

# 4-H News to Know

## October 2017



Extension

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### HAPPY OCTOBER BIRTHDAY'S!!

Brooke Flynn	Jessie Smith	Ben Penkoff
Joey Arnone	Ty Stolfus	Chad Lewis
Dalton Wommack	Hayley Maloney	Lindsey Gillmore

## National 4-H Week – October 1-7, 2017

**4-H Enrollment** – It is time to start the enrollment process for the 2017-18 4-H year. Enrollment materials will soon be available and placed on the website when we get them. 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 1<sup>st</sup>. (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.

We are working on the end of the year process with the State 4-H Office now and they are telling us that you can go online to enroll after October 15<sup>th</sup> at [co.4honline.com](http://co.4honline.com). If this changes, we will let you know. If you have any questions, please stop by or give us a call.

**Shout Out!!! – GOOD LUCK!!!-** To Ben Stafford and “Bear”!! Ben will be exhibiting “Bear” at the American Royal Livestock Show in Kansas City, MO. In 2016, more than 1,770 exhibitors from 31 states made the trip to Kansas City for the Royal. Throughout the two week show, over 2,000 head of the nation’s highest quality cattle, hogs, sheep, and goats were exhibited at the American Royal Complex.

**National Western Stock Show, Denver CO** – For those making plans to journey up to Denver for the NWSS a few dates to remember: The show runs January 6-21, 2018. A complete schedule can be found at [www/nationalwestern.com](http://www/nationalwestern.com) .

**Custer County Cattlewomen Beef Loan Program** – The Cattlewomen are again offering low cost loans to help any 4-H or FFA members with a beef project. The Deadline to complete and return the application and any documents needed was October 14th. We look forward to enjoying this partnership again this year! Thank you to the Cattlewomen for this opportunity!!

### **Upcoming Events and Camps:**

**Any 4-H exhibitor that signs up for a camp or workshop and does not attend WILL BE REQUIRED TO PAY 100% of the camp/workshop fees. There are scholarships available to help defray the cost of camp attendance. Just ask us!**

**Colorado Leadership Conference--** Nov. 3-5. CLC is for 4-H youth in grades 6<sup>th</sup>-9<sup>th</sup> with a cost of \$135 for the registration. Registration still runs through October 20<sup>th</sup>. This event will be held at the Glenwood Springs Recreation Center. The purpose of this camp is to provide an opportunity for youth to learn teamwork, leadership, communication, and citizenship skills through a variety of workshops.

**4-H Achievement Awards Program-** This year’s Awards Program was a great 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. If you could not make it to the awards program and have gift cards, premiums and record books that need to be picked up, please stop by the extension office. Last but not least. Thank you to all of the volunteers, leaders and award sponsors for your hard work that went into the 2016-2017 4-H year.

**Livestock Weigh In** – the Fair Board will establish the exact date, but Market Steer exhibitors should plan on the first official weigh in will be held in January.

**Livestock Judging Opportunity – For all 4H and FFA Junior and Senior Members** - If you have an interest in learning how to evaluate livestock for quality, structure, soundness, think on your feet, and perfect your decision making skills – this is just for you!! Custer County’s own JT Gillmore has offered to coach junior and senior 4H and FFA combined, livestock judging teams. This is an incredible opportunity for all junior and senior 4H and FFA members. You don’t have to show market livestock to participate – just have a desire to work as a team, and learn more about evaluating market livestock. If you are interested, please let the office know or Lia Coleman, FFA Advisor. We need to know as soon as possible.

## **Custer County Courthouse closures**

**Friday, November 10<sup>th</sup> for Veterans Day**

**Thursday & Friday, November 23<sup>rd</sup> & 24<sup>th</sup> for Thanksgiving**

**Truck Raffle:** Sorry, no one in Custer County won the truck but we are still winners because we earned \$337.50 for the shares of the sale. Thank you Justice Saraceno for all your hard work.

**Volunteer Coaches and Leaders** – if you have an interest to serve the 4H program as a volunteer leader or coach please let the office know. There are over 52 projects offered to the youth of Custer County in 4H. There are many areas where your expertise and help would be so appreciated.

**Want something in the Newsletter?** – all leaders and coaches, if you would like something in the November Newsletter, please let us know at the Extension Office by October 27, 2017.

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## Family Matters – October 2017 »

### Trick Your Treating

*Shelby Rundell-Le, 4-H Youth Development/Family & Consumer Science Agent, Gunnison County*

There is nothing like the anticipation a child gets as they wait on the other side of a door on the night of Halloween. Will they be greeted by a ghoul, witch or a superhero? It is easy for us to get caught up in the sale and availability of candy this time of year, but instead of being that sugar loving ghoul why not be a superhero in disguise who teaches kids to understand a healthy balance of their sweet treats? Halloween is the beginning of a holiday season, where imagination, thoughtfulness and creativity are shared with our peers. Halloween is not just for children, but for the entire family to spend time together, so why not enjoy it with healthier, smarter choices.



### Healthier Alternatives

When trick or treaters ring your doorbell, or when you host a Halloween party, what will you give them? Why not try giving them tasty foods that also have some nutrients? Halloween can be a healthy and active holiday for both adults and children. Get creative in your treat selection for party-goers and trick or treaters. It is easy to come up with treats that are lower in sugar and fat while providing daily fiber, minerals and vitamins.

#### Healthier Food Treat Options:

- Trail mix
- Mini box of raisins
- Applesauce cups
- Popcorn

- Granola bars
- Mini box of whole grain cereal
- Fruit cups made with fruit juice
- Fruit snacks made with real fruit juice

If candy is the treat of choice, choose bite sized candy bars, as they help with portion control while providing variety.

**Halloween Treats Don't Have to be Food!** Children and adults alike love toys, games and goodie bags. Non-food options to influence physical activity is another great option. Why not promote activity with a treat?

- Jump rope
- Sidewalk chalk
- Bubbles
- Yo-yos
- Glow sticks
- Hacky sacks

Additional non-food treats could include: temporary tattoos, wax fangs, spider rings, pens, pencils or erasers. The possibilities are endless.

### **Tricks for Managing Treats:**

- Use small baskets and fill it with smaller sized candies.
- Don't purchase candy until a day before Halloween, to resist temptation.
- Avoid keeping candy in easy-access areas. Keep candy out of sight and out of mind.
- Have a plan for leftovers. Think about what you will do with the leftover candy, perhaps donate to a food pantry, shelter or faith-based group.
- Give your children a healthy meal before the Halloween party or going out to trick or treat so they are less likely to overindulge.
- Give children limitations to houses within a 2-3 block radius, so they can get treats from known neighbors in the community.
- Try to stay physically active. Regular exercise aids in weight and health management while improving overall wellness.
- Don't forget to brush and floss your teeth! Foods that are sticky and high in sugar can do damage to our teeth.

### **If Hosting a Party Provide Healthier Options Like:**

- Pumpkin muffins and apple cider.
- Guacamole dip as "slimy green stuff" with cauliflower "brains", etc.
- Arrange a tray of fruits or vegetables to look like a skeleton, ghost or other Halloween character.
- Provide many games and activities that don't involve candy.
- Dunk for apples, decorate pumpkins, and watch movies with homemade popcorn.
- Have a costume contest.
- Make homemade treats with children, such as rice cereal treats, smoothies or jack-o-lantern fruit cups.

## **Let's Talk**

Once trick or treating and the Halloween parties have finished, implement a "buy back" program for the Halloween candy. Have children choose the candy pieces they want to enjoy after the holiday. Parents then "buy" the remaining candy from the child while replacing it with a fun activity such as a sleepover, movie night or a new basketball. Children are able to enjoy the candy without eating too much, and the parents are able to

use the remaining candy as they see fit. It's valuable to know your child's habits, but let them enjoy Halloween by setting up realistic attainable guidelines for candies. After all, it is one day of the year, and one day won't ruin a progressive effort of a healthy, balanced lifestyle.

## Recipes for Health:

### Bony Fingers

Fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Add a few pieces of candy corn at the end of each finger for fingernails. Tie the end with ribbon or yarn.

Photo: <http://www.flickr.com/photos/stevendepolo/8142844240>



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.