

# 4-H News to Know January 2015

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University

Extension

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***Beginning in 2015, we will start publishing the newsletters electronically.*** Please submit your email address to us or make sure we have your current email address so we can keep you in the loop. If you do not have internet and prefer to continue to receive a mailed newsletter, **YOU MUST NOTIFY US WITH YOUR REQUEST** or stop by the Extension Office for the newsletter. We will also take newsletters to the library for distribution. This will help to keep our rising costs down and keep up with advancing technology. Please send your email address to the office email address above.

## **4-H Enrollment – Welcome to 4-H!!!**

We want to welcome all our previous 4-H members back and the new 4-H members just getting started. If you ever have any questions, please give us a call or stop by the office. There are NEVER any stupid questions!! We are here for YOU!!!

**Communication** – As we kick off the new 4-H year, we want everyone to know how we communicate with you. We have a lot of important information, deadlines, requirements, new changes and most importantly, education opportunities to make you aware of. Our primary method of communication is through the *4-H News to Know* newsletter. It would be most 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 our 4-H members and leaders. Please open your mail and read everything you receive from our office. Finally, all things related to the Custer County Fair are communicated through the Fair Book, which is generally completed and posted on [www.custercountygov.com/ext](http://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 the year. Information that needs to be included in the newsletter needs to be submitted to the Extension Office by the 25<sup>th</sup> 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.

**Beef Weigh in** - The first weigh/tag day has been scheduled for Sunday, January 11<sup>th</sup> from 2-4 p.m. Please have your beef projects halter broke for this first weigh in. Also, please bring your inspection papers/bill of sale records. Copies will be made during the next week and we will return a copy to all exhibitors. We need these for all beef projects!

**Beef Workshop** - Ms. Bonnie Long, our Beef Superintendent will be hosting a workshop on January 11<sup>th</sup> at 4pm at the Saddle Club. This informative workshop will cover just about everything needed to get your beef project ready to show at the county fair.

**Trailblazers 4-H Club Meeting** - The first meeting of the Trailblazers Club was held on Sunday, December 7<sup>th</sup>, 1 p.m. at the home of Alisha Shy (110 County Road 340, Silver Cliff - Valley Feeds). The membership present at the meeting decided to keep the first Sunday of each month as their meeting date at 1 p.m. at the Shy's residence. The rest of the dates are: Jan. 4, Feb. 1, March 1, April 5, May 3 and June 7<sup>th</sup>. Need to verify if there will be a July meeting.

**Silver Spurs 4-H Club Meetings** - The Silver Spurs Club meetings will be held on the second Thursday each month. The meetings will start at 4:15 p.m. and be held at the Courthouse Annex Building again. The rest of the schedule is: Jan. 8, Feb. 12, March 12, April 9, May 7 and June 11.

**Triple C Clovers 4-H Club Meeting** – The first meeting of the Triple Cs will be held on Jan. 2, 2015 at 12:30 p.m. in the great room at school.

**Leadership Training** - Attention all club officers! First of all, congratulations on your new positions! You have chosen to represent your club and community by serving in these important roles. You have taken a leadership position that will further your 4-H career. You have also chosen to help your club and the 4-H community as a whole be successful. I applaud you for choosing to take on this most important role. With these roles come many responsibilities. The first responsibility is to understand that role and learn how to be the most effective leader you can be. There will be an officer training on January 31<sup>st</sup> in Pueblo. This is not mandatory, but highly encouraged. You will learn instrumental skills to help you in your 4-H journey. As a 4-H Club officer, you will automatically become a part of the Custer County 4-H Teen Leadership group. This newly formed group will be in charge of putting on the first ever Custer County 4-H camp. This is an opportunity to again show off your leadership skills and bring our 4-H family together for a day of team building and fun. I look forward to working with all of you!

**Meat Quality Assurance Class** – The Meat Quality Assurance class will be held on March 14<sup>th</sup> at 10am at the Annex Building. This class is open to all and mandatory for all first year livestock exhibitors and if you turn 14. All are welcome to attend and are strongly encouraged to do so this year. The MQA trailer will be coming to Custer County and will provide an opportunity for you to learn all about meat quality. This year we are also having two guest instructors. Dr. Robert Kattnig who was instrumental in putting the National Beef Quality Assurance program together and Bonnie Long who has an extensive knowledge on Beef production. Bonnie is also our Beef Superintendent. All species exhibitors are welcome to come and I hope you will take this opportunity to learn about meat quality assurance from our local experts.

**Hunter Safety Certification** - Hunter Safety will be provided this year to all 4-Her's and is required to participate in the 4-H shooting sports. This year's class will be held March 7-8<sup>th</sup>. Please look in the February Newsletter for further details and please plan on attending if you are a new to the Custer County 4-H Shooting Sports.

**Public Speaking Contest** - The Public Speaking event will be held on April 2<sup>nd</sup>. As you know this is an optional event and I encourage all of you to learn to hone your public speaking skills. These skills will prepare you for life happenings such as interviews and how to address crowds and individuals. This confidence building skill is invaluable to learn and have fun in the process! If you are a senior 4-Her, this can even provide the chance to compete at the State Conference held on the CSU Campus in June.

Practices will start in February, but it's never too early to start practicing at home and even writing your speech. This is a wonderful chance to overcome your fears of public speaking.

**Custer County 4-H Foundation** - The Custer County 4-H Foundation is your local organization to help our 4-H youth further their experience by sending them to camps, conferences, and providing other learning opportunities. Membership is \$25 for the family. Membership runs from January 1 to December 31 with dues payable by January 31 to receive benefits for that current year. If you are a member of the Foundation and attend a camp or conference, 75% of your camp/ conference cost will be covered by the Foundation. The Foundation also sponsors the Awards Ceremony in September. This organization cares about our 4-Her's. Please support the Custer County 4-H Foundation today.

**National Western Stock Show** – NWSS will begin January 10 and run through January 25, 2015. They are offering discount packages to 4-H families. If interested call the Extension Office for more information.

**CAMPS:**

**Leadership Development Conference (LDC)** – January 23-25, 2015 at Renaissance Hotel, Denver, CO. The camp is for youth 14-19 years of age. Cost is \$150 plus cost share of the room. Deadline is Jan. 8<sup>th</sup>. For more detailed information, call or stop by the office.

**Youth Fest** – February 6-8, 2015 at Ponderosa Retreat Center, Larkspur, CO. This camp is for youth 9-13 years of age. Cost is \$120 each. Registration deadline to the Extension Office is Jan. 23<sup>rd</sup>.

**Courthouse will be closed on Monday, January 19<sup>th</sup> for Martin Luther King, Jr. Day**

Please check out the Custer County CSU Extension website: [www.custercountygov.com/ext](http://www.custercountygov.com/ext)

# *2015 Custer County Fair*

*July 13-19, 2015*

# FYI

**January 2015**

Ranchers...Stop by the Extension Office to pick up your 2015 IRM Redbook.

## Colorado State Forest Service Seedling Tree Applications

Applications to order your seedling trees are available in the Extension Office. The selection of different trees AND a new selection of grasses and flowers have been added to the application form. Stop by today to get your copy or call and we will mail one to you. As always, order early for the best selection.

The CSFS will also be hosting two Seedling Tree Workshops to help learn about the seedling tree selections and how to plant with the greatest survival rate possible. The first will be held at the Fremont County 4-H Building in Canon City on Saturday, Feb. 28<sup>th</sup> from 10 a.m. to noon.

The second will be held at the Custer County Library Community Room on Main Street in Westcliffe on Saturday, March 7 from 10 a.m. to noon. Admission is FREE but you must RSVP: call 719-275-6865 or email [laurenj@colostate.edu](mailto:laurenj@colostate.edu) with your registration.



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## Pesticide Applicator Workshop Recertification

If you already have a applicator's license but need to renew, then this is the workshop for you. Mark your calendar for Thursday, January 29, 2015, from 10 a.m. to 3 p.m. at the Hampton Inn – Southgate in Pueblo, Colorado. Cost of the workshop is \$50. For more information or to register, contact Sandra McDonald at [Sandra@mountainwestpest.com](mailto:Sandra@mountainwestpest.com) or 970-266-9573.

## Carbon Monoxide – You Can't See It or Smell It!

Carbon monoxide (CO) comes from combustion appliances, such as gas heaters, furnaces, stoves and dryers. When they are hooked up wrong or not maintained, carbon monoxide escapes and you can breathe it. Car exhaust also has carbon monoxide. Symptoms of carbon monoxide poisoning include headache, fatigue, nausea and dizziness. The danger to children is especially high because gas accumulates in their bodies faster than in adults.

Follow these guidelines:

- Purchase CO detectors and place them in every sleeping area of the home.

- Pay close attention to space heaters, furnaces, fireplaces and wood-burning stoves.
- Vent these heating devices properly and inspect annually.
- Change furnace filters regularly.
- If the CO alarm goes off, leave the home immediately and call the fire department or local utility company.

## Emergency Car Kit

The following list of supplies kept in your **emergency car kit** will serve you well if an adverse situation arises in your automobile.

## Basic Auto Emergency Kit

Keep these items in a bag in your trunk:

- Battery-powered radio, flashlight, and extra batteries
- Blanket
- Booster cables
- Bottled water and nonperishable high-energy foods such as granola bars, raisins, and peanut butter
- Fire extinguisher (5-lb., A-B-C type)
- First-aid kit and manual
- Maps, shovel, flares
- Tire repair kit and pump
- Spare tire

## For Winter Driving

- A snowbrush and ice scraper
- A bag of sand to help with traction
- Extra windshield fluid
- A blanket, just in case
- Old winter boots and clothes for the trunk

## A Few Winter Driving Tips

- Keep your gas tank filled above halfway to avoid emergencies in bad weather.
- Stuck on the ice without sand or cat litter? In a pinch, you can take the mats out of your car, place them next to the tires, and slowly inch the car onto and across the mats.
- To restore proper windshield wiper blade action, smooth the rubber blades with fine sandpaper to remove any grit and pits.
- Gently rub a small, moistened, cloth bag of iodized salt on the outside of your windshield to prevent the ice and snow from sticking.
- Fog-proof your mirrors and the inside of your windshields with shaving cream. Spray & wipe if off with paper towels.
- Avoid driving when you have the flu, which can reduce your reaction time almost six times as much as moderate alcohol intake.



# A Lasting Legacy

A Workshop for Farm and Ranch Families

Sponsored by Colorado State University Extension

*It was a beautiful afternoon in late spring when Bob clutched his hands to his chest and collapsed in the field. He was dead within minutes. No warning. No chance of survival.*

*His wife and five children were left in utter disbelief. Bob and his family always had intentions to clarify his legacy plans. Now he is gone. His children will not have the opportunity to share his stories, faith, hopes and life experiences. There were no instructions for burial or memorial services.*

*They don't know to whom he wanted to give his collections of toy cars and silver spurs.*

Could Bob's family have done things differently?

How do you pass on the legacy that was your life?

Can you help your family carry on after you are no longer with them?

Leaving a legacy that everyone can love depends on parents and their adult children being able to bridge the communication gap. It's hard to talk about death and what will happen after a loved one dies, but planning for the passing of a lasting legacy from one generation to the next gives families the opportunity to share their most important beliefs, wishes and lessons learned throughout a lifetime.

In this workshop you will learn about

- ✓ Sharing your values and life lessons with future generations.
- ✓ Gifting your personal possessions having emotional value.
- ✓ Planning for important end-of-life issues.
- ✓ Transferring your finances and real estate.

*"A Lasting Legacy"*

March 10<sup>th</sup> – Westcliffe  
Cliff Lanes, Meeting Room



*Please join us for these interactive, fun, and educational workshops. Past participants found the information invaluable as their families discussed individual legacies and the futures of their farms and ranches.*

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### Speakers:

- **Jeff Tranel**, Agricultural and Business Management Economist with Colorado State University. Jeff co-authored the “Leaving a Lasting Legacy” course and resource materials. He has spoken and conducted workshops for thousands of farm and ranch families across Colorado and throughout the western United States. Currently, his professional focus pertains to legacy, succession, and estate planning.
- **Norm Dalsted**, Professor and Agricultural and Business Management Economist with Colorado State University. Dr. Dalsted has spent much of his 35-career working with farm and ranch families on the topics of financial management and estate planning.

### Workshops:

- 9:30 a.m. to 4:00 p.m.
- Lunch and materials will be provided.

### Cost:

- \$25 for the first family member
- \$10 for each additional family member



### To Register, Contact The Extension Agent in Your Area:

- **Westcliffe (March 10<sup>th</sup>)** at the *Cliff Lanes Meeting Room*  
Robin Young, 719-783-2514 or robin.young@colostate.edu

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The workshops are being hosted by Colorado State University with funding from USDA Risk Management Agency.