



The University of Arizona
Cooperative Extension
4-H News of La Paz County



College of Agriculture and Life Sciences University of Arizona
La Paz County Office P.O. Box 3485, Parker, AZ 85344 (928) 669-9843

January 2009

Calendar of Events

NOTE----- IMPORTANT ANIMAL INFORMATION IS IN THIS NEWSLETTER!!!!

- 1,2 Extension Office Closed
- 13 4-H Council Meeting, Parker First Baptist Church, 7pm
- 17-18 Colorado River Small Stock Show, Kingman Fairgrounds
 COUNTY EVENT
- 19 Extension Office Closed
- 27 Animal Leader Meeting, 6:30 PM, Extension Office

February Events to Look forward to:

Another Science Night, Quality Assurance Trainings, and Presentation Day!!!

Greetings to the new people on our mailing list! We hope that you will find our newsletter to be helpful in educating our community more about our great program and all that we have to offer the youth of La Paz County. We welcome and invite you to learn more about 4-H and considering volunteering some of your time and expertise to our terrific 4-H kids!!!!

Brent Strickland
Extension Agent

Linda Masters
Extension Agent

Persons with a disability may request a reasonable accommodation by contacting the La Paz County Cooperative Extension office. Requests should be made as soon as possible to arrange the accommodation.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture and Life Sciences, The University Of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Important Animal Information--- Please Read!!!!!!

We are excited to hold our fair at the brand new La Paz County Fairgrounds. Over the past year, the Youth Livestock Committee, the Extension Office, and Parker FFA have worked closely with the Arizona Department of Agriculture to make sure that we are in compliance with all state regulations. You must follow these steps to make sure that you are in compliance. You will be **SIFTED** at the fair if don't have all of your paperwork in order:

1. Youth Livestock Exhibitors must have attended a Youth Livestock Quality Assurance workshop. The certificate of attendance is good for three years. A workshop will be held in Parker in February. If you have not been certified in Quality Assurance in the past three years and you cannot make the date in Parker, contact Brent and he will tell you about other trainings you can attend in other parts of the state.
2. Youth Livestock Exhibitors who have Sheep, Goats, and Swine must apply for a Premises Identification Number from the state of Arizona. The application is enclosed in the newsletter. The state will give you information regarding sheep and goat scrapie tags once they get your application. Youth in California need to follow the steps found on the California Agriculture website (www.californiaid.org) Do not wait until the last minute to do this!!!! It takes time to process.
3. Swine owners must obtain a certificate of inspection of exhibition swine. You will each be contacted about this. We have a person here in the county that is authorized to provide you with a certificate after your animal has been examined.

All youth who will exhibit beef, sheep, and goats must apply for a seasonal pass (included in this newsletter). The cost is \$5.00 for a youth to have up to 10 animals. Before you receive your pass, you must first have Premises Identification Number (see step 2). Remember- it takes time to process this form. Don't wait until the last minute. Start Now!!!!

4. Turn in your fair entry to the 4-H office by February 20th. Leaders and the Extension office will have these available by February 1st.
5. For the 2008-2009 4-H Year, 4-H council and the La Paz County 4-H office have accepted a new rule that all 4-H youth exhibitors who wish to show their animal(s) for the La Paz County Fair will also be required to present an educational exhibit at the fair. This project will showcase the 4-H member's knowledge of his or her animal project at the indoor building of the fair. Here are some examples of educational exhibits that would satisfy this rule:
 - A Poster Board detailing the proper way to groom a steer
 - A plaster sculpture painted to demonstrate the meat cuts of a swine.
 - A demonstration board detailing the average daily gain of your lamb.
 - A photo scrapbook of the project year.
 - A home-made sweater for a lamb (with a description of how you made it).
 - A clay (or play-doh) model of a swine pen that demonstrates good safety and proper animal housing.

4-H members are encouraged to present as many indoor educational exhibits as they want, but they are required to present at least one educational exhibit in order to show their animal(s).

**Arizona Department of Agriculture
Animal Services Division
Office of the State Veterinarian**

**Application for Arizona Premises Identification Number
(For Sheep, Goat and Swine Owners)**

Producer Name _____

Farm Name _____

Mailing Address _____
(Street Address or PO Box)

Mailing Address _____
(City) (State) (Zip Code)

Physical Location _____
(if other than your mailing address)

Phone _____ **Fax** _____

Indicate the type(s) and numbers of the following livestock present at above location (check all that apply):

SWINE

Farrow to finish _____
Finish only _____
Farrow only _____
Seedstock _____

BEEF CATTLE

Cow/calf _____
Feedlot _____

DAIRY CATTLE _____

HORSES _____

OTHER LIVESTOCK _____

(please specify type)

SHEEP

Breeder (sell breeding stock) _____
Club lamb producer _____
Feedlot _____
Dairy _____
University research _____
Zoo _____
Other sheep operation _____
(please specify type)

GOATS

Breeder (sell breeding stock) _____
Dairy _____
University research _____
Zoo _____
Other goat operation _____
(please specify type)

Complete the information requested on this form and return to:

Arizona State Veterinarian's Office
1688 West Adams Street
Phoenix, AZ 85007
602-542-4293 fax 602-542-4290

A unique Arizona premises identification number will be assigned to your premises. **For swine:** all swine born on your premises must be identified with this Arizona premises identification number, either as a tattoo, or a specially-made tamper-proof eartag applied by you. **For sheep and goats:** this Arizona premises identification number shall be used to comply with state and federal sheep and goat identification requirements, and to order scrapie tags.



Arizona Department of Agriculture

Department of Animal Services
Livestock Self-Inspection
1688 W. Adams Street, Phoenix, Arizona 85007
(602) 542-6407 FAX (602) 542-4290

SEASONAL PASS INSTRUCTIONS

1. A Self-Inspection Seasonal Pass is required for all exhibition cattle, sheep and goats owned by Arizona residents and exhibited in Arizona [Arizona Revised Statutes Title 3 Section 3-1346; Arizona Administrative Code R3-2-703]. A Seasonal Pass is not used for exhibition swine; instead, owners must obtain a "Certificate of Inspection of Exhibition Swine" from a Department Animal Health and Welfare Officer/Inspector.
2. To receive a Seasonal Pass, the exhibitor must complete an application form available by calling the Self-Inspection desk at (602) 542-6407. You may download the application at www.azda.gov. Under the heading "REGISTRATIONS/FORMS/GRANTS" select "FORMS" then scroll down and click on the "SELF INSPECTION" folder. Finally, select "SEASONAL PASS APPLICATION". Each exhibitor must have their own Seasonal Pass and may list up to TEN animals on a single Seasonal Pass.
3. The Seasonal Pass application may list up to 10 animals. It must include a description of the animal, including breed, sex, color or markings, and permanent identification such as a brand, tamperproof eartag number (not dangle tag), tattoo or, if present, microchip/electronic eartag number. The exhibitor must also provide proof of ownership of each animal by including the number from an Arizona Self Inspection Certificate or an Arizona Livestock Officer's Inspection Certificate (or send a copy), along with a bill of sale - for each animal. If the animal was purchased out-of-state, a Health Certificate number and an Import Permit number must be recorded on the application (or send a copy). If no proof of ownership is available, the animal must be inspected by an Animal Health and Welfare Officer/Inspector [call (602) 542-0872 or 1-800-294-0305 outside of Maricopa County]. SHEEP/GOAT OWNERS PLEASE NOTE – official scrapie identification is required. To obtain official scrapie identification tags for native Arizona sheep/goats, a state premises identification number must first be obtained from the Arizona State Veterinarian (602-542-4293). Official identification tags may then be ordered from the U.S. Department of Agriculture. Sheep/goats imported from other states must be identified with official tags applied in the state of origin. A Seasonal Pass is not used on exhibition swine; they must be inspected by an Animal Health and Welfare Officer/Inspector.
4. The fee for a Seasonal Pass is \$5.00 for 1 to 10 animals. Add \$.50 per head for each animal over ten. Payment may be in the form of a check or money order made payable to the Arizona Department of Agriculture. The Seasonal Pass will be issued upon receipt of the completed application and applicable fee; it is valid for one year from date of issue. Animals may NOT be added to existing Seasonal Pass. A new application and fee must be submitted and a new Seasonal Pass issued.
5. The official, numbered Seasonal Pass issued by the Department must accompany the animals whenever they are moved. In the space provided, the exhibitor shall write the date of movement, name of exhibition and location and return date for each animal. If an animal or animals are sold, the holder of the Seasonal Pass shall return the completed Pass (or a copy if animals sold are listed on the same Seasonal Pass with others that are not sold) to the Arizona Department of Agriculture within two weeks of the sale or termination of the animal, or at the end of the show season or, if the animal is retained, at the end of the year issued. If an animal is sold, the Seasonal Pass holder must provide the buyer's name, address and phone number in the space provided on the Seasonal Pass.

Thank you for your cooperation. If you have any questions, please call the Animal Services Division Self-Inspection desk at (602) 542-6407.

JANET NAPOLITANO
Governor



DONALD BUTLER
Director

Arizona Department of Agriculture

1688 W. Adams Street, Phoenix, Arizona 85007
(602) 542-6407 FAX (602) 542-4290

Self-Inspection SEASONAL PASS APPLICATION

Fees: \$5.00 per exhibitor for up to 10 animals,
add .50 for each animal over 10.

Name: _____
(Last) (First) (Middle Initial)

Social Security Number: _____ Phone Number: _____

Address: _____
(Physical Address)

(City) (State) (Zip Code)

Address: _____
(Mailing Address if different than the Physical Address)

(City) (State) (Zip Code)

Name of Group: _____
(4-H, FFA, ETC.)

Group Leaders Name: _____

Type of Livestock: Cattle Sheep Goat AZ Premises I.D. _____
(Please Circle)

Description of Animal(s)

Breed: _____

Sex: _____

Color/Markings: _____

Permanent I.D. (eartag, brand, tattoo): _____

Name of Seller if Purchased in the State of Arizona: _____

Arizona Inspection Certificate Number: _____

If Livestock has been Brought in from Out of State:

Health Cert. Number: _____ Importation Permit Number: _____

Signature _____ Date _____

Pass not valid unless signed

Copy this page for multiple animals

Harvest of the Month



Growing Healthy Students

The Harvest of the Month featured produce is

CABBAGES

Helping Your Child Eat Healthy

- Serve green fruits and vegetables to maintain vision health.
- Make "confetti" coleslaw by using a mix of green, red and Chinese cabbages.
- Boil or steam cabbages to use in stews, soups and casseroles. (See recipe.)
- Provide raw, crunchy fruits and vegetables as snacks for your child.
- Look for a farmers' market in your area to find low-cost fruits and vegetables.

For more ideas, visit:

www.eatwellbewell.org

Produce Tips

- Choose firm heads that feel heavy and are tightly-packed.
- Store whole or chopped cabbage in sealed plastic bag in refrigerator. Use within one week.
- Before use, rinse thoroughly and remove tough outer leaves. Cut in half and trim core.

Health and Learning Success Go Hand-in-Hand

Do more. Watch less. Studies show students who limit screen time (TV and computer) score higher on academic tests. Help your child do better in school by making a commitment to limit your family's screen time and being more active. Harvest of the Month can help your family learn new ways to eat more fruits and vegetables and be physically active every day.

STOVE TOP CASSEROLE

Ingredients:

(Makes 5 servings at 1 cup each)

- 1 small onion, chopped
- 4 medium potatoes, peeled, sliced
- 1½ cups chicken stock (or broth), reduced sodium
- 2 cups green cabbage, shredded
- 1 cup reduced fat cheese, shredded
- 1 tablespoon vegetable oil
- ¼ cup nuts, chopped (optional)

1. Heat oil in large skillet. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover and reduce heat to low. Simmer until potatoes are slightly tender.
3. Add cabbage. Cover and simmer for five minutes more.
4. Sprinkle with cheese and nuts.
5. Let stand until cheese melts and serve warm.

Adapted from: Food Stamp Nutrition Connection, <http://foodstamp.nal.usda.gov/recipes.php>

How Much Do I Need?

A serving of cabbage is one cup raw shredded leaves (about two cupped handfuls). When cooked, this is about one-half cup.

Eating a variety of colorful fruits and vegetables each day will help you and your child reach your total daily needs.

Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

Amount per Serving		
Calories 19	Calories from Fat 1	
		% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		9%
Sugars 2g		
Protein 1g		
Vitamin A 14%	Calcium 2%	
Vitamin C 36%	Iron 2%	

Source: www.nutritiondata.com

Let's Get Physical!

- Limit screen time and increase activity time.
- Create activity calendars for you and your family. Plan them together. (You can create calendars online at www.bam.gov.)
- Include indoor and outdoor activities on your calendar (e.g., dancing, doing sit-ups, walking/jogging, jumping rope and playing team sports like basketball and soccer).
- When watching TV, look for educational programs that may help your child in school.*

*The American Academy of Pediatrics recommends no more than two hours of quality programming a day.

For more physical activity ideas, visit:

www.verbnow.com

www.kidnetic.com

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Arizona Nutrition Network



Cultivando Estudiantes Saludables



La Cosecha del Mes

La col es el vegetal de

La Cosecha Del Mes

Ayude a sus hijos a comer sano

- Sirva frutas y vegetales de color verde para mantener la vista saludable.
- Haga una ensalada de col rallada estilo "confeti" usando una mezcla de col verde, col morada y col china.
- Hierva o cocine al vapor la col para usarse en guisados, sopas y estofados.
- Tenga frutas y vegetales crudos y crujientes como bocadillos para su hijo.
- Busque un mercado sobre ruedas en su área para comprar frutas y vegetales a bajo costo.

Para más ideas, visite:
www.eatwellbewell.org

Consejos "frescos"

- Escoja cabezas de col que se sientan pesadas y firmes.
- Almacene la col entera o picada en una bolsa plástica sellada en el refrigerador. Úsela en una semana.
- Antes de usar, lave la col completamente y deseche las hojas duras.

Recomendación diaria de frutas y vegetales**

Niños, edad 5-12	Adolescentes, edad 13-18	Adultos, 19+
2½ - 5 tazas por día	3½ - 6½ tazas por día	3½ - 6½ tazas por día

**Si usted es activa, consuma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

La salud y el éxito en el aprendizaje van mano a mano

Haga más. Vea menos. Los estudios demuestran que los estudiantes que limitan el tiempo de pantalla (TV y computadora) sacan mejores grados en pruebas académicas. Ayude a su hijo a mejorar en la escuela limitando el tiempo de pantalla de su familia y estando más activos. **La Cosecha del Mes** puede ayudar a que su familia coma más frutas y vegetales y se mantenga físicamente activa todos los días.

GUISADO

Ingredientes:

(para 5 porciones de 1 taza cada una)

- 1 cebolla chica, picada
 - 4 papas medianas, peladas y rebanadas
 - 1½ tazas de caldo de pollo, bajo en sodio
 - 2 tazas de col verde, rallada
 - 1 taza de queso bajo en grasa, rallado
 - 1 cda. de aceite vegetal
 - ¼ taza de nueces, picadas (opcional)
1. Caliente el aceite en una sartén grande. Agregue la cebolla y cocine sobre fuego mediano hasta que dore.
 2. Agregue la papa y el caldo de pollo. Cubra y reduzca el fuego. Cocine a fuego lento hasta que las papas estén un poco tiernas.
 3. Agregue la col. Cubra y cocine a fuego lento por cinco minutos más.
 4. Esparza el queso y las nueces por encima.
 5. Espere a que el queso se derrita.

Fuente: Food Stamp Nutrition Connection,
<http://foodstamp.nal.usda.gov/recipes.php>

Información Nutrición

Porción: 1 taza de col Savoy, cruda y rallada (70g)

Cantidad por Porción

Calorías 19 Calorías de Grasa 1
% Valor Diario

Grasas 0g 0%

Grasa Saturada 0g 0%

Grasa Trans 0g

Colesterol 0mg 0%

Sodio 20mg 1%

Carbohidratos 4g 1%

Fibra Dietética 2g 9%

Azúcar 2g

Proteína 1g

Vitamina A 14% Calcio 2%

Vitamina C 36% Hierro 2%

Fuente: www.nutritiondata.com*

¡En sus marcas, listos...!

- Limite el tiempo de pantalla e incremente la actividad física.
- Planee y desarrolle calendarios de actividad para usted y su familia. (Puede crear calendarios en la computadora en www.bam.gov*)
- Incluya actividades para dentro y fuera de la casa en su calendario (bailando, haciendo abdominales, caminando/corriendo, saltar cuerda, y jugando en un equipo deportivo como el básquetbol y el soccer).
- Cuando esté viendo la TV, busque programas educativos que puedan ayudar a su hijo en la escuela.**

**La Academia Americana de Pediatría recomienda no más de 2 horas diarias de programación con alto contenido de calidad.

Para más ideas, visite:

www.verbnow.com

www.kidnetic.com

¿Cuánto necesito?

Una porción de col cruda es una taza rallada (alrededor de dos puñados), o media taza de col cocida.

Comiendo una variedad colorida de frutas y vegetales diariamente ayudará a que usted y su hijo consuman el total diario necesario.

*Los sitios web sólo disponibles en inglés.

Este material fue adaptada por la red de Nutrición de California para las Familias Saludables y Activas. Este material se desarrolló con fondos proporcionados por el Programa de Cupones para Alimentos del Departamento de Agricultura de los EE.UU. (USDA para sus siglas en inglés). El Programa de Cupones para Alimentos ofrece asistencia relacionada a la nutrición para gente con bajos ingresos. Le puede ayudar a comprar comida nutritiva para una mejor dieta. Para más información, comuníquese al 1-800-352-8401. Esta institución brinda igualdad de oportunidades en el empleo y en los servicios que provee.

Arizona Nutrition Network



Happenings

4-H Council Members for 2009

The La Paz County 4-H Council is responsible for developing many of the great programs that we offer throughout the year. The Extension Office is excited to have such a great group of dedicated youth and adult council members:

Liz Ruvo
Tawnee Ayers-Foote
Sean Tartaro
Karen Turk
Marissa Estrada
Anthony Cochran

Cameron Anderson
Jana Kaveney
Renea Tartaro
Andrew Jones
Brian Goldsberry
Vicky McGuire

Important Animal Leader Meeting on January 27th

All animal leaders are encouraged to attend the annual pre-fair meeting on January 27th at the Extension Office at 6:30 pm. The meeting will discuss state livestock regulations, herdsmanship, round robin, and new fair rules. The 2009 fair book will also be available.

Fair Entry Forms will be Available Soon

Fair Entry forms for all 4-H Projects (including indoor and cloverkids) will be ready by February 1st. Packets of them will be given to leaders in the coming weeks, but feel free to drop by, say hi, and pick up some forms for yourself.

Completed animal entry forms are due to the 4-H office by February 20th. There are no exceptions to this deadline). For information on indoor projects, contact Linda Masters at the Extension Office.

Reminder to 4-H Participants with Animal Projects

- Make sure you have attended a Quality Assurance workshop within the past 3 years; you can't sell if you haven't.
- Get those buyer letters out!
- Weigh your animal regularly
- Make sure you read and understand the fair book rules
- Take Herdsmanship seriously, it can hurt you in the pocketbook if you don't.



4-H RV Parking Schedule for the Fairgrounds

March 6 and 7th Check-in at the Fair Office (8 am-4 pm)
March 8th Check-in at the Livestock Gate (8 am- 4 pm)

There will be a fee of \$25 per RV. Please fill out the RV form before parking. There will be no vehicle parking with the RV. RV's will be inside the perimeter fence. All other vehicles will park in the main parking lot. Please be sure to have your RV at the Fairgrounds during this time.

News and Views

McMullen Valley 4-H News

We have all been busy with our animals and photography projects. Everyone has their swine and we are all ear tagged and working to keep our animals warm and dry.

We have had a fundraiser for the bleacher fund; we were able to raise \$3091.00. This brings our total so far to \$4591.00. This is very exciting for us. We are raffling a pig with our drawing on December 18 at the Make it Take it. This too will be added to our bleacher fund.

We wish to thank everyone who helped with our fundraiser and everyone who rode in the poker run, ate dinner, bid on our silent auction, and or donated to our cause.

Attention other clubs- we want to hear from you!!!! Send your news to bstrick@ag.arizona.edu before the 20th of each month.

Character Corner

HOW TO BE SOMEBODY

Talk health, happiness, and prosperity to every person you meet

Make all your friends feel there is something special in them

Think only of the best; work only for the best; expect only the best

Be as enthusiastic about the success of others as you are about your own

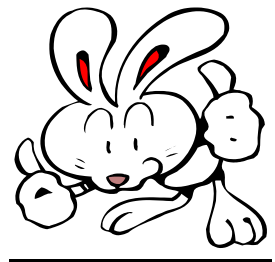
Forget the mistakes of the past. Press on to the greater achievements of the future

Give everyone a smile

Spend so much time improving yourself that you have no time left to criticize others

Be too big for worry; too noble for anger

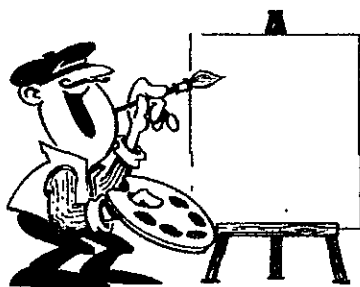
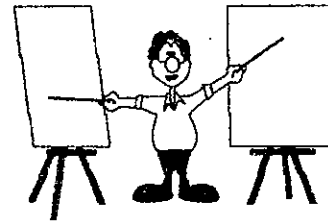
Christian D. Larsen, Creed for Optimists



Presentation Day is coming !!!!!

The date for Presentation Day has been set for February 21st. Although that seems a long way off, it is time to start preparing your projects. Presentation Day provides a great opportunity to show off the projects that you and your club have been working on. It is also a great opportunity to practice your public speaking and self promotion skills. Aside from the Jeopardy Contest, youth can enter any of the following projects: Demonstration/Illustration, Project Display and Interview, Favorite Food/Cake Decorating, Public Speaking and Fashion Revue. **REMEMBER – YOUR PERSONAL APPEARANCE COUNTS – DRESS APPROPRIATELY** – This doesn't mean that you have to spend lot of money, just be clean, neat and pressed.

A **Demonstration** shows someone else how to do something. It can be as easy as showing how to make a peanut butter and jelly sandwich or as complicated as giving an illustrated talk on the different birthing positions of baby animals and how to help in each delivery. Participants will have 20 minutes to present their demonstration. Prepare it well and practice it at home before Demonstration Day.



Project Display and Interview differs from the above in that you will bring a finished item for your project along with 2 posters 11" x 14" or smaller. The first poster should list the supplies and equipment needed to make your item, the cost involved and the intended use. The second poster should briefly, but accurately describe the steps you took to make the item. Do not have a prepared talk. The judges will ask questions about your project display and you will tell them all that you have learned.

To participate in the **Favorite Food Contest**, youth must be completing a project for the current 4-H year (this includes cake decorating). Each exhibit will consist of: (1) one favorite food - prepared at home by the participant, (2) Two posters, no larger than 11" x 14" showing the recipe and cooking details on one and the menu and serving occasion on the other, and (3) A table setting appropriate for the menu.

There are two options for the **Public Speaking** projects: prepared speeches or extemporaneous speeches. As the title suggests, a prepared speech should be prepared ahead of time. Extemporaneous speakers will select an envelope containing 3 possible topics. They choose 1 of the 3 and will have 30 minutes to prepare their speech. All speeches should be between 3 - 8 minutes in length.

The **Fashion Review** also has two categories: the Clothing Selection Category and the Construction Category. The Selection Category is open to all 4-H members and the only requirement is that the member put together an outfit that is complementary to his/her features. In the Construction Category, the garments or articles must be totally constructed by the member as a current 4-H project.



For further details on these projects, read the individual guidelines available from your club leader or at the Extension Office. If you have any other questions, please call Linda at (928) 669-9843.