 25% water and 25% air, and about 5% organic matter. Notice that the ideal soil has water and air in equal measures. Roots require oxygen to survive and thrive, and they will only grow where oxygen is present in sufficient quantities.

Along with water, air is held in a soil's pore space; this is the space between soil particles and within soil aggregates (small clumps of soil glued together by chemical and biological processes). When we add organic matter and loosen the soil, we make more room for water, air and roots.

When wet soil is worked, whether it is walking on the soil surface, digging a hole to plant some seeds or tilling in organic matter, the air is pushed out as those pore spaces are pressed together and compacted, damaging the soil's structure. If you've ever tried to dig in clay soil that has become compacted and baked solid, you know that it is not unlike trying to dig into your concrete driveway.

To avoid this, wait until the soil has dried sufficiently before you begin to work in the garden this spring. There is a simple way to test whether or not the soil has dried down enough to work: take a small handful of soil from a depth of about 3". Squeeze the soil into a ball. If water runs between your fingers when you do this, it is definitely too wet. If the soil forms a ball, drop the ball on the sidewalk, or if you are more coordinated than I am, throw it up in the air and let it land on your palm. If the ball shatters, the soil is dry enough to work; if it doesn't, give it a few more days of dry weather and test it again.

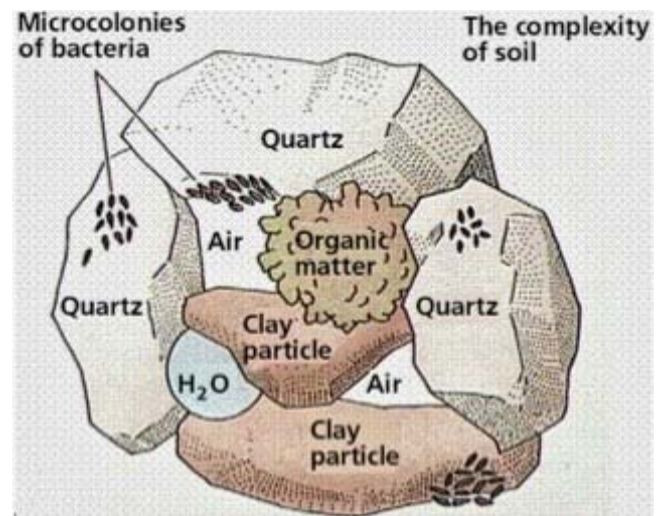


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