

4-H News to Know April 2015



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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 these necessary office closures. Call before you make the trip. THANKS!

The Extension Office will be closed on April 20, 21 and 22 as Robin and Beverly will both be gone. The rest of the courthouse will be open for business.

Check out the new Custer County 4-H Facebook page:

<https://www.facebook.com/CusterCountyCO4H>

4-H Online updated – For those 4-H members that want to check their online enrollment, etc. the new url is: **co.4honline.com**. If you bookmarked the other one, make sure to delete it. And if you do go in and make any changes – **REMEMBER, YOU MUST NOTIFY THIS OFFICE WITH THOSE CHANGES!!!!!!**

County Fair Info – all 4-H and FFA exhibitors will be receiving a mailed packet from the Extension Office. This packet will include your fair entry forms as well as other forms that will need to be completed and returned by the deadline. We will have these packets out to everyone in early to mid May with a deadline of JUNE 1st for them to be returned. Failure to complete and return these forms will result in **NON-PARTICIPATION AT THE COUNTY FAIR!!** So please watch your mail and return asap.

Spring Carnival – was held on Wednesday, March 11th in the multi-purpose room at school. It was a tremendous success! It was lots of fun for all and funds were raised for the 4-H clubs!! Thanks to everyone for their hard work.

Tools Lost – we are looking for a ratchet and socket that were used at the fairgrounds last year. We have not been able to find them yet. Please look in any of your tool boxes/bags to see if they were picked up by mistake. Or picked up to return and then just forgot to bring to the office.



Trailblazers 4-H Club Meeting - The schedule for the meetings: April 12, May 3 and June 7th. Meetings start at 1 p.m. and are held at the Shy's residence.

Silver Spurs 4-H Club Meetings - The meetings will start at 4:15 p.m. and be held at the Courthouse Annex Building. The schedule is: April 9, May 7 and June 11.

Triple C Clovers 4-H Club Meeting – Schedule of meetings: April 12, May 24 and June 14th. All meetings will begin at 12:30 p.m. in the great room at school.

Market Livestock Weigh in Schedule

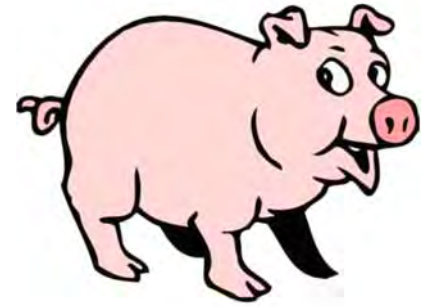
Market Beef – Jan. 11 (done), March 15, May 31 and *June 28 (this one is optional) (2-4 p.m.)*

Market Sheep and Goats – April 26, May 31 and June 28 (2-4 p.m.)

Rabbits – to be determined.

Market Swine Projects – DO NOT BRING YOUR PIGS TO APRIL 27 WEIGH IN!

A mandatory meeting will be held at 1:30 p.m. on April 27th for ALL 4-H AND FFA MARKET SWINE EXHIBITORS! The Custer County Fair Board will be speaking to everyone about their swine projects, PED swine virus and security measures that will be in place at the county fair. All market swine exhibitors will receive further information and identification forms in a letter from the Extension Office at a later date. PLEASE READ YOUR MAIL PROMPTLY!! Ear notch cards and photos will again be used to identify your swine projects.



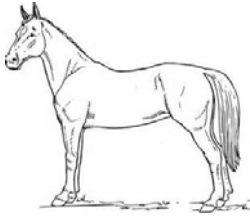
Rabbit/Poultry Clinic – will be held in Pueblo on April 4th at 9 a.m. at the Colorado State Fairgrounds. Selection, feeding, caring for and fair showing will be discussed. Call for more info.

Rabbit Cages Project – we are looking for 2” tall by 4” diameter (12-13 oz.) tuna or chicken, etc. cans to be used in the rabbit cages. These cans will be wired to the cages for food and water – **No More Overturned Messes!** You may bring them to the Extension Office.

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**. For livestock and animal projects, the deadline is the first weigh in date for those animals. Horse and Dog projects, the deadline is also **May 1**.

4-H Project Requirements – The Custer County Fair follows the Colorado State Fair requirements on all your indoor projects. These projects are: cake decorating, clothing construction, entomology, foods, heritage arts, leathercraft, model rocketry, outdoor adventures, photography, robotics, scrapbooking, shooting sports, vet science, visual arts and woodworking. The 2015 requirements, e-records, tip sheets, score sheets, etc. are all posted on the State 4-H website @ www.colorado4h.org

Record book class at 2pm and Livestock Marketing class at 2:30pm set for May 3rd at the Annex. The record book class is not mandatory but highly recommended for new members or those that struggle with filling out the books. You can ask questions and get help with your record books. Remember that these books are required to complete your 4-H project and are graded. This class will start at 2pm. Immediately following the record book class will a Livestock Marketing class at 2:30. You will learn how to not only market your animal, but yourself. You will get a list of local businesses that you can solicit to come to the sale and buy your animal. Marketing is the key to getting your buyers to support your 4-H livestock project! Again, these classes are not mandatory but will be helpful to you as we get closer to fair time. Hope to see you there!



Horse Certificates – Horse Certificates are due to the Extension Office by **May 1st**. 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 1st**. 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.



Public Speaking Contest - The public speaking event will be held on April 2nd at the Custer County Court House at 5PM (please note the earlier time). The youth participating have worked hard on their speeches and are ready to present them to the public. There is still time if you would like to participate. The deadline to sign up is Tuesday March 31st. Call the Extension office for more information.



AK-SAR-BEN competition – for those 4-H members that are interested in participating at the competition in Nebraska with their sheep, swine or goats, I have ordered the DNA envelopes and will let you know when they arrive. Let me (Beverly) know you are interested NOW so I can keep track who to notify.

Retinal Scans for Colorado State Fair Animals - Please mark your calendars if you are planning to exhibit livestock at the State Fair. All livestock going to State Fair need to be brought to the Fairgrounds from 1-2 p.m. on May 17th. Each exhibitor will be responsible for the cost of \$5 per animal for the retinal scan. They will also pay for the mileage reimbursement for Mr. Covington's travel to Westcliffe to perform the scans. More information will be sent out at a later date. Contact the Extension Office to let us know if you are attending.

Robotics is back! Any youth wishing to participate in the 2015 Robotics team, please contact the office. The Robotics team will learn how to build and program robots, then compete with other teams from across the state. There will also be a robotics camp offered in July (more details to come). A leader for the elementary group is needed, no experience necessary. For more information, please contact the Extension office.

A letter from Grace Watkins on District Retreat

On Friday, March 20th through Sunday, March 22nd, I had the opportunity to attend the South Central District Retreat in Nathrop, CO at the Silver Cliff Ranch. It was an amazing trip to go on. The food, the fellowship, the workshops and scenery made it so. Since I was the only representative from Custer County, I want to encourage other teens to

attend. It taught me determination, more respect for others, and many more skills to use in 4H. It gave me new ways to use my head, my heart, my hands and my health for the betterment of others. For me, it was also a great way to meet new people and share my own 4H experiences. It was such a blast and again, I want to encourage other 4H Custer County teens to attend in 2016. Finally, I want to thank the Custer County 4H Foundation for their scholarship, Robin Young and Beverly Goertz because without them, I would not have been able to attend this event. Until next time, Grace Watkins

Grab the Torch

Our very own Elly Gluschke is attending the Grab the Torch event again this summer and is taking the opportunity to teach one of the classes and serve as an intern with them. This event focuses on developing the Leadership, Ethics, and Philanthropy skills/abilities of young people. The Mission of Grab the Torch in the four core areas are: leadership – the process of social influence, which maximizes the efforts of others, towards the achievement of a goal and shared purpose; ethics building - an understanding of core values and moral principles; empathy - understanding another person's cognitive and emotional experiences; and philanthropy - unconditional and authentic giving for an enlightened life. Ask Elly about her experiences the next time you see her. She does a great job of representing Custer County 4-H. Way to go, Elly!

Scholarship Information - Are you a graduating high school senior? Are you interested in pursuing a career in agriculture? Agriculture is an exciting field to be in. There are so many areas that you can explore; everything from animal husbandry to diesel mechanics, range science to welding, Parks, Recreations, and Tourism Resources, Packaging, Horticulture, Forestry, Food Science, and Fisheries/Wildlife. The possibilities are endless! According to the Farm Bureau News, "Food Scientists and engineers will be in the greatest demand in the agricultural job market over the next four years, according to a new Purdue University study". There are a number of scholarships available from local sources here in Custer County that encourage youth to go into the agricultural field. The Custer County Stockgrowers Association, the Custer County Cattlewomen, and A Painted View Ranch all offer agricultural related scholarships, the Dan Riggs Memorial, and the High Altitude Gardening Club offers a scholarship in horticulture or related field, and The Custer County Medical Foundation- Ben Kettle Memorial Scholarship offers scholarships to students interested in pursuing a career in any area of animal or human medicine. These scholarships are not just for Custer County High School Students, they are also offered to graduating homeschoolers as well. If you are interested in these scholarships, please contact the CSU Extension office at 783-2514.

Custer County 4-H Foundation - The Custer County 4-H Foundation is looking for board members. As a board member, you will help contribute to the 4-H youth by helping them attend camps and conferences, furthering their 4-H experience. Without the 4-H Foundation, camps would be very expensive and there would be no awards ceremony! For more information please contact the Extension office. We appreciate your willingness to help!

FREE Babysitter training class offered. There is still time to register for the Baby Sitter's Training Course. Any youth ages 10-18 interested in becoming a trained babysitter should contact the Extension office to sign up.

Classes run from April 6th to May 11th from 4pm – 5:30pm at the Annex building. You will learn the basics on the responsibilities of babysitting; infant, toddler, and preschool development, and how to handle emergency situations. Please call the Extension office at 783-2514 for more information and to sign up.



4-H Truck Raffle Sales to start soon!

Tickets have arrived! Club leaders that are interested in selling the truck raffle tickets for a club fundraiser need to stop in the Extension Office. This year, the clubs will receive 50% back from the ticket sales!! Ticket sales will end September 11, 2015.

More prizes have been added:

Grand prize - 2015 Ford Super Crew pick up

2nd prize - \$1450 cash

3rd prize - \$1200 cash

4th prize - \$1000 cash

5th prize - \$750 cash

6th prize - \$500 cash

7th prize - \$250 cash

8th prize - \$100 cash (5 prizes to be given)

This is twice as much as previously offered!!

Cost is \$5 each per ticket or \$20 for 5 tickets. Let's get busy selling these tickets.

Upcoming Camps:

State Conference dates – June 23rd – 26th.

2015 Custer County Fair

July 13-19, 2015

4-H Shotgun and .22 Competitions will be held on (date and time to be determined)

FYI

April 2015

Colorado State Forest Service Seedling Trees

The deadline to get your applications in to Canon City to order your seedling trees is Monday, April 13th. They will be delivering the trees back to Westcliffe at the Wet Mountain Fire Station on Monday, May 4th.



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Westcliffe Farmer's Market is almost here! The 9th season of the Westcliffe Farmers Market is just around the corner! Once again our market will be held every Wednesday morning from 9am-1pm, running from June 10 through October 14. With the goal of promoting healthy, local foods to Westcliffe and surrounding communities, the Wet Mountain Valley Food Cooperative hosts this local food and craft market each summer. The Co-op board is currently recruiting new vendors to sell naturally grown produce, prepared foods, local honey, free-range eggs and other unique hand-crafted items.

The Wet Mountain Valley Food Cooperative will host an organizational meeting for potential Westcliffe Farmers Market vendors at the library community room Thursday April 23rd from 5-7 pm. New and returning vendors are encouraged to attend this informational meeting to learn more about participating in the 2015 season of the Westcliffe Farmers Market.

Native Plant Master's is coming back to Westcliffe! Do you have an interest of the native vegetation that grows in Custer County? Then you have the opportunity to become a Native Plant Master. Christina Macleod will be teaching these classes starting on May 16th with a botany class from 9am-12pm at the Annex. Then classes will be in full swing running from June 6, 13, and 20th in the mornings. Please come in or call the Extension office for more information and to register.

SAVE THE DATE: JUNE 27 - CUSTER COUNTY ANNUAL WEED TOUR. This year's event will be on the Thistles of Colorado.

Backyard Gardener's program is back! Have you ever wanted to try growing potatoes? It's easy! The CSU Extension office will have certified seed potatoes from the CSU Research Center from the San Luis Valley starting in April. When you join the Backyard Gardener's Program, you get seed potatoes and instructions to plant in your own backyard! Just come into the Extension office weekdays from 8-4 and sign up for the program. You can choose from four different varieties of certified seed potato. All you have to do is plant them and report back on the progress of your potatoes. You keep the potatoes you grow! Please come into the Extension office or call 783-2514 for more information and to sign up.

Extension

March 2015 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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Creating an Enjoyable Meal Time Experience

Glenda Wentworth, Family & Consumer Science Extension Agent, Eagle County

Family meal time is hard to include in our daily lives. One of the major barriers to having family meals is difficulty scheduling a time that everyone can be present. However, family meals provide an opportunity for family members to come together and strengthen ties.

Family mealtime is much more than something good to eat! It is valuable in that it helps your family make stronger bonds. It nourishes the body, mind, and soul. Mealtime can be your family's time for sharing good food, laughter, and love. Family meals make children feel like they belong and are loved. You may not be able to eat together every day. But make it a goal to have family meals at least four times per week.



Children who eat with their families develop healthy eating habits, like eating a variety of foods from all food groups. It also means eating fewer foods with added sugar, salt, and solid fat.

Children learn from watching you. Set a good example. If you eat fruits and vegetables, children will too. If children see you try new foods, they will be encouraged to try new foods too.

Many children need to be offered a new food several times before they will try it. Try offering new foods prepared in different ways. When children taste new foods, reward them with praise instead of treats.

Learn about parent and child roles. Allow children to pick what to eat and serve themselves from the meals you provide. When children decide how much food to eat they begin to learn the right portion size for their bodies. This will help reduce mealtime power struggles and arguments about eating. Your job is to offer the healthy food choices.

Finally, slow down, relax and enjoy each other's company at meal time. When your family eats a relaxed, healthy meal together, everyone benefits. The best benefit is that children learn to eat healthy now and for a life time.

How can you make family meals a priority in your household?

- Think about when your family could eat together during the week; plan the days and times to eat together. It can be breakfast, lunch, dinner or even a snack time.
- Keep it simple. Focus on the importance of being together as a family. Meals don't have to be fancy.
- Think of quick and healthy meals and snacks your family likes.
- Remove distractions by turning off the television or computer. Avoid talking on the phone or texting.
- Involve the children. Encourage them to help you prepare, serve, and clean up after a meal. Children generally are more interested in eating the food they helped prepare.

Let's Talk

Make family mealtime pleasant. Avoid meal time battles. Try conversation starters to get your family talking and enjoying each other. Have questions for everyone to answer, for example:

- What made you feel really happy today?
- What did you have to eat at lunch today?
- What's your favorite veggie? Why?
- Tell me one thing you learned today.
- What made you laugh today?
- What is your favorite food tonight? Where do you think this food was made/grown/raised?
- What new food did you try today? Where did you eat it? How did it taste?
- What was the best part of your day?

Recipe for Health: Chicken Vegetable Soup with Kale 3 Servings

Ingredients:

- 2 teaspoons vegetable oil
- ½ cup onion (chopped)
- ½ cup carrot (chopped)
- ½ cup celery (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic cloves (minced)
- 2 cups water (or chicken broth)
- ¾ cup tomatoes (diced)
- 1 cup chicken, cooked, skinned and cubed
- ½ cup brown rice, cooked
- 1 cup kale (chopped, about one large leaf)



Directions:

1. Heat oil in a medium sauce pan. Add onion, carrot and celery. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 10 minutes.

Recipe from: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-vegetable-soup-kale>

Horticulture – April 2015 - Plant Talk Colorado

Planttalk Colorado™ provides reliable, timely information on more than 500 horticultural topics and is sponsored by Colorado State University Extension, Denver Botanic gardens, and the Green Industries of Colorado

Russian Sage - Monday, March 23, 2015 10:12 AM

Russian Sage , *Perovskia atriplicifolia*, is a plant that was tailor-made for Colorado's climate and growing conditions. An import from central Asia, Russian sage thrives in our high, dry climate, bright sunshine and alkaline soils.



This sturdy plant is characterized by its upright and shrub-like shape, slender stems and finely-cut silvery-gray leaves, which are aromatic and resistant to the browsing of deer. Its square stems are an indicator that it is in the mint family. Though its common name includes the term sage, it is not in the genus *Salvia* the members of which are also commonly called "sages."



Russian sage is best planted where it will have room to grow to its mature size of three to five feet tall and three to four feet wide without being crowded. It needs full sun and well drained average soil for optimum growth.

Russian sage can be a focal feature in a Xeriscape garden. However it will also tolerate some heavier watering than what is often required in a Xeriscape. The soft, lavender-blue flowers appear in the late summer and remain attractive into the fall before going dormant

in the winter. Great companion plants include purple coneflower, sunset hyssop, winecups, boltonia and black-eyed Susans.

The strong, upright shape of Russian sage provides a presence through the winter months, standing through wind and weather. As spring approaches, the stems should be cut back to almost to the ground to encourage new growth.

Soil Preparation -Monday, March 16, 2015 12:11 PM

Successful Colorado gardeners learn how to take advantage of the favorable properties of our soil and how to improve it through soil preparation.

The most important thing to add to any Colorado soil isn't fertilizer, its organic materials like compost, peat and manure. Organic materials are also known as organic amendments.

To organically amend soil, add a two-inch layer of organic material over the surface of the soil and mix it into the top four to six inches. Add four cubic yards of organic amendment per 1,000 square feet of soil area.

Clay soils hold water and are naturally fertile but have a tendency to pack, which can hinder plant growth. Adding organic materials loosens tightly packed clay particles to make space for the air, which is critical to plant root growth.

Sandy soils drain freely, eliminating plant growth problems from too much water. But, sometimes plants in sandy soil don't get enough water. Organic amendments added to sandy or rocky soil act like a sponge to hold enough water for plants to grow. Organic materials also hold fertilizer nutrients, another item often lacking in sandy soils.



Before planting lawns, trees and shrubs, add organic materials to the soil. Where perennial and annual plantings like flowers and vegetables are grown, the soil can be amended every year. For the best results, amend soils with organic material and then carefully regulate the amount of water given to plants.