



# 4-H NEWSLETTER

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Colorado State University  
Extension 

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## THANK YOU'S

The Lincoln County 4-H Foundation, through the help of a generous donation, has decided to pay 4-H enrollment dues for each 4-H member for the upcoming year.

We appreciate the Foundation's support and encourage members and clubs to write a thank you to the Foundation for their support. Letters or emails for the foundation can be sent directly to the extension office.

## VOLUNTEER OPPORTUNITY:

If you have an interest in chaperoning 4-H members at a weekend camp or in providing transportation for judging teams, etc., please contact the office. We are in need of male and female chaperones.

Chaperones or drivers must be certified 4-H volunteers who have passed the volunteer requirements at the county and state level.



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

# ACTIVITY PAGE:



## Pine Cone Bird Feeder

### Supplies:

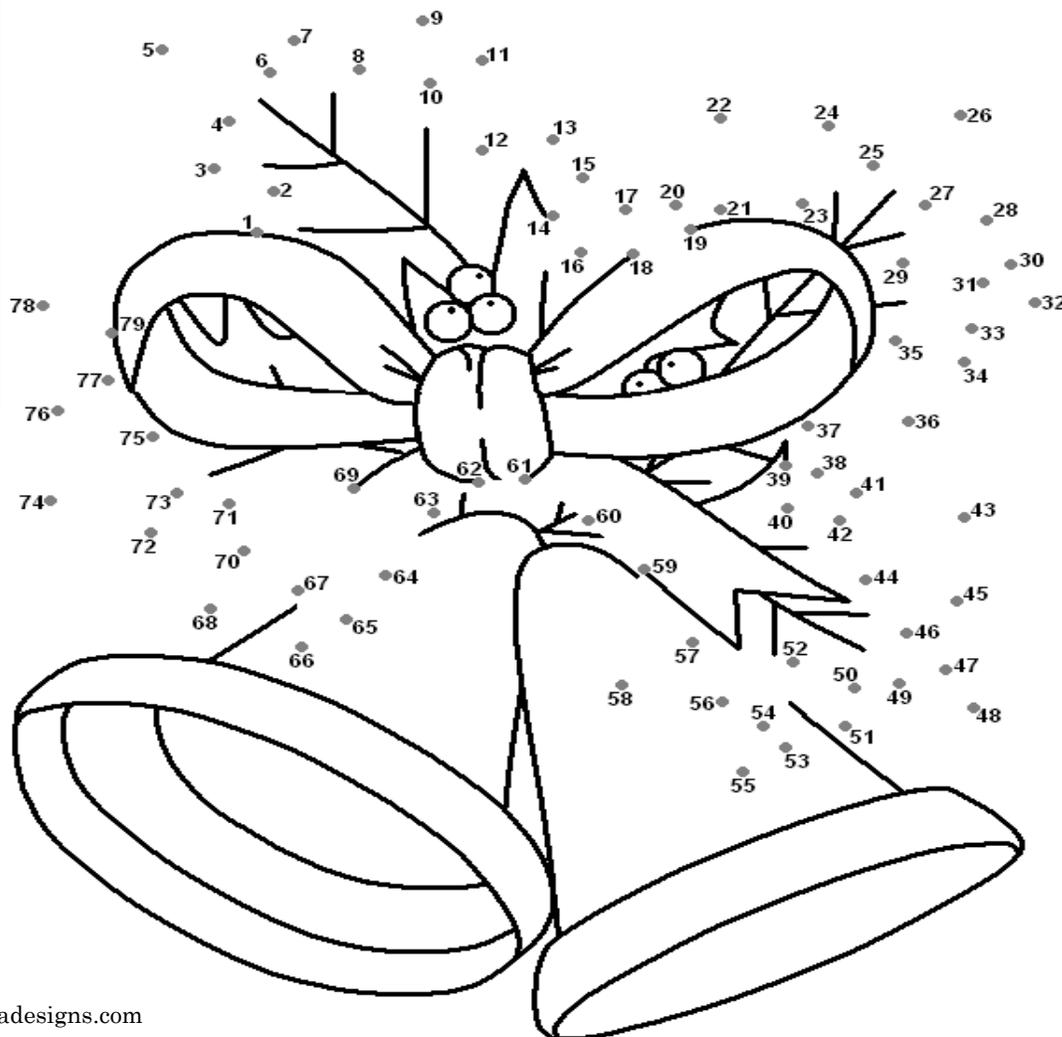
- Pine cones
- Peanut butter
- Butter knife or popsicle stick
- Paper plate
- String or wire
- Bird seed or grains

### Instructions:

- Tie piece of string or wire around the top portion of the pine cone or glue string on to create a hook to hang the pine cone outside.
- Place the pine cone on the paper plate and use a knife or popsicle stick to spread peanut butter on the pine cone.
- Scatter bird seed on the peanut butter on the pine cone.
- Hang out in your backyard and enjoy the birds or give as gift this holiday season!

### Monthly Resource:

*Hank the Cowdog* books for readers in grades 4-7th by author John Erickson.



# VOLUNTEER CORNER:



## Information:

The legalization of marijuana in Colorado has created additional safety concerns and increased use of alternative methods of consumption. Drug consumption can use many methods to enter the system. Many of those methods of consumption may look like ordinary products, including medical devices. However we need to be aware that they could be disguising drug use. The effects of different consumption methods may be immediate or delayed for several hours. The following is a brief list of possible ways to consume or disguise marijuana and other drug use:

- Use of an inhaler (looks like a medical inhaler).
- Liquid consumption and containers with false bottoms or tops to store products.
- Patches, creams, lip balm, etc.
- Food products including candy (products may be home made).
- E-cigarettes that contain marijuana instead of regular cigarettes.

Resources:

[https://www.colorado.gov/pacific/sites/default/files/M\\_RM\\_Marijuana-and-Methods-of-Use-FAQs.pdf](https://www.colorado.gov/pacific/sites/default/files/M_RM_Marijuana-and-Methods-of-Use-FAQs.pdf)

<https://www.drugabuse.gov/publications/research-reports/marijuana/what-marijuana>

<http://www.poison.org/>

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## Leadership Moment:

Most of us have probably heard of or read the children's classic, *The Little Red Hen*, by Little Golden Books, 1942. This classic story starts out with the little red hen asking her other animal friends to help start the project of making bread by planting the wheat. Her friends in turn reply that they have no interest in helping to plant the wheat.

In drawing a parallel to the book we can create opportunities and invite others to join us, but ultimately it's each individual's responsibility in whether they want to participate in those opportunities. All we can do is make the ask and encourage involvement.




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## Community Service:

Creating fidget quilts and walker caddies is a great way to help seniors, particularly those battling with dementia. See the following resources for more information and patterns at:

<http://www.nancyzieman.com/blog/sewing-2/sew-an-alzheimers-activity-mat/>

<http://www.with-heart-and-hands.com/2015/08/making-fidget-quilts-for-alzheimers.html>

<http://www.alz.org/>

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# INDUSTRY INFORMATION: AGRITOURISM



Agritourism is helping producers of all sizes connect with their consumers directly and encourage value added products and services. Agritourism is creating a way for the producer to increase their revenue by opening new marketing opportunities. Additionally, consumers have the opportunity to connect directly with the producer and understand where their purchases come from and how they are produced or manufactured.

Have you thought about adding an agritourism component to your 4-H projects or FFA SAE? There is considerable opportunity to learn new things and add value to your already growing operation. The following resources can help you come up with ideas, provide information on marketing, production, liability, risk management, training, grant opportunities, and connect you with others involved in agritourism enterprises.

Resources:

<https://www.coloradoagritourismassociation.org/>

<https://www.colorado.gov/pacific/agmarkets/agritourism>

<https://www.colorado.gov/pacific/agmarkets/agritourism-resources>

<http://www.agmrc.org/commodities-products/agritourism/>

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## 2017 Club Rotation & Duties

### Fun Day

#### -Karval Club

#### Duties:

- Prepare and serve meal and drinks.
- Cleanup of meal and event.

\*Submit receipts for food and drinks to extension office for reimbursement.

### Fashion Revue

#### -Rocking Club

#### Duties:

- Set up chairs in Events Building.
- Decorate the Fashion Revue section of the building and set up the sound system and podium.
- Provide members to announce participants and read narratives.
- Cleanup of the building.

### Achievement

#### Program

#### -Heartland Club

#### Duties:

- Set up tables and chairs.
- Provide table decorations.
- Cleanup of entire building.

# SAFETY FOCUS: HEATING UNITS



As the winter season approaches, we start to turn on additional heating units for the house, barn, shop, and water sources. These devices can be a great resource for keeping us warm, preventing broken appliances and pipes, and ensuring that our livestock are warm and have a continuous supply of water. However, there are associated risks with using heating devices for humans and livestock which include: fires, electrical shock, poisonous fumes, injury or death, and loss of buildings and equipment. The following is a checklist to review each season for each heating device.

## Electrical & Maintenance:

- Check all electrical wiring, outlets, and breaker boxes to ensure they are working properly and there are no exposed wires. Check all heating unit cords for breaks in the wiring and bad plugs.
- Ensure all heating units run properly and there are no obvious sparks during start up or running of the unit.
- Remove debris and hazardous materials from direct heating areas and create a three foot zone around the device.
- Ensure all units are attached properly to the wall or ceiling or that they are stabilized if free-standing.
- Ensure all buildings have carbon monoxide detectors, smoke alarms, and fire extinguishers. All should be checked for battery life and tank fill according to directions.
- Develop and update an evacuation plan for homes and buildings and work with your local fire department to set up procedures for fires in remote service areas.

## Water Tanks:

- Check automatic waterer heating elements for maintenance and order parts to keep in stock.
- Check electrical grounding of all stock tanks with tank heaters.
- Test the water in the tank with a proper electrical tester once the heater has been placed in the tank to ensure there is no electrical current.
- Encase all cords in pipe and secure heating units so animals cannot remove or chew on wires.

## Stoves and Chimneys:

- Clean all stoves and chimneys before starting and ensure your ash disposal containers are in good working condition as well.

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## Resources:

<http://www.farminnovators.com/catalog/Deicer%20buying%20guide%20and%20application%20chart.pdf>

<http://www.nfpa.org/public-education/by-topic/top-causes-of-fire/heating/heating-safety-tips>

<https://www.usfa.fema.gov/prevention/outreach/heating.html>

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# INFORMATION & UPCOMING EVENTS:



- \* **New Hunter's Safety Requirement for Shooting Sports Members-** All shooting sports members in *all disciplines*, including Western Heritage and Outdoor Skills, will now be required to obtain a Hunter's Safety Card before they will be allowed to participate at the range and complete their shooting sports project. This will now be a county requirement regardless of participation at the state shoots. We are giving members until March 31, 2017 to secure their hunter's safety cards for the coming year. In future years, members will be required to complete certifications prior to the project add/drop deadline. Logan Wilkins, with the Colorado Parks and Wildlife Office, will be conducting a class this month.

**Date:** December 21 & 22nd

**Time:** 9:00am– till approximately 5:00pm (both days)

**Location:** Limon Tamarack Golf Course & Limon Gun Range

**Cost:** Free

**Registration:** Register at <https://register-ed.com/programs/colorado/98-colorado-hunter-education-course?> by searching for the course in Limon. The class will be open to the public on a first come, first registered basis. The class is limited to 20 participants. Registration opens the week of December 5th.

**Meals, Class Materials, & Transportation:** Bring a lunch, water bottle, snacks, paper for taking notes, pen/pencil, eyeglasses and ear plugs. Parent's will need to provide transportation on both days.

*\*Personal firearms are not allowed during the class or at the range during certification. All appropriate firearm equipment will be provided.*

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If you cannot attend this class, please check the Colorado Parks and Wildlife website for additional certification opportunities before the deadline of March 31, 2017 at:

Traditional 2 day course: <https://register-ed.com/programs/colorado/98-colorado-hunter-education-course?>

Online + conclusion course: <https://register-ed.com/programs/colorado/99-colorado-hunter-education-internet-conclusion-course?>

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# INFORMATION & UPCOMING EVENTS:



- \* **Enterprise Zone**– Monetary contributions to the fairgrounds are eligible for state and federal tax benefits. For further information contact County Administrator Gary Ensign at 719-743-2810.
  - \* **Sewing Machine**– If you are enrolled in sewing and need a sewing machine, please call the office. We had one recently donated for use.
  - \* **Beef Quality Assurance Producer Training** is December 20th from 9:30am to noon at the fairgrounds. The cost is free and interested parties should contact Libby Bigler at 970-491-2333 or libby.bigler@colostate.edu to RSVP.
  - \* **4-H Livestock Judging**- It is time to plan for the upcoming 4-H Livestock Judging season in Colorado. Members from Lincoln County have traditionally been very competitive livestock evaluators. There will be an organizational meeting December 29 at 3 p.m. in the Lincoln County Extension Office. Everyone who is interested should attend as we will be setting the schedule for the year. If you have questions, please call Travis at the Extension Office.
  - \* **Leadership Development Camp** is in Denver on January 27-30th for senior members. Registration is \$160 plus hotel lodging and part of the meals. The deadline for registration and payment to the office is December 30th. Contact the office for more information.
  - \* **New member enrollment** deadline is January 1st.
  - \* **Colorado Sheep Shearing School** is February 23-25, 2017 in Brush, CO. Contact the Morgan County Extension at (970) 542-3540 for more information.
  - \* **Youth Fest Camp** will be February 10-12th for ages 9-13. Registration is \$120 per camper plus additional meals costs. Registration and payment are due to the office by January 13th.
  - \* **Youth Fest Scholarship** applications are due January 15th. See “forms” on our website for the application and additional information.
  - \* **Citizenship Washington Focus** is a week long summer trip in Washington, DC. Senior members in good standing are eligible to apply for a complete scholarship that is funded partially by the county foundation and partially by the state foundation. Applications will be due in February. Contact the office for more information.
  - \* **AgrAbility Workshops** in Aurora, Yuma, and Sterling in February. Contact Norm Dalsted at (719) 545-1845 or [norman.dalsted@colostate.edu](mailto:norman.dalsted@colostate.edu) for registration information.
  - \* **Updated Policy Information** for the county will be coming out in an email about requirements to be a member in good standing and information on deadlines, registrations, and transfers.
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# PROJECT SPOTLIGHT: HUNTING & OUTDOOR SKILLS



The Outdoor Skills project allows members to learn more about the outdoors and the impact of hunting. Members have the chance to learn about a variety of topics including safety, map use and topography, survival and rescue, tracking, food preparation, trip planning, certification requirements, etc. It's a well-rounded project that let's members explore a variety of areas in their project each year.

**Career Focus:** Being involved with Outdoor Skills can lead to many career paths. Individuals might pursue careers as professional hunting guides or consultants, wildlife and game officers, forest service personnel, outfitters, hunter's education, and conservation positions. You also might get involved in search and rescue, hunting association related positions, research or disease transmission and management, or in careers that pertain to policy or lobbying activities.

## Resources:

CSU 4-H Project page: [http://colorado4h.org/project\\_resources/projects/gnr/ShootingSports.pdf](http://colorado4h.org/project_resources/projects/gnr/ShootingSports.pdf)

Colorado Parks & Wildlife: <http://cpw.state.co.us/>

National Association of University Fisheries and Wildlife Programs: [http://naufwp.org/html/university\\_members.html](http://naufwp.org/html/university_members.html)

Survival Skills Training Programs: <http://www.nwsos.com/public/survival/wilderness.html>

International Hunters Education Association: <http://www.ihea-usa.org/>

Wildlife Disease Association: <http://www.wildlifedisease.org/wda/>

## JUST TO GET YOU THINKIN...

*"The squeaky wheel may get the grease, or it may be the first to be replaced."*

*-Capsule Sermons*

*"Good nature is the cheapest commodity in the world, and love is the only thing that will pay ten percent to both borrower and lender."*

*-Robert G. Ingersoll (1833-99)*



Psychologist: *"Now then, why don't you try to use the power of positive thinking?"*

Patient: *"All right, I'm positive I'm a failure."*

# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Re-Enrollment Members & Volunteers Deadline	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> BQA Producer Training 9:30am @ Fair- grounds	<b>21</b> Hunter's Safety Course 9:00am @ Limon Tama- rack Golf Course	<b>22</b> Hunter's Safety Course 9:00am @ Limon Tama- rack Golf Course	<b>23</b>	<b>24</b>
<b>25</b> Christmas	<b>26</b> Office Closed Holiday	<b>27</b>	<b>28</b>	<b>29</b> Livestock Judg- ing Organiza- tional Mtg. 3:00pm @ Ex- tension Office	<b>30</b> LDC Camp Registration & Funds Due	<b>31</b>

# January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> New Member Enrollment Deadline	<b>2</b> Office Closed Holiday	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> NWSS 7-22
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Youth Fest Camp Registration & Funds due	<b>14</b> Karval 4-H Club Meeting @ 10:00am
<b>15</b> Youth Fest Scholarships Due	<b>16</b> Office Closed Holiday	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> LDC Camp
<b>29</b> LDC Camp	<b>30</b> -LDC Camp -Horse Council Mtg. 5:30pm @ Extension Office -Shooting Sports Safety Mtg. 6:30pm @ Fairgrounds	<b>31</b> County Council Mtg. 6:30pm @ Extension Office & Conference Call	<b>Feb 1</b> -Livestock Project Scholarships Due -Livestock Sale Committee Mtg. 6:30pm @ Extension Office			

**Head**– Mobile phone apps are becoming increasingly available as technology changes. The University of Nebraska has developed several apps to help the livestock producer. These apps include: Body Condition Scoring, Farm and Ranch Recordkeeping, Mobile Cattle Tracker, NUBeef-cowQlate, Rangeland and Pasture Monitoring, and others. The apps are a great way for producers to directly input or get information on their livestock and keep better records. Additional information is available at: <http://beef.unl.edu/mobile-apps>.



**Hands**– LandHelp.info is a site coordinated by CSU Extension and the Colorado Forest and Conservation Services that provide landowners and professionals with resources and database storage to help create and implement land management plans. The multiple topics relating to land, water, soil, and wildlife provide excellent learning opportunities for students as well. The “Listings” feature on the left side of the main page is the direct search link for resources and student activities. Check out the website at:

<http://landhelp.info>.

**Heart**– With the holiday season in full swing we can take the time to not only count our blessings, but be a blessing to others. The holiday season, in particular, is a good time to contribute to local food shelters, nursing homes, and school outreach programs for those that are less fortunate during the holiday season and on into the winter months. A goodie basket, donated clothes, or toys for kids who won't be getting a Christmas provides the opportunity for all of us to give back and spread the holiday cheer.

**Health**- In 2014 the Anxiety and Depression Association estimated that 15.7 million Americans suffered from depression. They describe depression as a “condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general.” Depression can affect anyone and may include contributing factors such as genetics, other mental illnesses, and major life events. It is especially prevalent during the holiday season for the elderly or those without family because of loneliness, not feeling needed, or remembrance of happier times. The following link provides information on holiday depression for seniors at: <https://www.longtermcarelink.net/article-2013-11-11.htm>.

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