



# Living High and Dry

## Fall Harvest Potluck

Saturday, October 15, was a perfect autumn day to be outdoors! When people began to arrive at our home it was "shirt-sleeve weather"



but by the time the evening festivities were over, all of us had found one or two more layers to put on!



The food was yummy!–



The atmosphere was welcoming and fun!



Thank you to all who came and to all who helped!!!!

We might just have to do it again next year!

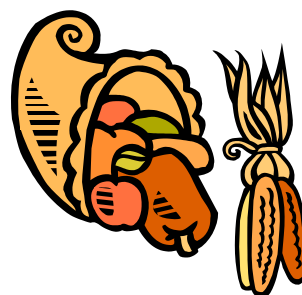


To see a list of Master Gardener<sup>SM</sup> awards go to our website:  
[www.extension.colostate.edu/sanmiguel/](http://www.extension.colostate.edu/sanmiguel/)

## Name This Newsletter!!!

This is the second newsletter in a series we will be publishing as an educational and communication tool for San Miguel Basin Extension.

We will cover all-Extension news, including 4H and Youth, Master Gardener, local agriculture and family and consumer issues.



If you have a suggestion for a name for this newsletter email  
[Yvette.Henson@colostate.edu](mailto:Yvette.Henson@colostate.edu)

Some suggestions we have received so far are:

San Miguel Basin CSU Extension Happenings....

Self-Sufficient Mountain Living

### Looking Forward: November

**November 2**–Agriability Workshop, Naturita Library **cancelled** due to low registration

**November 6**– midnight- daylight savings time ends– set your clocks back one hour

**November 6**– 4-H Achievement Dessert Potluck

**November 7-11**– CSU Extension Annual Forum in Fort Collins

**November 11**– County Holiday– office closed

**November 17**– CJ Mucklow, CSU Extension Western Region Director will be visiting our local office

**November 24 and 25**– Thanksgiving Holiday– County Offices closed

# 2010/11 San Miguel Basin 4-H Achievement Night Dessert Potluck– November 6 from 2 till 4 pm

Join us at the Redvale Community Center on November 6 from 2 till 4pm for an afternoon of recognition and awards for our 4-H members, leaders and outstanding community members.



Bring a dessert to share!  
Drinks and other goodies will be provided by the 4-H Council.

## All are welcome!

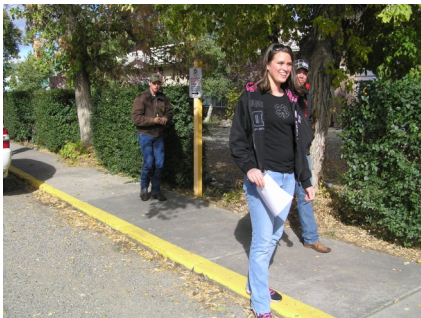


For more information or to RSVP contact Cally

327-4393

cally.anderson@colostate.edu

## 4H- District 10 Fall Gathering Recap



Kate and Ethan were looking for fall themed items from nature for a Scavenger Hunt.

**District 10** is a consolidation of the area teenage 4-H members from San Miguel, Gunnison, Ouray, Montrose, Delta, and Mesa Counties that usually make up the 4-H Councils in their areas. They meet quarterly each year and vote for new officers, conduct business meetings, participate in workshops and leadership trainings, and have some fun making new friends.



This Fall District 10 was held here in San Miguel County and put on by Cally Anderson, new 4-H Coordinator. There was lots of Fun and Learning by all. Activities and workshops included: Model airplane demos, homemade apple cider tastings, science experiments, wilderness first aide, wildlife id, gourd birdhouses, straw rockets, scarecrows and scavenger hunts.



Sarah and Taylor painted gourd birdhouses to take home in a workshop with Cally Anderson., SMB 4-H Coordinator.



Ivan Archer, CDOW, presented a workshop on wildlife identification by study of bones, furs, and tracks.



Scarecrow Building Competition ended with a 1st place finish for Jackie and team mates.

# How the Colorado Master Gardener Program has Enriched My Life

by Doreen Pulbratek



I want a garden and I want it now! How do I do this? Oh my gosh it's been years! Everything is drying up and dying! What am I doing wrong? Help!

These are the thoughts that were going 'round and 'round in my head when my husband and I decided to take an early retirement and move to our land just outside of Ouray, Colorado from Phoenix, Arizona. Originally I was from Western New York State where if you dropped a seed on the ground it grew into an extraordinary plant. I had given up on gardening in Phoenix where the summer temperatures were well above 100 degrees.

But I was moving to Colorado surely gardening there would be like it was in New York. After all we had four seasons, lots of sunny days, lots of water,

and plenty time to garden.

After two summers of failed attempts at trying to grow food, flowers and herbs, I was at a farmers market where a friend of mine, Penny Hanshaw, was working the Master Gardener's information booth. She told me about the wonderful things she was planting and showed me a big green notebook that had the answers to just about any question a gardener could ask. And the most exciting part was that the program was being offered in Telluride in the winter. I took an application, filled it out and sent it in.

After an interview and a pretest that showed me I knew even less than I thought I did, I found out that I was accepted into the CMG program beginning in January 2011. Those three months of weekly drives to Telluride gave me more information than I thought possible. There was plenty on hands on work in the "labs" and on the field trip to learn how to prune trees.

The next stage of the CMG program was fifty hours of volunteer work. Although the ride was long these volunteer times were not only educational but also fun. I worked the Norwood Farmers Market information booth and met so many interesting people. I also had the opportunity there to meet with local farmers who not only provided me with the opportunity to

buy delicious produce, eggs and home-made goodies, but were happy to talk about their farms and share their experiences in growing at high altitudes, windy conditions and extreme temperature changes.

I also volunteered to plant and grow tomatoes from seed. I took 3 plants home and to my amazement ended up with a crop of delicious tomatoes grown in buckets in my front yard. My latest volunteer endeavor was weeding the High and Dry Garden in Norwood. That was hard work but Penny and I made it fun. It was great to be outside all day on a beautiful sunny day in Norwood. And Yvette's words "I garden, therefore, I weed" rang in my ears all day long.

Next year I am looking forward to a bigger and better garden. I am also looking forward to spending more time learning from continuing education classes, volunteer work, and from the wonderful "gardeners" I have met through the CMG program. I still have a lot to learn and but proud of my achievements so far. Thanks CMG!

## 2012 Colorado Master Gardener Course to be held at Naturita Library

The Colorado Master Gardener <sup>SM</sup> Program is a long-running, well-respected educational program that provides research-based gardening knowledge for home gardeners as well as those who work in the Green Industry.

Classes start January 26 and go through April 5 and will take place at the library in Naturita, 107 W. 1st Ave. every Thursday from 9AM-4PM.

Applications are due December 23, at 4pm.

### Topics covered will be:

CMG and Diagnostics,  
Basic Botany,  
Soils, Fertilizers and Soil Amendments,  
Plant Pathology,  
Entomology,  
Pruning  
Water Wise Landscape Design,  
Lawn Care,  
The Science of Planting Trees,  
Weed Management,  
Food Growing (vegetables and fruits)

For an application go to our website [www.extension.colostate.edu](http://www.extension.colostate.edu) call our office at 327-4393 or email [Maryw@sanmiguelcounty.org](mailto:Maryw@sanmiguelcounty.org) [Yvette.Henson@colostate.edu](mailto:Yvette.Henson@colostate.edu)

*Applications are due by  
December 23, 2011*



**SAN MIGUEL BASIN  
COLORADO STATE UNIVERSITY  
EXTENSION**

PO Box 130  
1120 Summit Street  
Norwood, Colorado 81423

Phone: 970-327-4393  
Fax: 970-327-4090  
E-mail: [maryw@sanmiguelcounty.org](mailto:maryw@sanmiguelcounty.org)  
[Yvette.Henson@colostate.edu](mailto:Yvette.Henson@colostate.edu)  
[Cally.Anderson@colostate.edu](mailto:Cally.Anderson@colostate.edu)

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Montrose Counties since 1921***

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[www.extension.colostate.edu/  
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The Mission of Colorado State University Extension is "to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado."

The Extension Office in Norwood serves all of San Miguel County and West Montrose County. Since 1921 We have been actively working at a grassroots level to help the people in our communities to live more self-sufficient and prosperous lives. Some of the educational programs and areas we excel at are Local Food Production and Marketing, Food Safety and Preservation, Colorado Master Gardener Program for Mountain Communities, 4-H and Youth Development and after school programming, Native Plant Master, Small Acreage and Agriculture Enterprises.

Our environment, the San Miguel River Watershed is beautiful and diverse. Our elevation and life zones range from high desert shrub lands around Paradox and Dry Creek Basin at 5,000' climbing to montane and alpine around Telluride at 14,000'. We have wide open, sunny pastures of hay, horses, cattle and sheep on Wrights Mesa at 7,000' where the Extension Office is located in Norwood. Our area provides an assortment of recreational activities to a variety of people.



## Teaching children how to be grateful is a gift that will benefit them throughout their lifetime.

Gratitude, a sense of appreciation, joy, or thankfulness, leads to better emotional and physical health in adults and in children. While the bulk of research concerning gratitude has been conducted with adults, newer research has explored its impact on children.

Studies involving children as young as 10 years of age have shown that children also reap positive effects from being thankful. In one such study, adolescents who were grateful showed greater optimism, greater satisfaction with their family, friends, community, school and self, and an overall positive outlook on their life, including positive thoughts concerning their friends' and families' support. Research with older adolescents revealed that gratitude is positively associated with life satisfaction, social integration, and academic achievement, and negatively related to envy, depression, and materialism. Other studies have shown that children who express or acknowledge gratitude sleep better and have

stronger bonds and relationships with others; these advantages also correlate with children's development of competence, confidence, connection, character, and caring/compassion.

On the other hand, research shows that youth who are ungrateful are less satisfied with their lives and are more apt to be aggressive and engage in risk-taking behaviors, such as early or frequent sexual activities, substance use, poor eating habits, physical inactivity, and poor academic performance.

Additionally, studies involving adults consistently show that grateful people are less likely to respond with anger after being hurt by others, have better coping mechanisms, and are more willing to help others than those who are not grateful. Interestingly, studies have shown that some of the positive benefits of gratitude last between 3 and 6 months.

Research has proven that individuals of all ages can learn how to become more

grateful. Here are a few simple tasks that can help you and your child practice gratitude:

- write a letter of appreciation for someone.
- make a list of up to five things for which you are grateful (i.e., give thanks at meal time or bed time). Individuals who did this reported having more gratitude, optimism, and life satisfaction, as well as less negative emotions, compared to individuals who focused on things they found annoying.
- keep a journal of daily positive events or blessings. Those who kept a gratitude journal had a more positive outlook than those who did not keep a journal.
- think gratefully by acknowledging all of the positive things in your life. Individuals who focused on the positive occurrences in their lives reported more grateful thinking, gratitude, and happiness.

*Iowa State University Extension— Science of Parenting*