

4-H News to Know

November 2016

Colorado
State
University

Extension

Custer County

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Check out the Custer County 4-H Facebook page:

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

Market Livestock Competitions – Lindsey Gillmore brought home a Grand Champion win from the Kansas City American Royal with her Poland China Market Hog. Congratulations Lindsey!! *(If you are an exhibitor competing in jackpot shows or other shows pertaining to your project be sure to let us know your placings and also send a photo if you have one so that we can add your achievements to our newsletter!)*

Custer County Courthouse closures thru end of 2016:

Friday, November 11th for Veterans' Day

Thursday & Friday, November 24th & 25th for Thanksgiving

Friday, December 23 & Monday, December 26th for Christmas

Monday, January 2nd, 2017 for New Year's.

National 4-H Congress – Katlyn's going to Atlanta! Congratulations to Katlyn Freeburg for her opportunity to attend this event. She won the Grand Champion 4-H Wildlife project at the State Fair which earned her this chance. She will be going to Atlanta, Georgia in November. Congrats!!

4-H Achievement Awards Program – This year's Awards Program was a success! Thank you to all who came and participated, we had a full house and it was great to see all of the kids participating in their Achievement Awards Program. Also, a HUGE thank you goes out to the Foundation for all of their hard work and contributions that went into making another year of awards possible. Last but not least, thank you to all of the volunteers, leaders and award sponsors for your hard work and financial donations that went into the 2016 4-H year.

4-H Enrollment – It is time to start the enrollment process for the 2016-17 4-H year. Enrollment forms are available and placed on the website as well as the 4honline link. Families are highly encouraged to complete enrollments through 4HOnline. All 4-H members must complete the 4-H enrollment form by the deadline of December 1st. (This is for re-enrollment of previous members and any new members to join up)

The county enrollment fee is \$25 per member. This fee needs to be paid by the deadline as well unless you have talked to the Extension Office for an extension or to apply for a scholarship. The literature fees will be based on your actual manuals, record books, etc. that are ordered for any of the projects.

If you have any questions, please stop by or give us a call.

4-H Club Meetings: Leaders, when you set your regular monthly club meeting dates, please notify the Extension Office so that we can post it to the calendar and the newsletters. Also, if you have any information that needs to be in any upcoming newsletters, you must have that information into the Extension Office no later than the 25th of the month.

Meat Quality Assurance:

MQA Will Be Required Yearly For ALL 4-H Market Livestock Members!!

The MQA trailer will be coming in March. We will keep you posted with the actual dates. The previous rule was that first year members attend the class and they were to attend again when they turned 14. Please note that ALL 4-H Market Livestock participants will be required to attend a MQA EVERY YEAR that they are enrolled in a market livestock project from here on out.

ATTENTION MARKET BEEF EXHIBITORS: Now is the time to start shopping for your beef projects. Your official weigh in will be in January (Date and Time TBD). Many breeders are preparing to take their fall calf crop to market, be sure to contact your breeder to select your calves before it's too late!! If you would like information on upcoming club calf sales or breeders who sell to fair kids, contact the extension office.

Upcoming Events and Camps:

4-H Club Officer Training – Will be held on January 21, 2017 in Pueblo. Look for more details and registration information at a later date. **Watch your email for this information!!** If you attended last year and already know what it is about but want to go again, please call the extension office so that we can put you on the list.

Colorado Leadership Conference – Grace Watkins will be attending this year's CLC in Glenwood Springs, November 4-6, 2016 to see how high she can soar. The theme this year is "Soaring to Success". The conference will have several hands on workshops to develop skills in communication, teamwork, critical thinking and social skills. Delegates will enjoy building planes and flying them. Delegates will design a miniature roller-coaster to meet criteria. Teamwork is always a part of every workshop as you work with new friends and old. As a part of the conference we will build Christmas Shoe Boxes for less fortunate children around the world. These boxes will include pencils, paper, markers, small toys, etc. Look for Grace's accounting on her trip to CLC in the December Newsletter.

Dare to be You Camp – will be held in Pueblo on November 18-20 at the State Fairgrounds. We have 3 youth attending this year so look for a great story about their experience in the next newsletter!

Colorado 4-H Horse Show Rule Book Cover Art Contest

Below is information submitted by the State 4-H Horse Committee. They are wanting to update the front of the 4-H Horse Rule Book and are having a contest to select the front cover. If interested...check it out!

- Please submit your 4-H Horse related drawings or sketches via email no later than January 1, 2017. Make sure that your image can be printed in black and white should it be selected as the winner. The winning artwork will be placed on the cover of the updated edition of the Colorado State 4-H Horse Show Rule Book. The winner will also receive a \$150.00 Scholarship to be used towards registration fees for one of the following: State 4-H Horse Show, State 4-H Conference, 4-H Leadership Development Conference, Colorado 4-H Leadership Camp or 4-H Youth Fest. The \$150.00 prize must be used by the winner within 12 months of notification and will be paid directly to any of the above listed events. The \$150.00 Scholarship prize is non-transferable. No money will be issued to the contest winner directly. Please make sure that entries are 4-H appropriate.

Entry Requirements:

- High resolution gif or jpg digital files of pencil or black ink drawing / sketch.
- Entries should be no larger than 8.5" x 11" when printed.
- 4-H appropriate horse related images only.

Please email entries and questions to Sam Lowry at sam.lowry@colostate.edu

4-H NEEDS YOU!

We are looking for volunteers with all different skills. If you would like to help our youth gain the knowledge and skills to become the leaders of tomorrow, then please contact the Extension office.



The Extension Office is looking for BOARD VOLUNTEERS...If you would like to serve a term on one of our boards please come by the extension office for more information.

Project nights are coming. Are you interested in other 4-H projects? Then be on the lookout for Project nights! You will discover all about what projects 4-H has to offer! Remember, 4-H enrollment began on October 16th and ends December 1st. Most projects can be added or dropped until the May 1st deadline.



The Purpose of 4-H Projects

"Create a *blue ribbon child*
not a blue ribbon project."

Life Skills Development

- Decision Making
- Goal Setting
- Planning, Implementing and Evaluating
- Accepting Responsibility
- Communicating
- Teamwork and Cooperation
- Record Keeping

OK Cooperative Extension Service

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Thanks for being a part of the Custer County 4-H family!!!

Catch-A-Calf Program- The Catch-A-Calf Program will be awarding 40 steers to participants who successfully catch calves at the 2017 rodeo performances at the Western Stock Show. Youth must be 12 years old by December 31st, 2016 and enrolled 4-H members for the 2016/2017 4-H year to participate. The deadline to submit entries is December 1st, 2016. Applications are available at the Extension Office so if interested, stop by.

HAPPY THANKSGIVING!!

We are wishing all of our 4-H and FFA Families a Happy Thanksgiving. May your tables and homes be bountiful with many Blessings!!



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 2016

2017 IRM REDBOOKS ARE HERE!! Hello Ranchers, if you are looking for your new redbooks, we have them at the Extension Office. Come by Monday-Friday, 8:00 to 4:00 to pick them up.

SEEDLING TREE SALES - Applications to purchase seedling trees from the Colorado State Forest Service will soon be available. For best selection, the earlier you place your order the better chance you will have to get the trees that you want. Give us a call or email us to request an application and we will get one out to you as soon as we receive this year's application.

BACKYARD POTATO GROWERS...We need your forms ASAP Please -
Call if you have any questions about the forms to be returned or if you have any other potato questions.

HAPPY THANKSGIVING!!

We would like to wish all of our Custer County Families a Happy Thanksgiving. May your tables and homes be bountiful with many Blessings!!

If you need help in preparing your Thanksgiving Turkey, see our "Let's Talk Turkey" brochure in the High Country Helper newsletter.

Use of Wells and Septic Systems Following a Wildfire

Quick facts....

- Fire damage to above and underground structures can lead to well water contamination and malfunction of wastewater (septic) systems.
- Well owners need to inspect and test their well and septic system following impact by wildfire.
- Keep adequate bottled water on hand for cooking and drinking until certain that well water is safe.

Following a wildfire, homeowners using a private well or septic system are encouraged to complete a visual inspection of their system and promptly repair any damage before use. Typically, the underground components of the well, pump and septic system are unharmed by wildfire. However, the wiring at the top of the well and the junction box may be burned if the fire was in close proximity. Damage to electrical wires, controls, pipes, tanks, and other components of these systems may affect system performance and may compromise the safety of your water supply, or affect the proper disposal of wastewater. If the outside of your home or yard area near your well is burned, you should have a licensed well company inspect the system. The pump may be functioning; however, burned wires not visible from the surface may cause damage to the system.

If you do not have power to your home following the fire, a generator can be used to run the well but the pumping system can be damaged by using undersized generators. Contact a licensed well contractor, electrician or your power company to determine the minimum size generator needed to properly power your pump motor.

Once you have your well working, flush the system thoroughly both inside and outside the house. If your water still tastes or smells earthy, smoky or burnt, you should flush your water lines again thoroughly and take a water sample for testing at a laboratory for routine well water quality parameters including metals. Any damage to the wellhead casing or seal requires testing for coliform bacteria followed by chlorination. Colorado State University Extension Factsheet 0.520 "Selecting an Analytical Laboratory" offers information on how to select a certified water quality testing laboratory and provides a list of commonly used laboratories throughout Colorado (<http://www.ext.colostate.edu/pubs/crops/00520.html>). Additionally, if flame retardant was heavily used near your well it is possible that constituents from the material may migrate into your well water over time, particularly if the wellhead is compromised. In this situation, monitoring nitrate concentrations after a period of several months may be prudent.

Onsite wastewater (septic) systems have most of their functional components below ground and are typically more resistant to fire damage. However, it is important to inspect your system for damage to PVC piping above or near the ground that may have been impacted by heat. If your wastewater disposal system has been damaged, or if your system is backing up or malfunctioning, discontinue use and contact your local health department for guidance and instruction on repair and restoration of the system.

For More Information

- **Colorado State University Extension Fact Sheets on Water and Septic System Operation and Maintenance** <http://www.ext.colostate.edu/pubs/pubs.html#water>
- **Drinking Water Resources** (by the Northern Plains and Mountains Regional Water Program) http://region8water.colostate.edu/drinking_water.shtml

For additional information on using your well and septic system following a wildfire contact your local county department of health or your local county Extension agent (<http://www.ext.colostate.edu/contact2.html>) .

J. Kallenberger and R. Waskom, Colorado Water Institute; and T. Bauder, CSU Department of Soil and Crop Sciences.

Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as "akimbo."
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 °F, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 °F throughout the product.
- If using an oven cooking bag, follow the manufacturer's guidelines on the package.

REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For information on other methods for cooking a turkey, call the USDA Meat and Poultry Hotline:

1-888-MPHotline (1-888-674-6854)

www.fsis.usda.gov

Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

Reheating Your Turkey

Cooked turkey may be eaten cold or reheated.

In the Oven

- Set the oven temperature no lower than 325 °F.
- Reheat turkey to an internal temperature of 165 °F. Use a food thermometer to check the internal temperature.
- To keep the turkey moist, add a little broth or water and cover.

In the Microwave Oven

- Cover your food and rotate it for even heating. Allow standing time.
- Check the internal temperature of your food with a food thermometer to make sure it reaches 165 °F.
- Consult your microwave oven owner's manual for recommended times and power levels.

For more information about food safety (in English and Spanish), call:

**USDA Meat and Poultry Hotline
1-888-MPHotline**

1-888-674-6854

10:00 a.m. to 4:00 p.m. Eastern time,
Monday through Friday

E-mail: mph hotline.fsis@usda.gov

Or "Ask Karen," FSIS' Web-based automated response system—available 24/7 at www.fsis.usda.gov

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Let's Talk Turkey



**A Consumer Guide to
Safely Roasting a Turkey**

USDA U.S. Department of Agriculture
Food Safety and Inspection Service

Fresh or Frozen?

Fresh Turkeys

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- **Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing Your Turkey" for thawing instructions.

Frozen Pre-Stuffed Turkeys

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

DO NOT THAW before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.

Allow 1 ¼ pounds of turkey per person.



Thawing Your Turkey

There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven.

In the Refrigerator (40 °F or below)

Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

In Cold Water

Allow approximately 30 minutes per pound

4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

In the Microwave Oven

- Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound and power level to use for thawing.
- Remove all outside wrapping.
- Place on a microwave-safe dish to catch any juices that may leak.
- Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

Roasting Your Turkey

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed

4 to 8 pounds (breast)	1 ½ to 3 ¼ hours
8 to 12 pounds	2 ¾ to 3 hours
12 to 14 pounds	3 to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hours

Stuffed

4 to 6 pounds (breast)	Not usually applicable
6 to 8 pounds (breast)	2 ½ to 3 ½ hours
8 to 12 pounds	3 to 3 ½ hours
12 to 14 pounds	3 ½ to 4 hours
14 to 18 pounds	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ¾ to 5 ½ hours



It is safe to cook a turkey from the frozen state. The cooking time will take **at least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Extension

October 2016 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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Healthier Celebrations at Home & School

Kaye Kasza, Family & Consumer Science Extension Agent, Southeast Area

Fall brings many celebrations at home, school and in our communities. These special occasions are an important part of a child's social development. Celebrating special occasions helps kids have a strong sense of identity and close ties to family members. Meaningful family traditions give children a strong sense of themselves. Birthdays, new classmates, graduations and holidays are times to celebrate. Use these events to share and learn about customs and celebrations in other communities and cultures.

Make food and drinks a part of celebrations, not the center of attention. With a few easy changes, the focus at parties can change from unhealthy food to healthy fun. Offer tasty healthy foods from all the food groups in an active setting. Enjoy treats on occasion, but make unhealthy foods the exception rather than the normal way of doing things. Everything can fit into a healthy diet when eaten in moderation.

Make Healthy Eating & Movement the Fun Part of Parties & Events.

- Put the focus on the holiday, person or event rather than the food. Refreshments should complement the fun, not be the main event.
- Make healthy habits part of your celebrations. Include games to get people moving and enjoy being together. Children need to be physically active at least 60 minutes most days, while adults need at least 30 minutes most days.
- Plan several different activities: lively and quiet, indoor and out, individual and group. Look for activities everyone can do.
- Make foods look festive. Include colorful fruits and vegetables, or decorate with nuts or seeds.
- Remember to serve foods safely. Keep hot foods hot, and cold foods cold. Don't leave perishable foods at room temperature for more than two hours.
- Try out some healthier recipes. Find ways to cut back on added sugars, salt and saturated fat as you prepare your favorite recipes.
- Go for the fruits and veggies. MyPlate recommends we fill half our plate with fruits and veggies. Choose raw or steamed fruits or vegetables. These are great sources of fiber, vitamins and minerals. Limit fruit desserts with lots of added sugars.
- Choose whole grains, like whole-wheat breads, brown rice, barley and oats. These foods are high in fiber which all of us need.
- Limit creamy toppings, dressings and sauces. Most Americans need to get less sodium and saturated fats, and these are often higher in both.
- Serve foods in small serving sizes. Include your favorite party foods in appropriate serving sizes.
- Offer non-sugared thirst quenchers that please. Add slices of fruit or ice cubes made of 100% juice to water.
- Above all, focus on enjoying friends and family. People are the most important part of the event.



Let's Talk

Involve children in the party planning. Talk to them about the reasons for the healthy makeover. Celebrate a child's cultural history with traditional crafts, games, and stories. Replace the "cupcake tradition" with something new. Try drawing a large birthday painting, creating a birthday hat, or other special activity. By your actions, show your family how to have fun and live a healthy life. Most often, children follow the example of the adults around them. Make it easy for your child to make healthy choices.

Make Moving a Part of Every Celebration:

Join the fun and act like a kid!

- Take a walk after dinner
- Toss a football
- Have a scavenger hunt
- Hold a dance contest
- Try horseshoes or badminton
- Fly kites
- Visit a local playground
- Create sidewalk art with chalk
- Play animal charades, acting out animal behaviors
- Create an obstacle course
- Build a snowman



Recipe for Health:

Pumpkin Pudding: A real "cool" dessert!

6 servings

Ingredients:

- 1 can (15-ounce) pumpkin
- ¼ - 1/2 teaspoon pumpkin pie spice
- 1 1/2 cups low fat milk
- 1 package (3.5-ounce) instant vanilla pudding

Directions:

1. In a large mixing bowl, mix pumpkin and pumpkin pie spice together with a wooden spoon.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir slowly for about one minute until it thickens.
4. Refrigerate until serving time.

Recipe: K-State Research and Extension, <http://www.kid-sacookin.org/easy/index.html>

