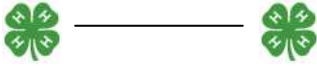


Get the Scoop  
About 4-H  
in Delta, Mesa,  
Montrose & Ouray  
Counties!



# 4-H NEWS



Visit our website:  
[www.tr4h.org](http://www.tr4h.org)

SEPTEMBER 2009

## Take the Time to Get Involved...

4-H is having fun, making friends, and learning new skills through club involvement, project work, camping experiences and community service. As we conclude a successful 4-H year and gear up for a new year of projects, activities and experiences we'd like to challenge each and every one of you to get involved with your clubs and counties and look for opportunities to participate within the 4-H program.

National 4-H Week is a celebration of all that 4-H is and all that you can be as a member. This year National 4-H Week is October 4-10. It is an opportunity for our Tri-River Area 4-H clubs to promote this great program in the schools and throughout the community. Take this time to recruit new members and thank supporters. Here are some ideas for National 4-H Week events:

- ★ Kick off 4-H Week with a Battle of the Bands. Invite your community.
- ★ Provide local newspapers with articles written by members, volunteers, alumni and donors for a 4-H insert.
- ★ Make 4-H badges or buttons to distribute.
- ★ Have a First Annual National 4-H Week Pet Show.
- ★ Have a 4-H Family Fun Night.
- ★ Make cookies for principals, teachers, secretaries, custodians, cafeteria staff and bus drivers thanking them for supporting 4-H.
- ★ Honor adult volunteers, teen leaders, and donors.
- ★ Add a 4-H Week message to every e-mail and written correspondence during the week.
- ★ Decorate a bulletin board with 4-H items like clovers, club pictures, and enrollment information.
- ★ Do a community service project in the name of 4-H.
- ★ Get 4-H balloons... distribute them everywhere!
- ★ Have club members distribute 4-H posters for display in store windows.

### Your guide to the information inside:

Study Tips	Back to School Safety Tips
Fun Stuff	Reminders
Livestock & Horse Record Book Info	Achievement Program Dates
E-Records Rule Change	The Importance of a Thank-You
Important Dates	Who Should Attend the Achievement Program
State Fair Exhibit Return Date	4-H Dance
End of Year Turn-ins	Shooting Sports Survey
Brain Builders	Ways to Praise Kids

# Livestock & Horse Record Book Info

Below are the requirements for the 2008-2009 Livestock and Horse record books:

1. **Livestock record books will be *one per specie*.** Market and breeding projects may be kept in the same book, however beef will need a book, sheep will need a book, swine will need a book, etc.
2. You do not have to keep a different record for each horse. Records for several different horses can be kept in the same record book.
3. ALL record books must be turned in to the Extension Office with some type of binding. This can include three ring binders, acco or brad type binders, or just simply by stapling all pages together. Binding must hold all pages securely.

ALL additional information that is included with a record book (i.e. feed labels, photos, plans, patterns, etc) must be securely affixed within the record book.

## Livestock, Horse & Dog E-Records Rule Change

The Tri River Area will have some new rules regarding Livestock (beef, sheep, swine, poultry, llama, and rabbit), Horse & Dog e-records. They are as follows:

- All members are required to turn in a 70% completed e-record for every project in which they enroll.
- If your e-record falls short of the 70% completion than you will not be allowed to re-enroll in that project the following year.
- All e-records will have due dates and there will be no exceptions made for late e-records. If you fail to turn in an e-record you will not be allowed to re-enroll in that project regardless of years in project.

**Please note:** Members will be allowed to attend a mandatory e-record training *only if it is their first or second year enrolled in the project* to be eligible to re-enroll in that project. If a member does not complete this training by the date established within their county, then their enrollment in that project will be dropped.

# Important Dates!

## MONTROSE/OURAY

- **Sept 11, 2009** –Montrose livestock and horse record books due
- **Sept 18, 2009** –Ouray livestock and horse record books due
- **Oct. 24, 2009** – Ouray Achievement Program
- **Nov. 21, 2009** – Montrose Achievement Program

## MESA

- **Sept. 4, 2009** - Livestock, horse and record books due
- **Nov. 14, 2009** – Achievement Program

## DELTA

- **Sept. 4, 2009** – Livestock and horse record books due. Club completions, Award Forms and Achievement Nominations due
- **Nov. 7, 2009** – Achievement Program

*A word to the wise – deadlines are non negotiable and will be enforced!*

## State Fair Exhibit Return Date

Members with exhibits that were sent to the Colorado State Fair can pick up these items starting **September 11, 2009**. All items (with the exception of food and cakes) will be returned to your local Extension Office and will be available for pickup after this date. Items not picked up by September 25, 2009 will be discarded.

*If you believe it,  
you can achieve it!*

# End of the Year Turn-ins

As the summer time fun comes to a close and the fall season begins to set in with all its activities, deadlines as well as other commitments each and every one of us have. We need to keep in mind that our 4-H year end stuff is also coming due very soon, for the county achievement night awards, club secretary books, club treasurer books, club completion records and of course your local club requirements. Each and every one of these items stated above as well as others, all contribute to the success of your 4-H club. So, it is everyone's responsibility to complete their portion so that the club can succeed. We encourage each of you to assist in finishing this year out successfully. Check for those important deadlines and make sure your stuff is in to your club leaders or the local Extension Office.

## Brain Builders

Even if your school years have long since ended, you are never too old to learn – or to sharpen your thinking!

### To continue learning:

- ☺ Interact with smart people
- ☺ Try a new hobby
- ☺ Learn a foreign language
- ☺ Volunteer at your local school library
- ☺ Do the daily crossword puzzle
- ☺ Take dance lessons
- ☺ Learn to play a musical instrument
- ☺ Join a chorus
- ☺ Read
- ☺ Exercise 30 minutes daily
- ☺ Eat a diet rich in fruits and vegetables



# Back-to-School Safety Tips



## Riding the Bus:

- Have a safe place to wait for your bus, away from traffic.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Be aware of the street traffic around you. Protect yourself and watch out!

## Walking or Biking:

- Mind all traffic signals and/or crossing guards – never cross the street against a light, even if you don't see any traffic coming.
- Walk you bike through intersections.
- Walk with a buddy.
- Wear reflective material... it makes you more visible to traffic.
- Wear a helmet when riding a bicycle.

## Riding in a Car:

- You may have heard that most traffic crashes occur close to home... they do. Safety belts are the best form of protection that passengers have in the event of a crash. They can lower your risk of injury by 45%. You are 4 times more likely to be seriously injured, or killed, if ejected from the vehicle in a crash.
- Everyone in the vehicle needs to be buckled up properly. This means older kids and adults in seat belts, younger kids in booster seats, and little kids in child safety seats.
- Please remember to slow down in school zones, watch for children, and BUCKLE UP!

For more information visit the National Safety Council website at [www.nsc.org](http://www.nsc.org)

## A Few Reminders

As we wrap up our busy time of year, the TRA 4-H office staff wants to remind you of a couple of things:

- ❧ This newsletter goes out once a month, every month – with the exception of August.
- ❧ If you don't receive this newsletter, then call the office so we can get another one out to you. Plus, we can check and make sure we have the correct mailing address.
- ❧ The newsletter is the main line of communication for activities, other important information and deadlines needed by all of the TRA 4-H members, leaders, parents, as well as others not included.
- ❧ After enrollment, if you have not received a project manual(s) within a month, PLEASE contact your club leader so that they can contact the Extension office. We do not keep them on hand, so we need to have shipping time.
- ❧ There are no dumb questions. Every one needs to know that you can call the Extension office any time you have a question. We don't mind hearing from you. (If we don't hear from you, then we do not know there is a problem.) We are always here to help.

## Achievement Program Dates

### Delta County

November 7, 2009

### Ouray County

October 24, 2009

### Mesa County

November 14, 2009

### Montrose County

November 21, 2009 (tentative)



## The Importance of a THANK YOU!!!

You don't know how far just those simple words of "THANK YOU" will go with someone that has assisted you, regardless of how simple the task. It does not matter if it is your parents, extended family, leader, teacher, superintendent, fairgrounds staff, Extension staff, program sponsors or your buyer.

How many of you have taken the time to extend a thank you that has your personal touch on it, to the individuals that so graciously helped you? After all, without these individuals, where would you be? Where would the program be without our volunteers and other supporters? Remember: If an individual has a good experience with you or your group, he or she will tell a friend, but if they have a bad experience (such as never receiving that simple thank you), then they will tell ten friends about their bad experience. So stand out from the crowd and send a **THANK YOU** to those that extended that helping hand to you, sponsored something that you received, or bought your animal. Stand out and stand proud; be that good representative of yourself, your family and as a member of your organization.

## 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 watch people be rewarded for their accomplishments.

## Attention Delta, Mesa, Montrose, Ouray, Gunnison and San Miguel County 4-H'ers!

Delta County 4-H invites you to  
join us for a fall dance!

Saturday, September 12, 2009

7:00 PM to 11:00 PM

Heritage Hall

Delta County Fairgrounds, Hotchkiss.

Want to boot scoot and make some new friends? How about joining some old friends you haven't seen for a while for some fun? Then grab your boots (we have a rodeo theme) and your casual clothes and meet us in Hotchkiss!

This dance will help raise funds for Delta County 4-H scholarships so it is a great way to enjoy yourself and help others out while doing so.

See You There!



## 4-H Shooting Sports Survey

The Delta County 4-H Shooting Sports Leaders Council wants to hear from you! We are working on a brief Shooting Sports Program survey that will be distributed throughout the TRA in September. This survey is an effort to gain ideas on ways to improve the program and we want and need input from all our shooting sports folks. After the results are all in, shooting sports leaders from each county will be encouraged to meet and discuss these results and ways to implement recommendations from the survey.

For more information on this project, please contact Isaac at 874-2198.

## Upcoming Office Holidays

October 12 ~ Columbus Day  
(Montrose and Delta offices only)

November 11 ~ Veteran's Day

Nov. 26 & 27 ~ Thanksgiving

December 25 ~ Christmas



## Ways to Praise Kids















That's Incredible! • How Extraordinary! • Far Out! • Outstanding Performance! • I Can't Get Over It! • Amazing Effort! • Well Done! • You're a Joy! • Wonderful! • Marvelous! • Phenomenal! • Great! • Superb! • Cool! • Excellent! • You're Special! • Way to Go! • Thumbs Up! • Terrific! • You Tried Hard • Your Help Counts! • You Made It Happen! • Fabulous! • Bravo! • Exceptional! • You're Unique! • Awesome! • A+ Work! • You Make a Difference! • You're Amazing! • Keep Up The Good Work! • Nice Going! • You Deserve a Hug! • Very Brave! • Amazing!

# Study Tips for High School and Middle School Students

Now that school is back in session, you may be finding it hard to get back into the swing of studying. Here is some information that you may find useful:

Students in high school and middle school should expect between a half an hour to an hour and a half of homework every night on an average. Some teachers will give daily, regular homework; while others will give homework irregularly. Long-term projects should be considered daily homework – in other words, students should work on them every night. Teachers recommend that students work in a designated study area, which is quiet, well-lit, and is close to school supplies like a stapler, dictionary, computer, and a wastebasket. Teachers also recommend that Quiet Hours be kept in the household – no television, phone calls, stereos, or video games allowed during this time. (Sorry kids!) Before going to bed at night, students should check to see if their homework is finished and in a safe spot in their book bag. This will help alleviate any last minute search sessions when the bus pulls up!

## Fun Stuff for No Particular Reason

-  “Stewardesses” is the longest word typed with only the left hand.
-  “Lollipop” is the longest word typed with only the right hand.
-  No word in the English language rhymes with month, orange, silver or purple.
-  “Dreamt” is the only English word that ends in the letters “MT”.
-  There are more chickens than people in the world.
-  A cat has 32 muscles in each ear.
-  A shark is the only fish that can blink with both eyes.
-  A snail can sleep 3 years.
-  Leonardo Da Vinci invented scissors.
-  “Typewriter” is the longest word that can be made using the letters on only one row of the keyboard.
-  Our eyes are always the same size from birth, but our nose and ears never stop growing.
-  A “jiffy” is an actual unit of time representing 1/100<sup>th</sup> of a second. So... if you are going to be there in a jiffy you had better hurry.
-  There are two words in the English language that have all five vowels in order: “abstemious” and “facetious”.
-  An ostrich’s eye is bigger than its brain.



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University

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<http://www.coopext.colostate.edu/TR44h/>

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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.

