

# 4-H News to Know November/December 2015

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Extension

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*We will continue to publish all newsletters electronically. Please make sure we have your current email address so we can keep you in the loop. If you don't have internet, we can print a newsletter for you. Stop by the office.*

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!

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

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



**DANIELS  
SCHOLARSHIP  
PROGRAM**  
CHARACTER | LEADERSHIP | SERVICE

**APPLY ONLINE NOW!**  
THROUGH NOVEMBER 13  
DEADLINE 4:00 PM MST

**DANIELSFUND.ORG**

**Less than two weeks left to apply!**

The deadline to apply for the Daniels Scholarship Program is only two weeks away! The application will close on November 13, 2015 at 4:00 p.m. MST.

The scholarship application can be accessed through our website at [DanielsFund.org](http://DanielsFund.org) along with additional information about eligibility requirements, selection criteria, application process, and selection timeline. Please encourage students to complete and submit their applications as soon as possible and not to wait until the last minute — our staff and system get very busy as we get closer to the deadline!

**Important reminders:**

All three of the following components must be *submitted* for an application to be complete:

1. Eligibility Questionnaire
2. Application — including uploaded documents
3. Recommendation

ACT/SAT scores must be entered in the application and official proof of scores must be uploaded to the Required Documents section of the application before the deadline. All test scores must come from a single test — superscoring is not allowed.

**Important message for Recommenders:**

Applicants and Recommenders can check the status of their application and/or recommendation by logging in to the application website using their username and password. To view the status, applicants can click on the “Status” menu and Recommenders can click on the “Recommendation Status” menu at the top of the page.

#### *About the Daniels Fund*

*The Daniels Fund, established by cable television pioneer Bill Daniels, is a private charitable foundation dedicated to making life better for the people of Colorado, New Mexico, Utah, and Wyoming through its grants program, scholarship program, and ethics initiative. As of June 2015, the Daniels Scholarship Program has provided nearly \$130 million in undergraduate scholarships to more than 3,250 students. For more information, visit [DanielsFund.org](http://DanielsFund.org).*

## ***4-H Achievement Awards Program***

The 4-H Foundation Awards Program was a great success! Thanks to everyone who brought food to share, helped with set up and clean up, and your active participation by attending the program. It was a great year - wonderful food was enjoyed by all and the 4-H members, parents and leaders were recognized for their achievements.

## **4-H Enrollment**

Now that the enrollment process has begun, we need to start looking forward to the new 4-H year. The deadline for all members - returning and brand new - is December 1<sup>st</sup>. If you have any friends or family members that are interested in joining, please have them come by the office or give us a call.

The State 4-H Office is requiring all members to enroll themselves on line through [colorado4honline.com](http://colorado4honline.com) - if you do not have internet or speeds not adequate, we can help with the enrollment process in the office. Just give us a call or stop by.

## **Working Ranch Horse**

Lisa Behrman is working toward becoming a new horse leader and is interested in starting a Working Ranch Horse project. If you are interested or would like to get more information, please contact the Extension Office. A tentative first meeting date is scheduled for Jan. 9, 2016, noon at the Saddle Club Building. Below is general information from Lisa.



The 4-H Working Ranch Horse Program is an exciting addition to the 4-H Horse Program. It provides an opportunity for youth to be involved in western horsemanship activities beyond the traditional show ring. Kids learn the age-old techniques of handling livestock while on horse back, as well as the leadership and responsibility that comes with being engaged in 4-H.

In this program you will learn safe and effective use of western horses for the purpose of handling, sorting, and moving cattle. It also addresses the techniques and skills of safe, humane, useful roping of livestock while mounted on the western horse.

There are levels of completion which are based on how fast you learn and complete each level. You do not need to have a horse; this can be learned with or without a horse.

If this sounds like something you may be interested in, please come by the 4-H Office at the courthouse and let Robin or Beverly know so you can sign up. Let's make this a fun year in 4-H in 4-H Working Ranch Horse.

## ***Ak-Sar-Ben Results***

Congratulations to both Lindsey Gillmore and Grace Watkins for their outstanding results at this Omaha, Nebraska Livestock Show.

Lindsey placed Grand Champion with her Market Barrow with an overall Reserve Champion status from all the market pigs entered in the show (599 pigs in all). They sell only 7 animals from each species so it was great that Lindsey was able to make the sale. "Nud" her GC pig almost wasn't. It was going to be a feeder pig, but Lindsey was quite adamant about taking him to Nebraska. Great Job!

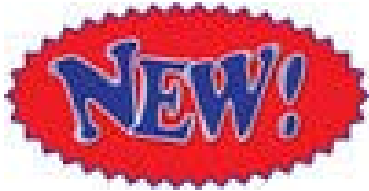
Grace receive a 6<sup>th</sup> place on Lamb Showmanship, 9th Lt. Weight Market Lamb, 7th Heavy Weight Market Lamb and Supreme on Herdsmanship. Congratulations!

## ***4-H Truck Raffle Sales Ended!***

This year, the Silver Spurs 4-H Club and the Custer County 4-H Foundation sold tickets for Custer County. The grand total earned between the two groups was a whopping \$2,120.00. Even though Custer County didn't win the truck, at least the winning ticket was sold here. The winner lives in Canon City. So it was really close this year!! Maybe next year we can have a winner here! Thanks to all that sold the truck raffle tickets!

**Beef Weigh in** - The first official weigh and tag day for beef will be scheduled for Sunday, January 10, 2016 from 2-4 p.m. at the fairgrounds. Please remember to bring your bill of sale or brand inspection papers with you.

**Custer County Cattlewomen Micro Beef Loan** - Congratulations to Ed, Billy, and Anastasia Berry for being the recipients for the Custer County Cattlewomen Micro Beef Loan. We look forward to seeing you work on your projects this year!



**Custer County 4-H Camp** - The **Custer County 4-H Camp** will be held on **FEBRUARY 13, 2016**. The location will be determined at a later date. This will be an opportunity for ALL Custer County 4-Her's to have a great time together and build our comradery as a 4-H Family! The camp is free and there will be food, games, prizes, t-shirts, and more. If you have never been to a 4-H camp, then this is the one to try! It will be held from 1pm to 6pm with a pizza party to follow! Look in the January newsletter for more information and **MARK YOUR CALENDARS! You won't want to miss this!!**

### *Holiday Greetings*

*We do want to extend "Happy Holidays" greetings to all of you from the Extension Office. Thanks for all your support in 2015. We are certainly looking forward to 2016 for an even better year!*

Custer County Courthouse will be closed:

Wednesday, November 11<sup>th</sup> for Veterans' Day

Thursday & Friday, November 26 & 27 for Thanksgiving

Thursday & Friday, December 24 & 25 for Christmas

Thursday, December 31 and Friday, January 1 for New Years

Colorado State University, U. S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination.

Individuals requiring special accommodations to participate in any activity, program or service should notify the program coordinator at least 5 business days prior to the scheduled event.

# FYI

November/December 2015

**2016 IRM Redbooks are in!!!!!! Ranchers... stop by to pick 'em up!**

## **Fact Sheets**

“We just moved here from a much lower altitude and we need some help with our gardening and cooking. Can you help?” The Extension Office is asked a great many different types of questions throughout the day. With the resources available to us from Colorado State University, we certainly try to help answer all these questions.

One of our greatest resources is fact sheets. These fact sheets are research-based information sheets provided by Colorado State University. We can offer information in a multitude of areas. Following is just a small sample: weeds, pasture management, water and soil testing, high altitude cooking, gardening, insects, trees, food safety, canning and freezing, and fire safety.

Come by the office or give us a call with your questions. We are here to help YOU! These fact sheets are also available online at: [extension.colostate.edu](http://extension.colostate.edu) and look under the Publications tab.

## **Other Resources**

The Extension Office has a variety of other resources available, some FREE and others available for purchase.

FREE – limited numbers available so first come first serve: Noxious Weeds of Colorado, 11<sup>th</sup> edition-a convenient identification guide separated into the three regulated lists and the newer Watch List for weed control in Colorado; Biology and Control of Aquatic Plants-A Best Management Practices Handbook for aquatic plant control; Integrated Hive Management for Colorado Beekeepers-Strategies for identifying and mitigating pests and diseases affecting Colorado's honey bees.

FOR PURCHASE – Weeds of the Great Plains \$30; Weeds of the West \$25- both excellent books for a greater variety of weed identification purposes. For those with questions about high altitude cooking, we can order cook books for a small fee. We also have Healthy Heart cook books for those concerned about health and diet issues.

Stop by for a visit and check out all the resources available!

## **Seedling Tree Sale Applications**

Applications to purchase the seedling trees from the Colorado State Forest Service will soon be available. For best selection, the earlier you order the better chance you have of getting the trees you ordered. They do sell out of a large variety of the trees early. Stop by the Extension Office to get your application or give us a call to get one put in the mail.

## Extension

### November 2015 Newsletter

For back issues visit the Family Matters Web site At [www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html](http://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](http://www.ext.colostate.edu)

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For all other requests contact the author.

Extension programs are available to all without discrimination.  
Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.

### Playful Ways for Cooler Days

*Tracy Trumper, Family and Consumer Extension Agent, Phillips County*

Relief from the heat is often welcome with the falling leaves and changing colors of fall. With the change of seasons comes change in our active lives. Kids were once playing in the outdoor pool, participating in organized sports like baseball, softball, and soccer, and going for bike rides down to the park during the warmer months. What to do when it starts to get cold outside to keep young hearts healthy, young bones and muscles strong, and young bodies energized? NO couch potatoes allowed! There are many activities that kids can do to help keep them fit while having fun during the fall and winter months.

First of all, just because the temperature drops does not mean that outside activities have to cease. Just remember to wear warm layers of clothing, drink water with increasing activity and wear sunscreen. Here are some outdoor activities to enjoy in the fall that is fun for all ages:

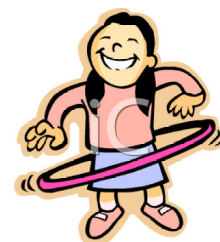
- Enjoy the beautiful foliage on a walk or hike
- Rake leaves and play in the piles
- Visit a pumpkin patch to select the perfect pumpkins
- Visit a corn maze
- Try a holiday race like a "Turkey Trot" 5k walk or run

When the snow starts to fall try these fun activities:

- Snowshoeing around your yard or out on a golf course
- Ice skating at an indoor or outdoor rink
- Sledding on your favorite hill
- Build a snowman or snow fort
- Go cross country skiing
- Have a snowball fight and make snow angels
- Help your neighbors by shoveling their snow

There are always cold, wet, snowy days that require everyone to be inside for the day. Again, parents can encourage kids to be active while inside the home. The following are a few ideas to help keep kids moving while using their imaginations and their brains.

- Turn up the music and dance
- Play board games or card games for a while and then switch to a more active game
- Let friends come over to build forts with blankets and the furniture.
- Jump rope
- See who can balance on one foot the longest
- Hula hoop





In addition, if there is an internet connection in the home, go to [www.youtube.com](http://www.youtube.com) and search “Zumba Kids.” There are a number of video dances that kids can do with fun music, interesting background and dance leaders, who are kids. The site is done by FamilyFriendlyGaming, so the dances and music are age appropriate. The site looks very much like what kids would see if they were playing on an Xbox. So, a couple of kids can watch and perform the dances from the computer screen. For more ideas about fitness activity, nutrition and recipes visit: <http://www.liveeatplay.colostate.edu>

### **Let's Talk:**

Children like to be active and move, but might need a little motivation and fun ideas to keep the body in motion on a cold wintery day. Try setting a kitchen timer so that everyone gets up from the TV, book reading, computer or other sedentary activity every 30- 40 minutes to do something active for 10- 20 minutes. Be a good role model and get moving with the kids.

### **Recipe for Health: Homemade Applesauce**

It's yummy either hot or cold!

Makes: 4 cups

#### **Ingredients:**

3 pounds (about 12) cooking apples, peeled,  
Cored & sliced  
1/2 to 3/4 cup sugar  
1/2 cup water  
1 teaspoon ground cinnamon



#### **Directions:**

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

**Helpful Hints:** Apples are available year around, but the best buys are September to February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. Adapted from Kids a Cooking, Kansa State University

# Horticulture News

November/December 2015

## The Inside Scoop

If you enjoy indoor gardening as well as outdoor, here are a few tips to make sure your houseplants will thrive.

If your hanging plants drip water, get an extra spring-loaded shower curtain rod. Hang it over the middle of the tub. Now you can water your plants and let them drip in the tub.

Every time you water your houseplants, rotate the pot a quarter turn. This way the new growth comes up evenly and plants will not lean in search of the light.

Rub mayonnaise on the leaves of your houseplants to clean them and make them shine.

Save your pencil shavings. Spread them around houseplants to keep aphids and mites at bay.

Keep small houseplants moist while on vacation. For each plant, punch a few small holes in a plastic bag. Enclose each plant in a bag and fasten with a twist-tie after watering. The plants will stay moist for up to a few weeks.

Use coffee grounds and leftover coffee on your houseplants and watch them thrive.

To stop the drips of indoor hanging baskets, buy plastic containers the same diameter of your original basket but without drain holes. Remove the chains from the original basket and attach them to the new container after drilling three holes near the rim. Then the original basket is placed into the new container, using foam packing "peanuts" or other material to separate the pots. (This keeps the pots from sitting in water) Occasionally empty the water that collects in the new container.

Try watering hanging plants with ice cubes. As the ice melts, the soil absorbs the water and it doesn't drip out of the bottom of the pot.

## December Tips!

- \* After bringing home a cut tree for the holidays, and before setting it up, cut off 2 to 3 inches of the stump end. Keep water reservoirs of tree stands full.
- \* Select bird seed that is suitable for birds in your area. Avoid mixes with milo.
- \* Move houseplants away from cold windows.
- \* Amaryllis are popular gifts. They prefer a warm, bright location in the home.
- \* Contrary to popular beliefs, poinsettias are not poisonous. Poinsettias prefer a bright cool location away from drafts.
- \* If weather is dry and has been more than three weeks since a heavy snow or rain, it is time to water trees, shrubs, turf and perennials. Fact sheet 7.211 for more information.