

4-H NEWSLETTER

March 2017

Colorado State University
Extension 

THANK YOU!!!!

A big thank you to Kountry Kids 4-H Club and Danielle Gossett with April's Angels LLC for their \$800 combined contribution towards the purchase of a portable livestock small animal scale for the county 4-H program.

*Funds are being collected through County Council for the purchase of the scale and other 4-H county equipment. Please contact Christine if you or your club would like to contribute.

Primary 4-H Communication Methods From The Extension and State 4-H Office:

- ◇ Emails from 4H Online and office account emails.
- ◇ 4-H Newsletter.
- ◇ Facebook Page– Lincoln County Colorado Extension.
- ◇ Website (Forms, updates, calendar, blog, fair information, etc.).
- ◇ Phone calls

*Please make sure that you regularly check the email account you have listed in 4H Online and ensure that the emails are not going to the "spam" folder. If you need to utilize a different email account or phone number, please notify the office of any changes.

New Extension Website at lincoln.extension.colostate.edu.

*All forms and previous content areas have been transferred. There is also a master calendar, blog page, and an update feed from our Facebook page.

Lincoln County Extension

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4-H FUN DAY: INFORMATION

**FUN DAY COMMUNITY SERVICE PROJECT; **

Please bring some of the following to provide activity items for the Lincoln Community Hospital Care Center elderly residents in Hugo.

- *Note pads (sticky or non sticky, all sizes) & black ink pens
- *Puzzles (large sized pieces & less than 250 pieces)
- *Playing cards & large sized card games
- *Word search books (Large print) - No crosswords
- *Card tables (new or in good shape)
- *Paint by number/decoration kits (Simple designs/colors, large print)

Fun Day: 1:00-4:45pm

- *All events will be held at the Hugo-Genoa School.
- *Bring a sweater or coat, as kids will be going outside.
- *Wear clothes that you can get stained or dirty and non-marking soled shoes.

County Council Meeting: 4:15-4:45pm (No conference call)

Early Supper: 4:30-5:15pm (Club rotation-Karval)

4-H Demonstration Contest: 5:30-End

- ◇ Contestants need to arrive by 5:15pm.
- ◇ Let the office know by March 10th if you will need to use a projector, microphone, etc.
- ◇ Bring a copy of all manuscript items including speeches, music sheets, demonstrations, etc.

EVENT ROUNDUP: YOUTH FEST

Twenty-three 4-H members from Lincoln County attended Youth Fest camp at Ponderosa Retreat and Conference Center in Larkspur, CO February 10-12th. The members attended workshops relating to dance, thank-you note writing, team building games, and a hands-on cup modification activity. They also enjoyed a guest speaker, dance, words of wisdom from the state officers, and signing other member's t-shirts.



INFORMATION & UPCOMING EVENTS:

- ◇ **Beef weigh-in** is March 4th at Meier's Feedlot between Hugo and Limon. Weigh-in is from 8:00-10:00am. Bring your brand and ownership papers. State Fair nomination information and forms are now available on our website under forms/fair/state fair. A retinal scan and completed paperwork for agent signature is required to show at state fair.
- ◇ **Colorado Garden Foundation Scholarships** are due March 5th at: coloradogardenfoundation.org/colorado-garden-foundation/scholarships.
- ◇ **Ranch Sorting Kids Camp** is March 11th in Fort Collins. Call (970) 897-2901 for more information and registration.
- ◇ **4-H Horse Levels Workshop** is March 12th in Greeley. Please contact Teresa Johnson at 970-302-9040 or tjohnson@co.weld.co.us.
- ◇ **NCSS Prospect Cattle & Breeding Show** on March 17th in Sterling. For more information contact Riley at 970-580-7202 or email meisnerr12@gmail.com.
- ◇ **Weld County Beef Seminar** on March 25th in Greeley. Livestock producers and 4-H families can register at weldextension.com by clicking on Livestock Seminar/ Beef Cattle Seminar/Beef Cattle Seminar Registration form, or call 970-304-6535.
- ◇ **4-H & Open Horse Show** on March 26th at the Boulder County Fairgrounds. Contact Annette Nusser at 719-963-7530 for more information.
- ◇ **Hunter's Safety Certification**—All 4-H members must pass a hunter's safety course by March 31st to participate in the Shooting Sports project for 2017. Two classes are being offered in March near Flagler. Information and other class availability can be found at cpw.state.co.us/learn/Pages/HunterEducation.aspx.
- ◇ **YHEC/4-H Outdoor Skills/Hunting Event** is March 25, 2017 in Fruita, CO. For more information contact Kristina Teal at 970-210-5351 or coolcwgrl99@yahoo.com
- ◇ **Colorado State 4-H Foundation Scholarship** applications are due April 1, 2017. Scholarship information is available at co4hfoundation.extension.colostate.edu/benefits/.
- ◇ **Meat Quality Assurance Training (MQA/PQA)** certification workshops are available across the state for participants in animal projects. If you cannot make our county training on April 3rd from 4:00-7:00pm, please contact the office for a listing of other available locations. *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.
- ◇ **BIG R Producing Partners Program** is providing 4-H/FFA livestock exhibitors with gift cards to purchase feed, supplies, and clothing for their projects. Contact your local Big R for more information.
- ◇ **Hinton Club Lambs** are available to view, by appointment, starting March 12th in Monte Vista, CO. Contact Eric or Kiersten Hinton at (719) 580-3215 or visit facebook.com/hintonclublambs.
- ◇ **Stone Livestock Lambs** are available to view, by appointment, during spring break. Contact Randy Stone at 719-740-2212 or visit stonelivestock.com for more information.

JUST TO GET YOU THINKING...

“Margaret Lofgren, first champion bread-baker in the history of 4-H, meets President Woodrow Wilson at the White House on June 30, 1914.” -National 4-H History Preservation

“You don’t get harmony when everybody sings the same note.” -Capsule Sermons

“Worry is like a rocking chair-it will give you something to do, but it won’t get you anywhere.” -Capsule Sermons

PROJECT SPOTLIGHT: RABBITS

Most of us think about the cotton tails in our backyard when we think about rabbits. However the American Rabbit Breeders Association recognizes over 49 unique breeds of rabbits in the United States. Rabbits can be a great beginning livestock project due to their small size and relatively low initial cost investment when compared to other species. Rabbit projects consist of market or breeding classes. You have the opportunity to learn about the species, breed types, nutrition, structure, meat cuts and uses. You also gain skills in recordkeeping, finances, and presentation.

A rabbit project, like most, can turn into a life-long hobby or business. The following are common products or benefits that can come from owning rabbits:

- Companionship
- Fur (multi-product use)
- Meat consumption
- Research use and genetic improvement
- Provide compost for gardens
- Manure content (ideal raising worms)

Career Opportunities with Rabbits:

Veterinarian, Vet Tech, Zoo Assistant, Wildlife Officer, Slaughter & Meat Quality, USDA Inspection & Customs, Nutritionist, Breeder or Market Production, Instructor or Judge, Pharmaceuticals, Feed, Supplies, & Toy Sales, etc.

Rabbit Exercise Tip: Provide your rabbit with toys or put your rabbit in a new environment every couple of weeks to encourage them to move around and explore their surroundings. –Nebraska Extension

Resources:

Colorado 4-H Rabbit- projectcolorado4h.org/project_resources/projects/companion/RabbitProject.pdf

American Rabbit Breeders Association–
arba.net

rabbitagility.com

Rabbitbreeders.us

World-rabbit-science.com



RECORD BOOK REFERENCE: PART 2

Record books and project information: colorado4h.org/project_resources/index.php

- ◇ **Consistency and Neatness Counts**– Record books should either be entirely hand-written or typed. Typing your record book allows you to quickly make changes without re-doing the entire page. White-out or mark-outs should not be used.
- ◇ **Keep an activity log for your projects.**
- ◇ **Read all directions on each page.**
- ◇ **Ask questions.**
- ◇ **Set SMART GOALS**– See the 4-H's on the back page for more information.
- ◇ **Inventory** –Many projects will have an inventory page for equipment and supplies. The livestock inventory page has two columns. The one on the left is for Beginning Inventory (Items on hand when the project started)

and the right one is for Ending Inventory (items on hand at the end of the project).

*Feed, supplements, health products, and fuels are not considered inventory items for 4-H record books.

*Beginning inventory should be filled out at the start of the project with an accurate value.

*Purchases during the year should be included on the Other Expense page.

*Items added during the year should be listed on the Ending inventory page.

*If you no longer have an item or supplies at the end of the year, it should be left off of ending inventory. Items sold should be recorded under the Income page.

*Inventory items go down in value each year (depreciate), they do not go up.

VOLUNTEER CORNER: Volunteer Training Opportunities:

Leadership Moment: As we step back into the story of *The Little Red Hen* we remember that the hen had just finished harvesting the wheat and has moved onto making the bread. From the rest of the book so far, we know what the friends answer will be when she asks for their help one last time in baking the bread. Thus she bakes it alone. The Little Red Hen has overcome many obstacles to reach her end goal. She has reaped many benefits including learning to make a plan, using outside resources, setting goals, and the benefits of a finished product. It's not always easy to see the finish line when we get so near. We have to remember, for ourselves and others, what those end goals are and learn to embrace the process and enjoy the race.

Shooting Sports Certification:

March 24-26 in Pueblo, CO

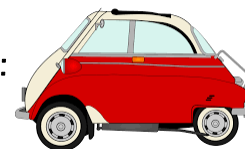
March 31-April 2 in Mesa County

April 7-9 in Larimer County

Horse Levels Trainer Certification:

April 7-9 in Brush or Larimer County

Risk Management Information: Transporting 4-H Kids.



-Only certified 4-H volunteers (age 21+) should transport kids for 4-H events and activities.

-It's suggested to utilize transportation slips from parents with contact information.

-Let parents know who is going with who, what time you will leave and arrive.

-Ensure proper vehicle insurance coverage.

ACTIVITY PAGE:

Rabbit Word Search

E G Y P B Y Z N Y D N N S T
 R Q M R B B J T E P C A J G
 A V L J K R T R O A D N E N
 H M U Z Z L E N L D B L B G
 N R I B S K I I L B E R N G
 A Q J Z C M F E H R J U V B
 I R E E O O X D O A K F Q M
 G V H L R L E F R Z V B J V
 L C A N F W N T A J J A Y R
 E P I R L I T R B L J K N M
 B A P A D L T L B L V T N A
 N W P O I J D S I N O B T D
 M T D A L B L B T J Y I M T
 W T T M Y T R J D R Q B N Z

Belgian Hare

Californian

Checkered

Dewlap

Foreleg

Fur

Havana

Loin

Lop

Muzzle

Palomino

Rabbit

Ribs

Saddle

Stifle

Tail

Monthly

Resource:

*Storey's Guide to
Raising Rabbits -
By Bob Bennett*

RABBIT TRIVIA:

- 1) There are _____ rabbit breeds recognized in the United States by The American Rabbit Breeder's Association.
- 2) The Argente Brun has a maximum weight of _____ lbs.
- 3) What is the ARBA? _____.
- 4) T or F The forequarters are located on the back end of the rabbit.
- 5) Dewlap is loose skin hanging from what area of the rabbit? _____.
- 6) Tattoo's are used to place a permanent ink mark on what part of a rabbit for identification purposes? _____.

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 District Retreat Scholarships Due Demo/ Speech Contest Entries	2	3	4 Beef Weigh-In 8:00 am – 10:00 am Meier's Feedlot
5	6 Ranch Rodeo Comm. Mtg. 6:30pm @ Extension Office	7	8 Final Tree orders due to Extension Office	9	10 Karval 4-H Club Meeting 10:00am	11 Tentative-Livestock Judging Practice
12 Day-light Savings Time	13	14 Fair Board Mtg 7:30pm @ Extension Office	15	16 Stockman's Mtg. 7:00pm @ Extension Office	17 Fun Day 1:00pm @ Hugo School County Council 4:15pm @ Hugo School Demo/Speech Contest 5:30pm @ Hugo School District Retreat Camp	18 District Retreat Camp Livestock Judging Field Day @ Brush, CO
19 District Retreat Camp	20	21	22	23	24 Shooting Sports Instructor Training @ Pueblo	25 Shooting Sports Training @ Pueblo Adams Lvst Jdg Contest
26 Shooting Sports Training @ Pueblo	27	28	29	30	31	

Heart- Safe2tell is a newer application from the State of Colorado to allow students, parents, community members, etc. to anonymously and safely report concerns related to: physical, mental, and emotional issues concerning another individual.

This is a safe haven to get others the help they need or to try and prevent a volatile occurrence.

Common concerns that can be reported include: bullying, violence, drugs, alcohol, abuse (physical or mental), mental health concerns including suicide, unsafe situations, etc.

Ways to Report Concerns or Threats:

-Phone (877) 542-7233

-safe2telco.org

-Mobile apps for all phone types

- **Head-** Setting goals is a great way to help you
- achieve success in your projects and personal
- life. We often hear about SMART goals
- (Specific, Measureable, Achievable, Relevant,
- and Time Bound). John Maxwell indicates that
- we need to “clearly” state the goal or lay out in
- a simple one sentence answer about what we
- want to achieve. Writing these goals down
- and placing them in an area that you view
- everyday will help remind you of what you
- want to accomplish. He encourages one to
- make the goals appropriate and understand
- what they ultimately want to accomplish. Be
- realistic about the goals set and make sure
- they are achievable by creating several mini-
- goals (steps) in the process. One should also
- evaluate their goals periodically and make
- sure they still fit the direction you want to go.
- Having a plan will help you achieve success in
- your personal life and your 4-H projects.



Health- Washing your hands is one of the easiest ways to prevent the spread of germs to others. We use our hands for everything and they frequently come in contact with others, food, surfaces of all kind, animals, etc. Each contact can lead to transferring germs somewhere else. Best practices include:

-Wash hands for a minimum of 30 seconds with warm water and soap. (This would be equivalent to signing the ABC's three times).

-Always wash your hands after handling raw foods, animals, when you sneeze, after using the restroom, etc.

-Clean frequently touched surfaces including cell phones with disinfectants, especially after a round of illnesses.

Hands- Selling fundraisers is a great way to support many of the activities one participates in. The following tips will help to make your fundraising efforts a success:

- 1) Know what you are selling and the deadlines to sell your product and it's arrival.
- 2) Use an 8x11 Envelope to store your sale sheets, keep track of customer names, phone numbers, addresses, and funds.
- 3) Always introduce yourself to the potential customer by greeting them, telling them your full name, who you are with, the reason for the fundraiser, the type of product, and ask if they would like to purchase something.
- 4) Be polite, always say thank you, and deliver the product on time.

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.