

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



4-H News



Visit our website:
www.tra4h.org

OCTOBER 2009

Don't Forget to Say Thank-You

It is so important to thank the people who supported you and the 4-H program. Now that the 4-H year is almost over, you may want to say thank you to the important people who helped you have a successful 4-H year. This includes project leaders, club leaders, Fair Board members, 4-H office staff and support staff, Fair Superintendents, County Commissioners, your parents, siblings, and anyone else who made a positive impact on your project. For the cost of a card and a stamp you can make a big impression on your supporters!

There are a few things you need to include when writing a thank you:

- List the reason you are thanking them
- Tell how their generosity impacted your life
- Say 'thank you' again, at the end of your note

A few tips to help write your thank you:

- Be sincere
- Spell their name correctly
- Make sure your handwriting is legible
- Sign your name

If possible, it is best to hand-deliver your thank you note to the person who supported you. It shows that you appreciate them enough to take time out of your day to say 'thank you'. Be sure you make eye contact with them and let them know you appreciate their thoughtfulness and support. Sincere appreciation will lead to continued support in the future!

Your guide to the information inside:

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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 now \$20.00 per member.**

This fee is for enrollments received/postmarked on or before February 1, 2010. All *regular* member 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.

The breakdown of the fee is as follows:

Regular 4-H members:

\$ 6.00	Local Program Support
\$ 5.00	State Participation Fee
\$ 2.00	Colorado Youth Fund Fee
\$ 2.00	Member Medical Insurance
\$ 5.00	State User Fee
<u>\$10.00</u>	Publications cost
\$30.00	TOTAL

Cloverbud members:

\$ 5.00	State User Fee
\$ 5.00	State Participation Fee
\$ 1.00	Medical Insurance
\$ 7.00	Cloverbud Fun Paks
<u>\$ 2.00</u>	Colorado Youth Fund Fee
\$20.00	TOTAL

If you have any questions, please call your local Extension Office.



4H 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

Achievement Program Dates

Delta County

November 7, 2009

Ouray County

October 24, 2009

Mesa County

November 14, 2009

Montrose County

November 14, 2009 (tentative)

Who Should Attend the Achievement Awards Program?

- ☆ All completing 1st, 5th, or 10th year members.
- ☆ All completing 1st, 5th, 10th, 15th 20th, 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 7th, 8th and 9th 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

- | | |
|----------------|---------------|
| October 12 ~ | Columbus Day |
| November 11 ~ | Veteran's Day |
| Nov. 26 & 27 ~ | Thanksgiving |
| December 25 ~ | Christmas |



Complete Your 4-H Record Books the Easy Way

So now that you have just finished stressing over getting your 4-H record books completed and turned in on time and while the headache is still fresh in your mind, you may wish to seriously think about using a better system to help you organize all your project information. Yes, there is such a thing. It's called the 4-H E-Record Book Organizer. It's available for both, Livestock & Horse, or General 4-H Projects.

The Organizer features a pocket for receipts, log for income and expenses, calendar, feed record, inventory, health record, club and project activity, a record book user guide, and more! The new 2010 Organizer will be available starting in December of this year. Call your local Extension Office for more information.

Meet the Future

Ever wonder what the future will look like? Just take a look at your local 4-H today. It's where our youth explore, learn, and discover in a safe environment. 4-H is where kids find their true passion, gain confidence, and learn to give back to their community.

National 4-H Week, October 4-10, 2009 is an excellent time to celebrate 4-H's efforts in helping kids become tomorrow's leaders. If you're looking for unique creative suggestions to celebrate National 4-H Week, check out the 101 Ways to Celebrate National 4-H Week Website at:

www.utextension.utk.edu/4h/promo/101ways.htm

Go ahead take a look at this site and do your part to celebrate National 4-H Week. Help us recognize the efforts of 4-H youth, our future leaders.



Halloween Safety

BOO!! The only scary thing about Halloween should be the spooky treats you create – not thinking about your kids' safety while they are trick-or-treating or eating their candy loot. These helpful hints will help ensure the holiday is all about fun treats -- not frightening tricks!

- ☺ Curb candy appetites by giving your trick-or-treaters an early dinner or nutritious snack before they head outside. It may prevent a Halloween tummy ache later.
- ☺ **ALWAYS** accompany young ghosts and goblins when they are trick-or-treating. Stick to familiar neighborhoods and houses.
- ☺ When trick-or-treating at night or on cloudy days, make sure children (and adults!) wear reflective clothing and carry a flashlight.
- ☺ Instruct your child never to go in the home of a stranger or get into a stranger's car.
- ☺ When possible, trick-or-treat in groups with several adults keeping track.
- ☺ Think costume safety. Avoid clumsy shoes or boots. Opt for face paints instead of masks which can restrict your child's vision. If you do decide to use a mask, be sure the eye holes are large enough for good peripheral vision.
- ☺ Inspect all candies before allowing your kids to eat them. Discard any that are unwrapped or have torn wrappers.
- ☺ Discard fruit or homemade treats (cookies, cupcakes, etc) unless you personally know their source. When in doubt, throw it out!
- ☺ Tiny tots may receive candies that are a potential choking hazard. Remove any that might be difficult to chew or swallow such as small round hard candies, caramels or gum balls.
- ☺ Don't let limited trick-or-treating put a damper on Halloween fun. Host a post trick-or-treat party for a few of your child's friends. Make them spooky homemade treats, play games, and continue to enjoy the evening.
- ☺ When lighting a carved jack-o-lantern, always use a candle with a wide, solid base. To prevent a fire hazard, never leave a candlelit pumpkin unattended.
- ☺ Be sure that lit pumpkins are safely out of the way so that costumes will not accidentally brush up against the flame and catch on fire.
- ☺ Teaching your kids basic everyday safety such as not getting into stranger's cars, not talking to strangers, watching both ways before crossing the street, and crossing when the lights tell you to, will help them be safer when they are out trick-or-treating.



Colorado
State
University

Extension

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

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Colorado State University,
U.S.D.A and Delta, Mesa,
Montrose and Ouray counties
cooperating. Extension
programs are available to all
without discrimination.



DELTA COUNTY TO HOST DISTRICT 10 MEETING

Delta County invites all 4-H members, leaders and parents to join us for the fun-filled District 10 meeting to be held October 31, 2009 from 9:30 – 4:00 at Hotchkiss Memorial Hall in Hotchkiss. With icebreakers that are really games, a workshop to help you do better at school and in 4-H, and another workshop where you will learn dance moves to share with your friends it is sure to be a day to remember. You will also get to enjoy lots of food and hang out with friends. What are you waiting for? Give us a call at 874-2195 by October 30th so we can plan to have enough food!

DISTRICT 10 PRESIDENT

Hi! My name is Tyler Asnicar. I am 17 years old and am enrolled in 4-H in Montrose County. Currently I am entering my 10th year in 4-H, I've shown photography, breeding and market rabbits, and market lambs. I've held several positions at the club and county levels, including treasurer, president, council representative, and fair board representative. I enjoy traveling and meeting new people, and I have attended multiple state events, including LDC, State Conference, and State Fair. Outside of 4-H I am an outdoor enthusiast, and love to fish and hunt. In school I am a letterman on the track team, and a member of National Honor Society. My favorite ice cream flavor is Black Walnut or Cherry Cordial!!!

DISTRICT 10 VICE-PRESIDENT

Hello, I'm Kevin Meyers, this is my 10th year in the 4-H program. I'm currently serving as the District 10 Vice-President. I have held numerous offices at the club level, county level as well as the district level. I'm extremely competitive in the Archery project. I have been to state a number of times throughout my career, in addition I have even qualified to go to the National Shooting Sports competition in Archery. This year, I tried a new project called Create Your Own clothing. I, along with another great 4-H buddy, decided to make Duct Tape Tuxedos, but all we got done this year was the vest and jackets. We sure had a good time making them and our master pieces (the vests) made their debut at State Conference. I encourage everyone to try that new project or activity. It's amazing what you can learn and what you gain from that new experience. An area that I encourage everyone to get involved with is the TRA Exchange group. I hosted another 4-H member from Maryland and then I was able to travel to Maryland and experience 4-H there. Outside of 4-H, I'm extremely involved in my school government, Fruita FFA, as well as playing on the Fruita High School Football team.

DISTRICT 10 SECRETARY/TREASURER

My name is Kasey Miles; I'm 16 and am a sophomore at Hotchkiss High School in Delta County. I am your District 10 Secretary/Treasurer. This will be my 8th year in 4-H and I have shown beef and rabbits as well as countless shooting sports projects, currently I am participating in shotgun trap shooting and am one of the State Teen Shooting Sports Ambassadors for Colorado. Outside of 4-H I am involved in FFA, baseball and work at Hotchkiss Automotive. My favorite ice cream is Neapolitan. I look forward to a great and fun year as one of your district officers.