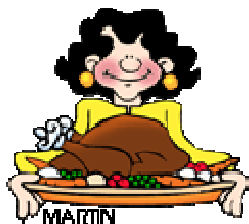


Get the Scoop  
About 4-H  
in Delta, Mesa,  
Montrose & Ouray  
Counties!



# 4-H NEWS

NOVEMBER 2009



## How Does 4-H Fit Into Your Thanksgiving?

The Thanksgiving season is approaching, a time when we reflect on all that we have to be thankful for. Our question to you is: Where does 4-H fit into your Thanksgiving?

Perhaps there is a 4-H club leader who deserves your special thanks for his or her dedicated leadership. Parents also deserve special thanks for the support they give during their children's participation in 4-H. How about someone who made a contribution to your 4-H success? Their generosity should definitely be recognized. Among the people on your list to show your appreciation to you may also include 4-H staff and other Extension personnel that helped you throughout the 4-H year. Members of your local Fairboard may also deserve a big thank-you for their support.

If you attended a 4-H camp you may want to consider thanking a 4-H camp counselor. Reporters and other members of the press who promote 4-H should also be on your list so you may want to write a thank-you to your local newspaper or television/radio station.

As for all of us here at your local 4-H offices we want to thank all of our 4-H youth, leaders, and parents for their hard work, community service projects, leadership and citizenship. As they strengthen their skills and values through 4-H, they in turn make this world a better place.



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

### Your guide to the information inside:

TRA Important Dates	Selecting Your Calf	Livestock Judging Team
National Winners!	NWSS Catch-a-Calf	Shooting Sports Leader Training
TRA Enrollment Fees	Changes to TRA News	
Enrollment Information	One Outstanding Lady	
Achievement Program Dates	TRA Exchange Trip Coordinator	
Attend the Achievement Program	Changes to Shooting Sports Rule Book	
Colorado Leadership Camp	Daniels Fund	
Office Holidays	Leader Training	



## TRA Important Dates!

### TRI-RIVER AREA

- **Nov. 2, 2009** – Enrollment/Re-enrollment begins
- **Feb. 1, 2010** – Deadline for regular member enrollment to avoid \$5.00 late fee (not applicable to Cloverbud or Leader enrollments)

### DELTA

- **Nov. 7, 2009** – Achievement Awards Program

### MESA

- **Nov. 14, 2009** – Achievement Awards Program

### MONTROSE

- **Nov. 14, 2009** – Achievement Awards Program

### OURAY

- **Nov. 7, 2009** – Achievement Awards Program

## 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.

## 4-H Enrollment Information for Members and Volunteers

As you may or may not know by now, we are transitioning to a new online 4-H enrollment system called 4HOnline beginning October 1, 2009.

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 account that was provided on the enrollment form. So don’t be alarmed when you receive an email from “4HOnline ..... Congratulations you have been enrolled in 4-H.” This 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 that will be provided. 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!

- Joy Bauder, 4-H Enrollment coordinator

## We're National Winners!!!!

Your TRA 4-H Staff & Support Staff, along with Jack Krebs from San Miguel County, are proud to announce that we are the winners of the **National Promotional Package Team Award** sponsored by the National Association of Extension 4-H Agents. In all, we received three awards this year:

**Promotional Package – National Winner – 2009**  
Team Promotional Package – Western Region  
*National Association of Extension 4-H Agents*

**Promotional Package – Western Regional Winner – 2009**  
Team Promotional Package – Colorado Candidate  
*National Association of Extension 4-H Agents*

**Promotional Package Award – 2009**  
“Promoting 4-H in the Tri River Area and San Miguel County”  
*Colorado Association of Extension 4-H Agents*

We are proud and honored to be recognized as the best in the nation. We **ROCK!**

## Achievement Program Dates

### Delta County

November 7, 2009

### Ouray County

November 7, 2009

### Mesa County

November 14, 2009

### Montrose County

November 14, 2009 (tentative)

## Who Should Attend the Achievement Awards Program?

- ★ All completing 1<sup>st</sup>, 5<sup>th</sup>, or 10<sup>th</sup> year members.
- ★ All completing 1<sup>st</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> 20<sup>th</sup>, etc... year leaders.
- ★ Members that turned in Award Forms.
- ★ Individuals who have been notified that they are receiving special recognition.
- ★ Club members who helped out with club activities.
- ★ Parents and family members of 4-H members.
- ★ Sponsors and friends of 4-H.
- ★ People who like to eat, have fun, and celebrate with others.

## Colorado Leadership Camp

This event will be held November 20-22, 2009 in Glenwood Springs at the Ramada Inn. The cost of the Camp is \$110 which includes lodging for two nights, breakfast each morning, dinner on Friday night and lunch on Saturday. The camp is for 4-H members in 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> grades.

Registration forms are available at the Colorado State 4-H website. Registration is due to your local Extension Office by November 13, 2009.

## Upcoming Office Holidays

November 11 ~ Veteran's Day

Nov. 26 & 27 ~ Thanksgiving

December 24 & 25 ~ Christmas



## Selecting Your Calf

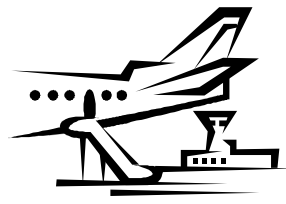
We bet you have started thinking about what type of calf you are going to have for this coming 4-H year. Right? Well, for those of you who haven't even thought about this coming year, it is getting that time, where you need to be thinking about looking for your calf. The selection process is not an exact science but practice and experience will help in selection of your project animal. Look at several animals prior to selecting your calf. If you are not experienced in selection of beef calves ask someone to accompany you in your search of a calf or for some simple advice on selection.

The first decision you have is whether to feed a steer, breeding heifer or a market heifer. Other important things to consider when selecting your animal: breed, age, frame size, structure correctness and weight. The dates of your show will play a major part in determining the age, frame size and weight of the calf you are selecting. Example: Most steers for summer show will have been born from January through March and some into April.

**Beginning weights-** 400 to 650 pounds. **Days on feed** should be approximately 270 days. **Average Daily Gain** of 2.0 to 3.5 pounds will produce total gains between 550 pounds to 800 pounds. That would give a finishing show weight of 950 pounds to 1450 pounds. The 950 might be too light to make the minimum weight requirement of many shows and the 1450 would be considered too heavy to be competitive by many judges. Most judges would consider steers 1250 lb – 1325 lb to be in the optimal weight ranges.

Some cattle will have to gain faster and others may have to be slowed down to reach desired or competitive minimum and maximum show weights. Care should be taken in selecting the older, heavier steers and the younger steers unless you are a more experienced feeder.

## National Western Stock Show Catch-A-Calf Program



## TRA 4-H Exchange Trip Coordinator

The National Western Stock Show Catch-A-Calf Program is a great program designed to promote youth development and understanding of the cattle feeding industry. Applicants must be between the ages of 12 and 18 as of December 31, 2009 to apply, and also enrolled in 4-H at the time of application. Youth will go to the National Western Stock Show and during certain rodeo performance, will have the opportunity at catching a calf. If you successfully catch at the NWSS, then in May you will receive a calf to feed and take care of then bring back to the NWSS in 2011 and exhibit this calf. There is also the possibility for two Catch-A-Calf youth to make the Junior Livestock Sale at the NWSS, so if you want to try for this opportunity, I suggest you get you application in.

For more information and to pick up your application in your local extension office or you can also get it at the NWSS Catch-A-Calf website:

[www.NationalWestern.com/cac](http://www.NationalWestern.com/cac).

Applications are due to Dinah Peebles (2775 Hwy 50; P.O. Box 20,000-5028; Grand Junction, CO 81502-5028) **postmarked no later than December 1, 2009**. If you have any questions regarding the program, please don't hesitate to contact Dinah at 970-244-1837 or [Dinah.Peebles@mesacounty.us](mailto:Dinah.Peebles@mesacounty.us)

## 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.

### One Outstanding Lady!



Dolores Trevino from our Mesa County Extension Office was recently awarded the Epsilon Sigma Phi Meritorious Support Service Award for her 25 years of work with CSU Extension. Way to go Dolores!

Joyce Conger, TRA 4-H Exchange Trip Coordinator, will be stepping down from that post. We appreciate and thank Joyce for her valuable contributions to this program. We are now looking for a 4-H leader from the Tri River Area who would be willing to take over this assignment. The duties of the coordinator involve establishing contact with other states who may wish to exchange with the TRA, hosting the visiting delegation, and working out logistics involved in traveling to other states. The coordinator also takes the lead in convening the members interested in traveling.

Tri River Area 4-H Leaders interested in volunteering for this important position need to contact your local county 4-H office by November 28<sup>th</sup>.

## Changes Shooting Sports Rule Book

4-H State Shooting Sports Coordinator, Jim Hamilton, has recently informed us that the State 4-H Shooting Sports Leaders Team will be meeting in December to review various aspects of the State 4-H Shooting Sports Program. Jim is also asking for suggestion for revisions and/or changes to the State 4-H Shooting Sports Rule Book. Suggested changes to the State Rule Book are to be submitted by November 2, 2009 and they are to be submitted in the following format: Page #; Item #; Paragraph #; and a short description of the suggested change.

Please submit suggested changes to:  
[holli.campbell@colostate.edu](mailto:holli.campbell@colostate.edu)

# Daniels Scholarship

We would like to encourage graduating TRA 4-H seniors to consider applying for the Daniels Scholarship. 4-H has been designated as a Referral Agency for 4-H students that meet the following eligibility criteria:

- Be a current high school student planning to graduate during the 2009-2010 academic school year
- Be a US citizen or permanent resident of US
- Demonstrate financial need
- Taken ACT by Oct. 24 with score of 17 or higher, or taken SAT by Oct. 10 with a score of 830 or higher
- Be nominated by a designated Referral Agency

The deadline to submit completed applications for this year's Daniels Scholarship is November 4<sup>th</sup>. For more information about this scholarship and other scholarships available for 4-H graduating seniors please contact your local 4-H Office.

## Leader/Volunteer Training

The on-line e-Learning for volunteers is up and ready to go. The site is located at:

<http://4hweb.ext.colostate.edu/volunteers/elearning.shtml>

or by clicking on "Volunteer Resources" on the right side of our 4-H homepage located at:

<http://www.4h.colostate.edu/>

The password for log in is "volunteer".

While many of us have a bias to doing face-to-face orientation and training with volunteers, we all recognize the challenges of scheduling and getting a critical mass of people together. E-Learning is an option for people who have access to the Internet. We also have other options for training.

1. The DVD/video "Welcome to the World of 4-H" that can be easily used for volunteer orientation as well.
2. Face to face training with your local Extension Agent.

Please contact Trent at (970) 249-3935 if you have any questions or need assistance.



## TRA Livestock Judging Team

This is an opportunity for all 4-H members, ages 8 – 18, to gain valuable life skills and improve your ability to evaluate livestock. We have to competitive ages 8-13 (Juniors) and ages 14-18 (Seniors). Practices will begin this fall in preparation for spring contests and leading up to the State Contest in late June. If you are interested in finding out more information please contact Trent Hollister at 970-249-3935.

## Shooting Sports Leader Training

The Tri River Area has requested to host a 4-H Shooting Sports Leader Training in Montrose, the weekend of March 19-21, 2010. The final decision will be made by the State 4-H Shooting Sports Coordinating Team at their Colorado Springs meeting in December.

This is an excellent opportunity for leaders to get certified to train members in shotgun, shotgun games, air rifle, .22 rifle, muzzleloading, air pistol, and archery. Parents are encouraged to attend the training, no previous shooting experience is required. In 2009, the registration fee was \$85.00. The fee for shotgun games was \$150. (Scholarships are available through your local Extension office.) Additional details will be announced in upcoming 4-H newsletters.

For more information please contact Isaac at 874-2198.

## IN A WHIRL OF LEAVES, ARMED WITH RAKES . . . THEY PLEDGE THEIR HANDS TO A LARGER SERVICE



Fall is the perfect time to help others and foster an atmosphere of giving back to members of your community. That means it's time to start thinking about our community service component. A great community service idea is to adopt a neighborhood senior citizen.

Fall weather and winds bring piles of leaves and crisp days eking closer to blustery cold winter. This can leave seniors faced with the challenges of preparing for winter. Many seniors are alone, on very fixed incomes, and/or medically challenged which makes everyday work around their homes difficult. Your club can lead the way in making a change in your community and 4-H members who exhibit a community connected spirit can benefit in so many ways. (The experiences gained will make a fantastic addition to their 4-H story in their e-records too!) Why not take the initiative and make community service an active portion of your club year?

Here are just a few big ticket items that will form a genuine day of service to another:

- Raking leaves away from the home, and complete disposal or utilize as mulch for perennial beds.
- Assist in replacing worn out weather stripping for doorways.
- Lend your hands in placement of plastic window protection sheets. (The cost per box kit can sufficiently cover several windows and is low in price.)
- Chop wood and increase the winter wood stove stash.
- Help clear corners or dispose of indoor clutter. Ask if some helpful closet cleaning is warranted.
- Increase home safety in an unconventional way – if the bottles are expired clear them out or if loose cords are a hazard secure them safely.
- Clean the gutters and downspouts.
- Replace outdoor light bulbs or bulbs that are far above and out of reach of your senior.
- Purchase some food/pantry necessities to help stock up for a long winter (apples, sugar, coffee, canned goods, etc).
- Reorganize outdoor sheds.
- Assist in spring flowering bulb planting, mulching, or compost renewal or other garden needs.

This list can really go on and on – but this is a great start. Many hands make light work and the basics can greatly help a home owner with winterizing. Ultimately, these attempts will assist in reducing energy costs for your adopted senior, as well as increase their safety in many situations. It all comes out fun day of service – besides the fact that giving to others just feels great. To add a great ending to a great day make a plan to cap off the day by rewarding all participants with a hay ride, a club chili cook off, or pizza and a movie.

Now that our 4-H year has begun, think about creating an opportunity for your club to take full advantage of the fall season and give a gift that will keep on giving.

*Contributing Agent, Jack Krebs 4H Youth Development / Family Consumer Science  
San Miguel/ West Montrose of the TRA+ (Tri River Area Plus)*



**Colorado  
State  
University**

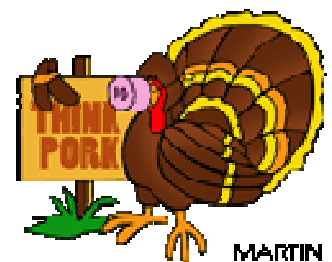
**Extension**

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

**Delta County**  
525 Dodge Street  
Delta CO 81416  
(970) 874-2195  
fax: (970) 874-2192  
[delta@ext.colostate.edu](mailto:delta@ext.colostate.edu)

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