

Get the Scoop  
About 4-H  
in Delta, Mesa,  
Montrose & Ouray  
Counties!



# 4-H News



Visit our website:  
[www.tra4h.org](http://www.tra4h.org)

DECEMBER 2009

*A little smile, a word of cheer, a  
bit of love from someone near, a  
little gift from one held dear,  
best wishes for the coming  
year...*

*John Greenleaf Whittier*



*As we look back over the past  
year, we remember the countless  
outstanding contributions that  
were made by many to the Tri-  
River Area 4-H Program with  
great pride and gratitude.*

*We wish you all peace and joy  
during the holiday season, and  
throughout the coming year.*

*Your Tri-River Area 4-H Team ~*

*Trent Hollister, Isaac Muñoz,  
Dinah Peebles, Brenda Percival,  
Karen Scheele & Dolores Treviño*

# TRA Important Dates!

## TRI-RIVER AREA

- **November 26 & 27, 2009** – Thanksgiving Holiday, Offices Closed
- **December 24 & 25, 2009** – Christmas Holiday, Offices Closed (Montrose will be open until Noon on the 24<sup>th</sup>)
- **January 1, 2010** – New Years Day, Office Closed
- **February 1, 2010** – Deadline for regular member enrollment to avoid \$5.00 late fee (not applicable to Cloverbud or Leader enrollments)

## TRA Enrollment Fees

The fee for members 8-18 years of age enrolling in 4-H in 2009-2010 will be \$30.00 for two projects. An additional fee of \$5.00 per project beyond the first two will be charged.

Cloverbud enrollment is \$20.00 per member.

This fee is for re-enrollments received/postmarked on or before February 1, 2010. All *regular* member re-enrollments received after February 1, 2010 will be assessed an additional late fee of \$5.00. Late fees do not apply to Cloverbud enrollments or leader enrollments.

## TRA 4-H News is Changing

In response to budget reductions and in an effort to reduce costs related to materials and supplies, the TRA 4-H Newsletter will be printed on a quarterly basis starting in January, 2010. Please see your county newsletter for further details on how newsletters will be made available in your county.



## Cloverbud Parent Reminder

Just a quick reminder to current Tri-River Area Cloverbud parents: in order not to miss any issues of the Cloverbud Fun Paks, you will need to make sure that you have re-enrolled your Cloverbud by December 11, 2009 so they will receive the January Fun Pak. Be sure to contact your Club Organizational Leader before this date to re-enroll!

# NWSS Group Ticket Offer

All Colorado 4-H employees, families and invited guest are eligible for discounted prices on reserve seating at the **National Western Stock Show**, January 9-24, 2010. The prices offered are unavailable to the general public and tickets purchased through this special offer are free of all service charges, an additional savings of \$3.75 per ticket, plus \$2.25 per order if reserving without this agreement. (Tickets must be purchased through Group Services. Discounts are available at the Stock Show Box Office.) For more information: <http://www.colorado4h.org/Blog/docs/2009/Colorado4-H.pdf>.

Additional events available at group rates. Call 303-295-2979 for details. Order through Jan. 23, 2010 – orders are subject to availability. 4-H Day is January 20, 2010. For the complete schedule, go to [www.nationalwestern.com](http://www.nationalwestern.com)

## 4-H Enrollment Changes

Your TRA 4-H Staff and Support Staff feel that you should all be aware that we are changing our computerized enrollment program. With this change there will be a learning period for each and every one of us as we make the transition. We ask that you bear with us as we transition.

Some **important information** we will need from you:

- ❖ **A working email address** for each family, if possible. Due to budget reductions, we will, at times, email information to you instead of sending it via the USPS.
- ❖ The **current year in 4-H** for each member and leader. This information will not pass from our current program into the new program.
- ❖ **Current mailing addresses and phone numbers** for each 4-H family. If there is more than one address that should receive information we need the most current information for ALL addresses that apply.
- ❖ Each member and/or leader that is **enrolling in livestock** projects needs to **designate either 'market' or 'breeding'** on their enrollment form.

# 2010 Beef Calendar

Now available at the Delta Extension Office - the 2010 Beef Calendar! This full-size calendar is designed to keep you up-to-date with monthly health, feeding, and general management information that is specifically for beef.

This is a great resource for both 4-H families and cattle producers. It is loaded with information and has colorful pictures that make it perfect for display. The cost is \$7.95 per calendar - just right for gift giving. Stop in, grab a calendar, and get your 4-H beef project moo-ving into 2010!



## Club Organizational Leader ~ Reminder ~

Tri-River Area Club Organizational Leaders must turn in their Yearly Club Treasury Report and Plan for the Year before any manuals or record books will be ordered for their club! (Yes, you must turn in a form even if your club does not handle money.) To receive a copy of this report, either stop by or call your local Extension Office and we will be glad to give you one!



## Fight Organizational Leader Burnout

If you think you are too busy to help out in your child's 4-H club, think about your organizational leader! Chances are that he or she is just as busy as you are and, in addition, also running your 4-H club! Give some thought to helping your club leader in some way. There are plenty of roles you can play that do not require a large time commitment. Consider volunteering to be the coordinator of a club activity, or ask your organizational leader if you can help in some other way. Your time coordinating an event may be minimal, but the assistance you give your organizational leader will be GREATLY appreciated!



# The Cranberry

Cranberries are known for their high vitamin C content and natural dietary fiber. Here is an intriguing way to add these tart tasty treats to your diet:

## Cranberry Vinaigrette

3 tbsp red wine vinegar  
1 cup sliced almonds  
1/3 cup olive oil  
1/4 cup fresh cranberries  
1 tbsp Dijon mustard  
1/2 tsp minced garlic  
1/2 tsp salt  
1/2 tsp fresh ground black pepper  
2 tbsp water

In a blender or food processor, combine the vinegar, almonds, oil, cranberries, mustard, garlic, salt, pepper, and water. Process until smooth. This is scrumptious over a cold chicken salad – or how about turkey?!? ☺

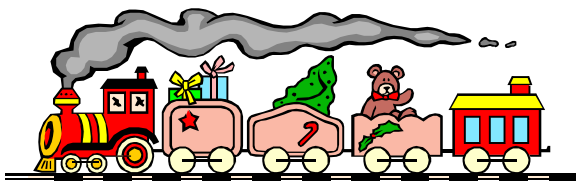
For more cranberry recipes that will further inspire culinary adventures go to:

[www.coop.ext.colostate.edu/sanmiguel/](http://www.coop.ext.colostate.edu/sanmiguel/)

## CSU Scholarships

To apply for some of the scholarships offered through Colorado State University for the 2009-2010 academic year applicants should complete the CSU Scholarship application available online beginning December 1<sup>st</sup> at [www.sfs.colostate.edu](http://www.sfs.colostate.edu)

There are numerous scholarship opportunities available at CSU. This web page is available to help you find, apply for, and hopefully, obtain a scholarship(s) to attend Colorado State University.



## Great Gift Ideas

Stumped for ideas to put under the tree? Stop in your local TRA Extension Office and check out the 4-H Family Favorites cookbook – it's chock-full of great home-style recipes you can give to someone so they can knock their family's socks off with great food this holiday season. With 146 pages of recipes, tips and tricks it is sure to please all the cooks and novice cooks on your list. Cost is only \$13.00 and all recipes were submitted by local families. Better yet – all proceeds fund college scholarships for local kids! Stop in and grab one today.

We can help with stocking stuffers too! The Delta County Extension Office has recipe card sets for sale. Each colorful set costs \$2.00 and includes 14 tasty recipes. Sets include:

- \* Holiday Recipes (delicious recipes for chowder, chili, cider, snacks, cookies and cakes)
- \* Holiday Recipes Two (from rib roast to relish, stuffing to salad there is sure to be something to please)
- \* Holiday Desserts (includes pies, cookies, cakes, and a couple of surprises)
- \* Tasty Turkey Treats (great for those leftovers)
- \* No Bake Cookies (fourteen different cookies that don't require heating up the oven)

We have many more recipes for slow cookers, soups, casseroles, stews, pies, and – of course – chocolate. With a little help from our recipe sets you're sure to make someone's holiday bright – and for a small fee, we'll even ship! Stop in or call the Delta Office at 874-2195.

## Parents Make the Difference!

- Parents and families are the strength of the 4-H program. A young person joins 4-H to belong, to do things with his or her friends, to meet new friends, to have fun, to be recognized as a person, and to achieve. It is much easier for youth to succeed in 4-H and to continue to grow when they have the support and understanding of their parents. A leader can only do so much; children must have the support of parents.
- Parents are very important to the success a child may have in the 4-H program. Parents need to attend club meetings and project meetings with their child.
- The key role of parents is support. Support the child in the commitment they make, help the child think through decisions, and assist the child with reaching goals.
- 4-H is truly a family affair. Youth need adult guidance to encourage and direct them in their character development.
- Good youth programs do not just happen. It takes combined efforts of parents, youth leaders, and professionals to have a successful 4-H program. This 4-H team contributes to the positive development of 4-H youth. Parents are partners on this 4-H team. For a successful 4-H program, parents must be regular players.

Research and experience have shown that parental participation in 4-H has many benefits. These include:

- 4-H'ers do better work when they receive more personal attention from parents and leaders.
- Parents can encourage a "learn by doing" approach in which they coach their child in activities.
- Family units are strengthened when parents and children participate together in areas of common interest.
- 4-H clubs become more active and stronger when parents take an active role.





## Get Your Horse Ready for Winter

Winter months are here and it is getting colder every week. Health care, nutrition and shelter are the three things that need to be addressed. Making

a proper plan will insure your horse to make it through the colder months in comfort.

In regard to health care you must be concerned with annual vaccinations, de-worming and hoof care. Vaccinations are of more importance if you plan to travel or work with your horses than if they are turned out for the winter. The most common vaccination would be for influenza and rhinopneumonitis. De-worming simply prevents the over-wintering of parasites like bots in the stomach. De-worming will also improve feed utilization providing more energy for your horses. It is recommended that you pull off your horses shoes if you are not planning on routine riding during the winter. If you plan to ride your horse during the winter, then it is essential to routinely check the hoof and remove any built-up snow and ice.

Nutrition is also something that is very important. Ask yourself if your horse is too fat, too thin or just right? The recommendation varies from person to person but ideally you would the ribs to just be covered during the winter. Fat provides the horse essential energy and heat to stay warm. It is important to adjust body condition before January and February when it is really cold. Feeding your horse quality hay in the amount of 2 to 2.5% of your horse's body weight is the most ideal base ration. A high fiber diet during the winter will provide more heat for the horse to stay warm. One thing that must not be ignored is **water!** Water should be clean and range from 50-60°F. If it is too cold it will cause the horse to utilize energy warming it up and intake will also be reduced.

Shelter is the final thing to remember. A horse can easily survive in 20-30°F if allowed to grow an adequate hair coat. A horse must be given the opportunity to escape wind and stay dry. A simple open front barn or wind shelter is adequate shelter in most situations. If your horse will be stalled inside be sure there is adequate ventilation. A barn with a temperature of about 45°F is all they need to stay warm.

## Beef Informational Meeting

December 17<sup>th</sup> is the date, 6:00 pm is the time and Friendship Hall in Montrose is the location for an informational meeting for our Beef project members. Topics of discussion will be selection and nutrition. If you still haven't picked out your calf, this is a good opportunity to find out what you should be looking for. If you have selected your animal, it'll still be a learning experience for you to be able to go back to your calf and pick out its weaknesses. With the information you will have you may be able to figure out if there is something that you will be able to do to minimize those shortcomings (such as trimming his feet to correct an issue, and etc.). Everyone needs to know how to feed their animal and our nutrition portion will be of great help. Some nutritional questions might be: What should I feed my animal? How much grain should my calf eat regularly? Be sure to join us for the answers to these questions and more!

## 4-H Enrollment Information for Members and Volunteers

As you may or may not know by now, we have transitioned to a new online 4-H enrollment system. All county offices will be 'starting' fresh and to do that they need your assistance. The biggest change you will notice as 4-H members and families is that when a county staff member enters/updates your enrollment information **the 4hOnline system will automatically email the address that you provided on the enrollment form.** When you receive an email from "4HOnline .....

Congratulations you have been enrolled in 4-H" know that it is not 'junk' mail so please do not delete! If your email address has changed be sure to provide your county office with all your current information on the new enrollment forms. If you do not have an email account no need to worry, you will still receive all the important information via regular mail. Questions? Please contact your local county Extension Office. Thanks!

## GIFT IN A JAR IDEAS

- ✘ Clean 1-quart mayonnaise jars to put homemade cocoa mix in. For fun add some miniature marshmallows!
- ✘ Write a poem, cut it out with pinking shears and attach it to the jar.
- ✘ For ease of decoration, use regular canning lids and rings instead of the lid that came with the jar.
- ✘ Add a circle of holiday fabric that has been trimmed with pinking shears to the lid of the jar.
- ✘ Tie some raffia or decorative ribbon around the top of the jar.
- ✘ Attach a peppermint stick or candy cane to the top of the jar with tape or tied with raffia or ribbon.
- ✘ Be sure to store your jars of mix in a cool, dry place away from heat source so condensation and clumping doesn't occur.

### SNOWMAN SOUP

- 1 pkg hot chocolate mix
- 3 Hershey Kisses
- 1 handful of miniature marshmallows
- 1 candy cane



Place items in a mug and wrap in cellophane.  
Attach the following poem with a ribbon:

*Was told you've been real good this year, Always glad to hear it.  
With freezing weather drawing near, You'll need to warm the spirit.  
So here's a little Snowman Soup, Complete with stirring stick.  
Add hot water, sip it slow, It's sure to do the trick!*

### "Thanks a Million!"

In a glass wide mouth pint canning jar (with lid and ring) place 5 of the small 100 Grand candy bars facing outward around the bottom of the jar. Insert a crumpled piece of tissue paper as filler to ensure that the bars remain facing outward. Make a second layer of bars on top of the first, facing outward. This will completely fill the jar. Decorate your jar and attach a card that says, "Thanks A Million!" with curling ribbon.

### HOT COCOA MIX

- 2 cups nonfat dry milk
- 1 cup sugar
- ½ cup cocoa, unsweetened
- ½ cup non-dairy creamer
- 1 dash salt

Combine all ingredients and store in a tightly sealed container. Add 3 to 4 tablespoons to a mug and fill with hot water.

This mix is great as a gift in a jar, a mug, or a large container.

Makes about 4 cups of hot cocoa mix.



**Colorado  
State  
University**

**Extension**

<http://www.coopext.colostate.edu/TRA4h/>

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