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## THANK YOU'S

**Beef weigh-in-** Thank you to John Thompson and Family, Randy Stone and Family, Luke Ewing and Family, Jeff Thornton, Joe Frasier, Marc Hollenbaugh, and Meier Feedlot for your help.

**Equipment Purchases-** Thank you to Walk's Camp (\$150) and Karval (\$500) 4-H Clubs for their contribution to County Council for equipment purchases.

**District Retreat Camp-** Thank you to Tammy Yoder for volunteering to transport and chaperone kids at camp!

**Fun Day & Demonstration Contest-** Thank you to Ace Hardware (Rich and Donna Metcalf), Big R-Limon, Kit Carson County Sheriff's Office, Genoa-Hugo School and staff, Aaron Kravig, Elizabeth Martin, Ashlynn McCarville, Renae Saffer, Nikki Reid, Wendy Simmons, Sid Yoder, Courtney Wilkins, Karval 4-H Club and parents, County Council, Travis Taylor, Amy Solomon, Eleanna Rosler, Hannah Beedy, Madalene Buckner, Elivia Hilferty, Wade Yoder, Lyndee Yoder, Mikaela Taylor, Seth Beedy, Aubrey Lindt, Trinity Leach, Alysah Ewing, and Brylie Thompson for all of your contributions and help!!!



The Extension Office & 4-H are on Facebook  
@ Lincoln County Colorado Extension

## INFORMATION & UPCOMING EVENTS:

- \* **Meat Quality Assurance Training (MQA/PQA)** is April 3rd from 4:00-7:00pm. Plan to arrive no later than 6:00pm to ensure enough time to complete the training. \*Members are required to take MQA the first two years they enroll in an animal project, at 4-H age of 12, and again at 4-H age of 15. Pork Quality Assurance is also required if members are planning to show at state fair. Contact the office with any questions.
- \* **Easy Riders 4-H & Open Horse Show** is April 15th in Longmont, CO. Contact Anette Nusser at 719-963-7530 for more information.
- \* **National Dairy Shrine Scholarship** application is due April 15th– Information is available at [dairyshrine.org/download\\_scholarship\\_app.php](http://dairyshrine.org/download_scholarship_app.php).
- \* **Goat Extravaganza** workshops and show is April 28-30th in Greeley, CO. Information is available at [wcgoate.com](http://wcgoate.com) or by calling Larry Hooker at (970) 400-2093.
- \* **Open Ranch Horse Show & Clinic** is April 29-30th in Grand Junction, CO. Contact Tom Sharpe for more information at (970) 261-3528 or [colorado4h.org/SpringGather-MesaCounty.pdf](http://colorado4h.org/SpringGather-MesaCounty.pdf).
- \* **Project Youth Extension Service Internship** application is due April 29th. Information is available at [projectyouthextension.com/](http://projectyouthextension.com/).
- \* **American Charolais Association Scholarship** application is due April 30th. Information is available at [charolaisusa.com/pdf/2017/2-8/AIJCF\\_Scholarship\\_Application\\_2017.pdf](http://charolaisusa.com/pdf/2017/2-8/AIJCF_Scholarship_Application_2017.pdf).
- \* **Horse and Dog ID's** must be uploaded in 4H Online by May 1st if the member is going to state fair. The County deadline is July 1st. A horse may be ID'd/shared as a project horse by no more than 2 unrelated 4-H Members and immediate family members may share and ID the same project horse.
- \* **County 4-H Foundation Project Scholarship** application is due May 1st. The form is available at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/).
- \* **Maine-Anjou Scholarship** application is due May 1st. Information is available at [maine-anjou.org/junior/scholarship.php](http://maine-anjou.org/junior/scholarship.php).
- \* **Angus Foundation Scholarship** is due May 1st. Information is available at [angusfoundation.org/fdn/ScholarshipsAwards/AlliedAngusBreedersScholarship.html](http://angusfoundation.org/fdn/ScholarshipsAwards/AlliedAngusBreedersScholarship.html).
- \* **American Boer Goat Association Scholarship** application is due May 1st. Information is available at [bga.org/jabga/jabga-programs-awards/jabga-scholarships/](http://bga.org/jabga/jabga-programs-awards/jabga-scholarships/).
- \* **Maschhoffs Pork Production Scholarship** application is due May 1st. Information is available at [nationalswine.com/njsa/scholarships/maschhoffs\\_pork\\_production\\_scholarship.php](http://nationalswine.com/njsa/scholarships/maschhoffs_pork_production_scholarship.php).
- \* **Red & White Dairy Cattle Association Scholarship** application is due May 1st. Information is available at [redandwhitecattle.com/uploads/documents/Scholarship%20App%202017.pdf](http://redandwhitecattle.com/uploads/documents/Scholarship%20App%202017.pdf).
- \* **Shorthorn Association Scholarship** application is due May 1st. Information is available at [juniorshorthorn.com/opportunities/scholarships/](http://juniorshorthorn.com/opportunities/scholarships/).
- \* **Re-Fashion Sewing Retreat** is May 5-7th at the State Fairgrounds. Registration is in 4hOnline.

## INFORMATION & UPCOMING EVENTS: Continued

- \* **Sheep/Goat/Swine Weigh-In** is May 6th beginning at 8:00am at the Lincoln County Fairgrounds. Swine weigh-in is still optional, but you must get ear tags from the office and submit a Swine Ear Notch ID form no later than May 1st. The form is also available at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/).
- \* **Little American Royal Horse Youth Show** is May 6th in Kersey, CO. For more information contact Platte Valley FFA (970)-336-8740 or [weld4h.org/assets/9daBBA40741b6936b609.pdf](http://weld4h.org/assets/9daBBA40741b6936b609.pdf).
- \* **Elbert County All Breed Open Horse Show Circuit** is May 7th at the Elbert County Fairgrounds in Kiowa, CO. For more information contact Kali Benson (505) 463-7286.
- \* **“Be Somebody/Cowboy Ethics” 4-H Day Camp** is May 31st in Burlington for members 11-13. Registration is in 4H Online and closes May 10th. Cost is \$10 for the camp.
- \* **Colorado Youth Dairy Extravaganza** is June 4-6th in Greeley, CO. Registration is due May 12th. Additional information is available at [weldgov.com/departments/csu\\_extension/colorado\\_dairy\\_youth\\_extravaganza](http://weldgov.com/departments/csu_extension/colorado_dairy_youth_extravaganza).
- \* **Limousin Association Scholarship** application is due May 15th. Information is available at [nalf.org/juniors/scholarships/](http://nalf.org/juniors/scholarships/).
- \* **American Milking Shorthorn Society Cindy Climer & Jim King Memorial Scholarship** application is due May 15th. Information is available at [milkingshorthorn.com/uploads/7/8/7/9/78798376/climer\\_king\\_scholarship\\_application.pdf](http://milkingshorthorn.com/uploads/7/8/7/9/78798376/climer_king_scholarship_application.pdf).

Congratulations to Wade Yoder on being elected as the new District 4 Vice-President and becoming a State 4-H Officer for the upcoming year!

## JUST TO GET YOU THINKIN...

*"When you base your life on principles, most of your decisions are made before you encounter them."*

~ Unknown

*"4-H contributed to the war effort in the 1940's by selling over \$200 million in War Bonds."*

~National 4-H History Preservation Program

## SAFETY CORNER: BABYSITTING

### Tips for Safe & Successful Babysitting:

- Ask parents to provide you with a list including: parent phone numbers, other emergency contact information, medical and insurance information, and written directions to the house including the address.
- Ask parents to show you around the house/property and let you know where key utility shutoff's are, and potential dangers including medications, cleaning products, tools, firearms, etc.
- Keep your cell phone charged for emergency use, but avoid personal use.
- Have parents outline rules including children going with friends or having others over to the house, etc.
- Do not leave children alone and when in doubt call the parents sooner than later.
- Respect the home you are babysitting in and refrain from sharing private information about the family.
- Always arrive early and honor your verbal or written confirmations to baby-sit.

### Preparing to Babysit for Others:

- Take a babysitting class and become certified in CPR and First Aid.
- Understand how to deal with emergencies and behavioral issues.
- Develop a resume and references to provide to parents.
- Gain experience by first watching siblings or relatives that you are comfortable with.

## PROJECT SPOTLIGHT: CHILD DEVELOPMENT

One Family & Consumer Science project available to older members is Child Development. This project offers members the chance to learn about the emotional, social, physical, and intellectual development of children. It also allows them to engage with children and explore careers in this field.

### Skills Learned:

Creativity, teaching, organization, patience, planning, working with a variety of ages and stages, decision making, etc.

### Career Opportunities:

- Teacher in educational institutions for all ages.
- Youth organizations (private, public, religious, camps, extension, etc).
- Therapy of all types, hospitals, human and health services, and health care.
- State and federal services including legal and policy.
- Product design, use, and marketing for children.

### Resources:

- Colorado 4-H Child Development-[colorado4h.org/project\\_resources/projects/fcs/4H-Project-ChildDevelopment.pdf](http://colorado4h.org/project_resources/projects/fcs/4H-Project-ChildDevelopment.pdf)
- National Association for the Education of Young Children-[naeyc.org](http://naeyc.org)
- Early Childhood education-[nae.org](http://nae.org)
- Professional Association of Childhood Educators-[paceca.org/](http://paceca.org/)

## ACTIVITY CORNER:

### How to Make a Bird Bath:

- 1) Paint and put designs on all of the pots and saucer used and let dry.
- 2) Spray all of the painted items with acrylic or another sealer and let dry.
- 3) Turn all of the pots over and stack the pots on each other (smallest at the top to largest at the bottom.)
- 4) Place adhesive on the bottom of the 8" pot (upside down) to secure the saucer to the pot and let dry.
- 5) Fill the saucer with water and let the birds enjoy!



#### Supplies:

- 3 clay pots (8", 10", 12" or other varied sizes)
- 14" clay saucer or other item to place on top that will hold water
- Silicone or other adhesive
- Tempera paints & acrylic sealer spray
- Paint brushes, sponges, stencils
- Disposable gloves and plastic sheeting or newspaper

Resource- "Make a Bird Bath"-[education.com](http://education.com)

## MONTHLY RESOURCE:

*National Geographic Kids Bird Guide of North America*— Jonathan Alderfer

### Trivia: Firearm Safety

- 1) Always keep the muzzle pointed in a \_\_\_\_\_ .
- 2) Firearms should be \_\_\_\_\_ at all times.
- 3) T or F -Keep your finger off the trigger until you are ready to shoot.
- 4) Be sure of your target and what is \_\_\_\_\_ .
- 5) T or F -All ammunition works for all firearms.
- 6) Always wear \_\_\_\_\_ and \_\_\_\_\_ when shooting firearms.
- 7) Should you ever look down the barrel of a firearm for any reason?
- 8) The safety on a firearm is a \_\_\_\_\_ device that can fail.

#### Firearm Safety Resources:

- Project ChildSafe-  
[projectchildsafe.org/](http://projectchildsafe.org/)
- Eddie Eagle GunSafe Program-  
[eddieeagle.nra.org/](http://eddieeagle.nra.org/)
- National Shooting Sports  
Foundation-  
[nssf.org/safety/](http://nssf.org/safety/)



## EVENT ROUNDUP:

### Fun Day & County Demonstration Contest

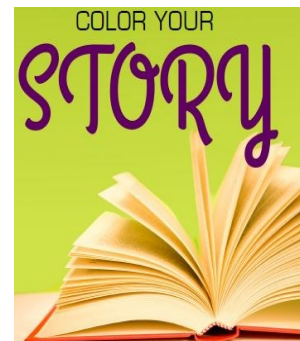
County Fun Day, on March 17th, was an opportunity for 54 4-H members to engage in workshops relating to cake decorating, leathercraft, firearm safety, and teamwork. Members also had the opportunity to participate in the Demonstration, Speech, and Jamboree contest later that evening and division winners were as follows:

Speech Arts:	Champion Senior & Overall-Wade Yoder	Res. Champion- Lyndee Yoder
Jamboree:	Champion-Kate Kissel	Res. Champion-Kallie Yoder
Demonstrations:	Champion Junior -Jaylen Stone	Res. Champion Junior-KaCee Jo Saffer
	Champion Intermediate-Kara Kissel	
	Champion Senior & Overall- Madalene Buckner	Res. Champion Senior-TerriAnne Saffer



### District Retreat

Several members attended camp at Golden Bell in Divide March 17-19th. The camp theme was "Color Your Story" in which members learned skills about effective communication and telling others about who they are. They also participated in games, outdoor recreation, a dance, and elected district officers for the upcoming year.



## RECORD BOOK REFERENCE: PART 3

**State Fair Exhibit Requirements:** [colorado4h.org/project\\_resources/StateFairExhibitReq.pdf](http://colorado4h.org/project_resources/StateFairExhibitReq.pdf)

### Pictures:

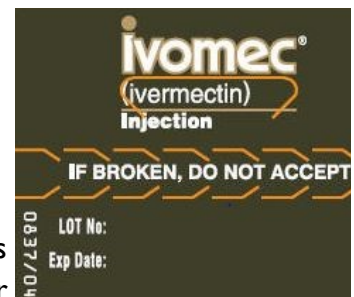
- Each record book needs a minimum of four pictures of your actual current year 4-H project.
- A descriptive caption should be included with each picture to tell the judges what you are doing, what is being learned, and when the picture was taken.
- Pictures should be taken throughout the project to show progress from the beginning to the end.

### Animal Purchase Record & Inventory:

- Only animals owned at the start of a project should be listed in beginning animal inventory.
- Ending animal inventory should only consist of animals still owned/alive at the end of the project.
- Ensure the Animal ID includes the species, animal sex, and tag # or other ID.
- Fill out required animal breeding supplements according to the instructions.

### Health Record & Expenses:

- Supplements and medicated feed should be listed with feed expense records.
- The health record items purchased should be listed under health expenses even if there was no direct cost (i.e. you traded labor for 3cc of de-wormer for your goat). Put health item, paid to relative (labor trade), cost \$0.00. This will accurately depict what health items you provided for your animals.
- Read the instructions carefully as health records do include cleaning pens, clipping, hoof trimming, etc.
- You must properly fill out each column including medication lot numbers and expiration dates.
- Use proper names of individuals: not mom, grandma, brother, etc.



## VOLUNTEER CORNER:

### Chaperone Basics:

- Chaperones must be certified 4-H volunteers over the age of 21.
- Utilize a notebook with a list of members, health records, room assignments, and emergency contact information.
- Know procedures to handle disciplinary issues with 4-H members.
- Chaperones should avoid dressing/showering in the presence of members.

- Chaperones should never stay alone in a cabin/room, with a 4-H member.
- Abide by and have members follow the 4-H Code of Conduct at all times.
- Have members pick up after themselves and keep property in good condition.
- Ensure members are on time and participate in all scheduled events.

### Community Service:

Nursing homes are always in need of activity items including games, painting items, books, note paper, etc. and prizes for activities such as bingo. Also consider donating window bird feeders and seed for residents to enjoy local wildlife.

# April 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b>
<b>2</b>	<b>3</b> MQA/PQA Training 4:00pm @ Fairgrounds	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Set Up/ Cooking for Judging Contest	<b>8</b> Lincoln/Otero Livestock Judg- ing Contest @ Fairgrounds
<b>9</b> Karval 4-H mtg. 2:00pm- Goodie Bas- kets	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Weld County Livestock Judg- ing Contest
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Logan County Livestock Judg- ing Contest
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Shoot Prac- tice I-Rifle 8:30am @ Limon Range	<b>29</b> Shoot Practice I-Archery, Muzzle, Shot- gun 8:30 @ Limon Range
<b>30</b>	<b>May 1</b> County Foundation Project Scholarship Due					<b>May 6</b> Sheep/Goat/ Swine Weigh-In 8:00am @ Fair- grounds Elbert County Livestock Judg- ing Contest



## INDUSTRY SPOTLIGHT: AMERICAN NATIONAL CATTLEWOMEN

The CattleWomen's Association has been around at the national and local levels since 1952. Their initial purpose in organizing was "to unite their individual messages into a strong national voice." Since then the association has worked at the county, state, and national levels to "educate, promote, and protect the cattle industry."

They work annually to help promote the industry, educate consumers and children, sponsor educational activities, provide information to government and elected officials to make sound industry decisions, and generally support the Cattlemen's Association.

Owning cattle is not a requirement of membership in the association, as they are looking for women from all backgrounds who have a strong passion for the agricultural and cattle industries. Please see the below information to learn more about the association or attend the next local meeting for the Lincoln County CattleWomen.

### Resources:

American National CattleWomen-[ancw.org/](http://ancw.org/)

Colorado CattleWomen-[coloradocattlewomen.com/](http://coloradocattlewomen.com/)

Lincoln County Cattlewomen Page- [facebook.com/Lincoln-County-Cattle-Women-164589053950095/](https://facebook.com/Lincoln-County-Cattle-Women-164589053950095/)



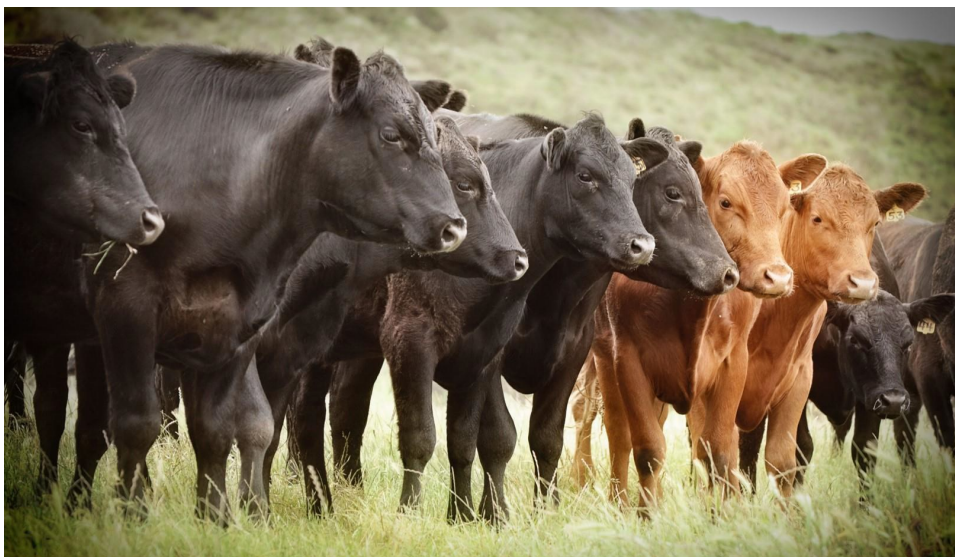
### **Lincoln County CattleWomen Invite You to Join Us!**

*Since 1951, Lincoln County CattleWomen has been actively involved in the promotion of the beef industry, as well as the charitable support of our local community. We have been actively engaged in preserving our rural way of life through educational outreach, charitable donations, and volunteer work.*

*Now we hope you will consider joining us in our cause. Our success lies in recruiting hardworking, intelligent, and devoted ladies, like you, who are willing to give the time and effort necessary to make a difference!*

*We hope you will join us at 1pm  
**Wednesday April 19th, 2017**  
at the Old School House next to  
Ace Hardware in Limon.*

*We look forward to being partners  
with you in the protection and pro-  
motion of cattle ranching in East-  
ern Colorado. For questions  
please call Linda Yoder (719)-  
446-5225.*





Registration closes May 10th. Sponsorships are being accepted. Please contact the office if you would like to donate or help transport 4-H members.

\*Only certified 4-H volunteers may transport members to an event.

### Code of the West

- 1) *Live each day with courage.*
- 2) *Take pride in your work.*
- 3) *Always finish what you start.*
- 4) *Do what has to be done.*
- 5) *Be tough, but fair.*
- 6) *When you make a promise, keep it.*
- 7) *Ride for the brand.*
- 8) *Talk less and say more.*
- 9) *Remember that some things aren't for sale.*
- 10) *Know where to draw the line.*

-By James P. Owen ([cowboyethics.org](http://cowboyethics.org))

## 4-H COUNTY & STATE POLICIES & GUIDELINES REMINDERS:

Please check out the Lincoln County and Colorado State 4-H websites for a refresher of county and state policies for 4-H members and their families. If you have any questions, please let us know.

**Lincoln County Extension & 4-H-** [lincoln.extension.colostate.edu/4-h-policy-guidelines/](http://lincoln.extension.colostate.edu/4-h-policy-guidelines/)

- 4-H Member in Good Standing Requirements
- Deadlines, Payments, Forms & Registration Policies
- 4-H County & Club Transfer Process

**Colorado State 4-H-** [colorado4h.org/](http://colorado4h.org/)

- State 4-H Policies & Procedures- [colorado4h.org/policy/index.php](http://colorado4h.org/policy/index.php)
- State 4-H Code of Conduct- [colorado4h.org/resources/CodeOfConduct-English.pdf](http://colorado4h.org/resources/CodeOfConduct-English.pdf)

**Heart**– NASA and 4-H have joined together to provide an online resource titled “Expeditionary Skills for Life.” The lessons will be debuted this spring to coincide with 4-H Alumna and current Astronaut Peggy Whitson’s trip to the International Space Station.

The focus of the curriculum is to translate skills that help astronauts be successful in space into lessons that help 4-H members succeed in school and life through teamwork, cultural competency, self-care/team care, and leadership.

Information and lesson plans can be found at [nasa.gov/audience/foreducators/stem-on-station/expeditionary-skills-for-life.html](http://nasa.gov/audience/foreducators/stem-on-station/expeditionary-skills-for-life.html).



**Head**– The U.S. Department of Agriculture has created a comprehensive guide to its programs and resources titled *Growing Opportunity: A Guide to USDA Sustainable Farming Programs*. Its goal is to reach producers at all stages of their careers and in all industry areas. It covers everything from loans to conservation and disaster programs, insurance, and special programs.

The guide is available at your local Farm Service Agency (FSA) office or online at:

[sustainableagriculture.net/wp-content/uploads/2017/02/FSA-Guide-Final.pdf?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](http://sustainableagriculture.net/wp-content/uploads/2017/02/FSA-Guide-Final.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

**Health**– The Center for Disease Control (CDC) indicates that proper seat belt use can significantly reduce your injuries in a car crash or even prevent death. They also indicate that youth and young adults are also more prone to accidents and less likely to wear a seat belt. The following are seat belt safety tips to keep you safe:

- Wear your seat belt every time.
- Ensure there is a working seat buckle available for every passenger.
- Make passengers “Buckle Up” and don’t move the vehicle until they do.
- Attend a training or safety day on the proper use of car/booster seats.
- Car/booster seats should be used for children until they meet height and weight requirements.
- Children should also not ride in the front seat.

**Hands**– Have you ever walked through the meat section at your local grocery store and wondered what some of the different types of meat were or what you might use each type of “cut” for? The University of Nebraska Lincoln (UNL) has developed a *Meat Cuts Identification* website that provides information about different meat types, each specific cut, where the cuts are located on a carcass, nutritional information, and recommend cooking practices. This information is available at [food.unl.edu/meat-cuts-identification](http://food.unl.edu/meat-cuts-identification).

UNL also has a *Meat Preparation and Safety* website devoted to helping the consumer prepare meat products at [food.unl.edu/meat-preparation](http://food.unl.edu/meat-preparation).

Colorado State University, U.S. Department of Agriculture and Lincoln County cooperating.

Extension programs are available to all without discrimination.

Any mention of company names and/or products doesn't imply an endorsement of those entities or their services nor does it imply a criticism of their competitors and products. Items mentioned are strictly for educational purposes only.