

March 2018



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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4-H NEWSLETTER

COMMUNITY SERVICE PROJECT:

4-H FUN DAY

We are asking that each member bring at least one item for entry to Fun Day.

The below items will be donated to the Lincoln Community Hospital Care Center elderly residents in Hugo.

—ITEMS REQUESTED—

- *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).



SEE COLORADO 4-H TOUR: June 10-17

What: An opportunity for members to experience different parts of Colorado and learn more about agriculture, commerce, water, production, transportation, related careers, and understand the issues relating to the “farm to plate” pipeline.

Who: 4-H members going into grades 8-12 (Fall 2018).

Application Process: Members must complete an application in 4H Online by March 15 to be considered for the trip.

Cost: \$250- to be paid after acceptance. *County 4-H Foundation assistance may be available.

Complete Information, Itinerary, Application Requirements, & Expectations are available at:

goldenplains.colostate.edu/4h/4h_Tour.html

Inside this issue:

Event Roundup 2

Animal Information Corner: Needle Use 3

Consumer Information: Identity Theft & Just To Get You Thinkin... 4

Activity Page 5

4-H Fun Day & Demonstration Contest & Record Book Reference Part 2 6

Information & Upcoming Events 7

Project Spotlight: Gardening 8

Calendar 9

4-H's 10

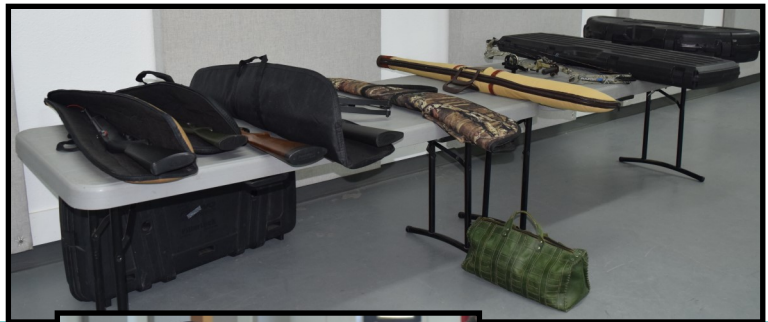
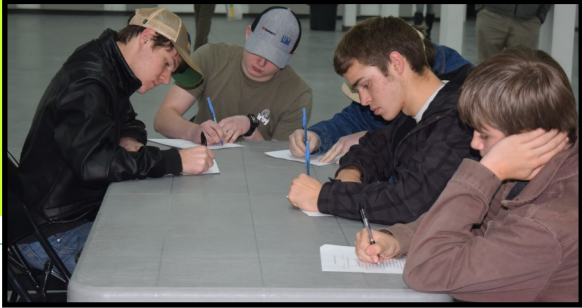
EVENT ROUNDUP:

*National Western Roundup Contest-
Wade Yoder - 1st Place Impromptu Speech*

Youth Fest Camp-



Shooting Sports Safety Meeting



Beef Quality Assurance (BQA) Training



ANIMAL INFORMATION CORNER: NEEDLE USE

Needle selection and type is often overlooked by agricultural producers. We spend a lot of time making sure we have lined up help, checked that the livestock facilities are in good working order, and that the vaccine was ordered. However, we tend to forget to really consider what needle we should be using when we vaccinate or treat livestock. Generally we just look to see what's on hand and go from there. The proper needle type and useful life when giving vaccinations or medicine can be critical for many factors including:

- Preventing needles from breaking off in the animal.
- Ensuring all medication/vaccine was injected; as partial dose injections may not fully protect animals .
- Preventing infections and lesions, and preventing the spread of disease from one animal to another (especially when treating for illness).
- Reducing animal stress.

Needle Care & Disposal Tips:

- Never use disinfectants on needles.
- Switch needles at a minimum of every 10 head.
- Replace broken, bent, or damaged needles.
- Use a different needle for treatment of sick animals.
- Use a sharp's container for disposal.
- Protect needles from contamination.

Resources:

Pork Quality Assurance: pork.org

Beef Quality Assurance: bqa.org

Sheep Safety & Quality Assurance: sheepusa.org/ResearchEducation_OnlineEducation_Ssqg



Needle Selection Considerations:

- Animal type and size.
- Route of administration (I.V., oral, intramuscular, subcutaneous (under the skin), nasal, etc.
- Type of antibiotic/vaccine- is it a thin or thick fluid?
- Site of injection on the animal. *The neck is preferred for quality standards.



	Subcutaneous		Intramuscular	
	Gauge	Length	Gauge	Length
Pigs				
Baby			18 or 20	5/8" or 1/2"
Nursery	16 or 18	1/2"	18	3/4" or 5/8"
Finisher	16	3/4"	16	1"
Sows/Boars	14 or 16	1"	14 or 16	1-1 1/2"
Cattle				
<300lbs.	18-20	1/2-3/4"	18	1-1 1/2"
<300-700lbs.	16-18	1/2-3/4"	16-18	1-1 1/2"
>700 lbs.	16-18	1/2-3/4"	16	1-1 1/2"
Sheep/Goats	18-20	1/2-3/4"	18-20	1"
Small Animal	20-22	1/2"	20-22	3/4" or 5/8"

*Check vaccines/antibiotics for further guidelines

CONSUMER INFORMATION: IDENTITY THEFT

Identity theft is a common theme in the news stories we hear every day. These thefts are not only occurring on an individual basis but also with large companies, credit reporting services, and even with government files. The increase in technology and security systems has also made it easy for mass identify theft operations to occur.

Identity theft occurs in many ways including:

- Illegal use of Social Security or other personal information to secure a job, tax refunds, or other government benefits.
- Illegal use of credit card information for purchases.
- Illegal use of information to open utility accounts.
- Illegal use of bank information to use funds or claim assets for loans or leases.
- Phone or internet scams that lock up your personal assets and demand ransoms for the return of information or equipment use.
- Attaching to your social media accounts or using personal information found on those pages.

Resources:

Credit Reports– Equifax, Experian, Transunion

Identity Theft Complaint– ftc.gov/idtheft

Local Financial Institutions-If you need to place a credit freeze.

The Identity Theft Resource Center states that over 15.4 million people were victims of identity theft in 2016.

Steps to Protect Your Identity:

- Avoid sharing personal information, especially on social media.
- Utilize passwords for phones, computers, and other electronic devices.
- Require a log-in for all financial, utility, shopping accounts, etc.
- Routinely change passwords.
- Purchase software protection for phones, computers, vehicles, etc.
- Monitor your financial and credit activity.
- Monitor children’s digital footprint.
- Open all mail and monitor emails for financial statements, bills, etc.

JUST TO GET YOU THINKIN...

“Worrying is like paying on a debt that may never come true.” - Will Rogers

“True Friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation.” – Weather Wise

“4-H Peace Corps begins in Brazil, followed by similar programs in El Salvador, Uruguay, Venezuela, and Malaysia.” – May 12, 1961 (National 4-H History Preservation Program

Gardening Word Search:

S	C	A	T	D	H	A	E	S	I	E	L	A	L
R	N	E	H	I	O	E	E	O	N	T	O	L	E
A	L	P	I	E	R	R	U	I	T	D	L	R	R
N	U	P	S	C	T	U	R	L	N	D	F	L	A
R	E	T	A	W	I	T	E	L	G	I	E	N	O
N	P	R	O	O	C	L	Z	R	O	L	D	E	N
C	L	E	D	A	U	U	I	E	C	A	G	C	S
T	A	T	R	N	L	C	L	T	O	I	D	S	G
I	N	I	E	N	T	I	I	U	M	N	T	N	A
A	T	F	N	U	U	R	T	I	P	N	L	S	R
R	D	N	S	A	R	O	R	O	O	E	I	S	D
E	A	R	U	L	E	L	E	M	S	R	M	E	E
R	U	E	N	I	E	F	F	E	T	E	N	R	N
N	O	Z	S	R	S	L	R	E	R	P	E	C	W

- Soil
- Seed
- Fertilizer
- Horticulture
- Water
- Perennial
- Garden
- Annual
- Floriculture
- Compost
- Plant
- Sun

Search Garden Definitions at:

provenwinners.com/learn/dictionary-gardening-terms

ACTIVITY PAGE:

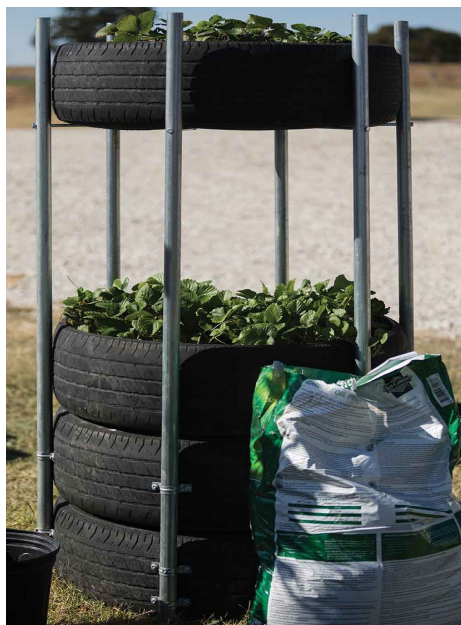
MONTHLY READER:

Gardening Lab for Kids: 52 Fun Experiments to Learn, Grow, Harvest, Make, Play, and Enjoy Your Garden by Renata Brown Renata Brown

Outdoor Activity:

"Build Your Own Tower Garden" by Steve Upson
-Noble Research Institute

See the complete instruction plans at noble.org/news/publications/legacy/2017/winter/build-your-own-tower-garden/.



Materials Needed:

- 4 identical used tires
- 3 joints of chain-link rail fence tubing
- 1 4'x16' welded wire livestock panel
- 1 Sheet plastic lattice
- 1 Box (40ct) self tapping sheet screws
- 1 box tek screws (3/4" long)
- 6 machine bolts/nuts (5/16 x 6")
- 18 pipe hangers (1")
- Weed Barrier (4'x50')

4-H FUN DAY & DEMONSTRATION CONTEST INFORMATION:

Fun Day: March 16, 1:00-4:45 pm. Entry form due March 1st.

***Cost**–Bring one community service item listed on the front page of the newsletter.

County Council Meeting: 4:15-4:30 pm

Early Supper: 4:30-5:15 pm (Club rotation-Walk’s Camp)

4-H Demonstration/Speech/Performing Arts Contests: 5:30-End (Contestants arrive by 5:15 pm)

Location for all events: Genoa-Hugo School

*Bring a sweater or coat, as kids may be outside.

*Wear clothes that you can get stained or dirty and non-marking soled shoes.

◇ Let the office know by March 10th if you will need to use a projector, microphone, piano, etc. and bring a copy of all manuscript items including: speeches, music sheets, demonstrations, etc.



RECORD BOOK REFERENCE: PART 2

- ◇ **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 that pertain to your actual project.**

Inventory –Many projects will have an inventory page for equipment and supplies. Some livestock inventory pages have 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.

Record Book and Project Information:

1) Colorado 4-H

colorado4h.org/

*Click on “Projects and Record Book” link for complete information.

2) Lincoln County Fairbook:

<http://lincoln.extension.colostate.edu/>

*Click on “Lincoln County Fair” Tab for complete fair entry and projection information.

INFORMATION & EVENTS:

*Additional events and information can also be found on the website under the “ News & Events” tab at lincoln.extension.colostate.edu/events/.

- **Beef Weigh-In** is March 3 at Meier’s Feedlot between Hugo and Limon. Weigh-In is from 8:00-10:00 am. *Brand and ownership papers* are required for your animal to be weighed-in. State Fair nomination information is available on our website under forms/fair/state fair. You must get a retinal scan and fill out paperwork for agent signature if you plan on participating at state fair.
- **BIG R Producing Partners Program** is providing 4-H/FFA livestock exhibitors with gift cards to purchase feed, supplies, and clothing for their projects. Enrollment is from March 1– April 30. Contact your local Big R for more information and an application.
- **4-H County Wide Cake Decorating Workshop** is March 17 at 1:00 pm in the Events Building at the fairgrounds. Bring a cake placed on a firm base ready to decorate. Also, bring icing and any tools or edible decorations needed to complete a cake that meets your unit requirements. For questions or to RSVP, call Courtney Wilkins at 970-520-5012.
- **American Guernsey Association Scholarships** are due starting March 17. Check out their website at usguernsey.com/agya for complete information and deadlines.
- **Civilian Marksmanship Program Scholarship** is due March 20. For questions contact Kathy Williams at 419-635-2141, ext. 709 or email kwilliams@thecmp.org. The application is available at thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn.
- **Elbert County Dog Fun Match** is March 24 at the Elbert County Fairgrounds. For more information contact the Elbert County Extension office at 303-621-3162.
- **4-H Horse Leaders Council Season Opener Show** is March 25 at the Boulder County Fairgrounds. More information is available at boulder.extension.colostate.edu/4h/horse/.
- **CRI (AgSource Cooperative Service, Genex Cooperative Inc.) Scholarship** is due March 31. The application is available at cri.crinet.com/page5998/CRICollegiateScholarship.
- **Brown Swiss Association Scholarship** is due March 31. More information is available at brownswissusa.com/Youth/JuniorPrograms/tabid/106/Default.aspx.
- **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org/about-bif/award-winners.
- **Colorado State 4-H Foundation Scholarship** applications are due April 1. Scholarship information is available at co4hfoundation.academicworks.com/applications.
- **Meat Quality Assurance Training (MQA)** certification workshops will begin in February across the state for participants in animal projects. If you cannot make our county training on **April 9** starting at 4:00 pm at the fairgrounds then please contact the office for a listing of other available locations. **Livestock Project 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.*
- **GROWMARK Foundation Scholarship** application is due April 13. The application and information are available at growmark.com/scholarship.
- **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/download_scholarship_app.php.

PROJECT SPOTLIGHT: GARDENING

Career Opportunities:

- Landscaping
- Architect
- Research
- Green House Owner
- Vegetable/Flower Production
- Educator
- Environmental Scientist
- Biological Engineer
- Agronomist
- Forestry Scientist
- Soil
- U.S. Customs Inspector for foreign plants
- Retail



Gardening is one of many 4-H projects available to members ages 8-18 years of age. It focuses on providing members the opportunity to participate in activities relating to flower/vegetable gardens, planning, experiments, planting and harvesting, and understanding biological and chemical aspects of plant growth with soil, water, and fertilizer interactions.

The four units in this project help members progress in their knowledge through: basic soil information and preparation, pest management, plant properties, crop rotation, hybrids, seed damage, harvest techniques and preservation, alternative growing areas, biotechnology, pesticide safety, and so much more.

Life Skills:

- Keeping Records
- Marketable Skills
- Personal Safety
- Planning

Associations /Resources:

Colorado 4-H Gardening Project: colorado4h.org/project_resources/projects/gnr/4H-GNR-Project-Gardening.pdf

Plantalk Colorado: planttalk.colostate.edu/

Colorado State University (Environmental Horticulture & Horticulture Programs)
hortla.agsci.colostate.edu/academic-programs/

National Gardening Association: garden.org/

American Society of Agronomy: agronomy.org/certifications

American Horticulture Society: ahsgardening.org/

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 –Project Add/Drop Deadline –District Retreat Scholarships Due -Demonstration Contest Entries Due	2	3 Beef Weigh-In 8-10:00am @ Meier Feedlot (Brand & Ownership Papers Required)
4	5	6	7	8	9	10 Karval 4-H Meeting 10:00am -Livestock Judging Practice TBD
11 Heartland 4-H Meeting	12	13 Fair-board Mtg. 7:30 @ Extension Office	14	15 -Horse Council Mtg. 6:00pm @ Extension Office -Stockmen's Mtg. 7:00pm @ Extension Office	16 -4-H Fun Day 1:00pm @ Hugo School - Demonstration Contest 5:30pm @ Hugo School	17 -Cake Decorating Workshop 1:00pm @ Fairgrounds -District Retreat Camp
18 District Retreat Camp	19	20	21	22	23	24 Brush Livestock Field Day
25	26	27	28	29	30	31 Adams Livestock Jdg. Contest

Head– Colorado Cattlemen’s Association has developed a website called the Ag Water Network. It’s purpose is to help keep agricultural water connected with agricultural land. It provides information and resources for producers regarding water rights and usage. They have recently developed a new tool– the Ag Water Leasing Decision Support tool. This tool allows producers to input data based on their situation to see if leasing their water is viable from a production and financial standpoint. The tool is available on the website at agwaternetnetwork.org.

- **Heart**– Opioids according to the National Institute of Drug Abuse are a class of drugs that include illegal drugs and prescription pain relievers that are misused. Pain relievers work well for short term prescribed use. However, we are seeing an increase in opioid overdoses because of the improper use of prescription pain relievers. American Farm Bureau and National Farmer’s Union have teamed up to create a website called FarmTownStrong at farmtownstrong.org. This new site is dedicated to providing awareness about opioid addictions, and resources for treatment and disposal of excess prescriptions. They also provide prevention information and a hotline to call if you need help.



Hands– 4-H is all about teaching life skills to it’s members. A great way for members to increase their knowledge and skill set is to take a First Aid/CPR course. These classes offer a way for members to learn basic First Aid procedures and what the proper steps are to take in an emergency situation. CPR/AED training is an added benefit for members to take at the same time they enroll for First Aid.

Who Should Consider Taking First Aid/CPR?

- Babysitters or youth with younger siblings.
- Teachers, educators, organization leaders, etc.
- Chaperones or drivers.
- Grandparents, parents, other family members.

Places to Carry or Store a First Aid Kit:

- School
- Home
- Vehicle
- Office
- Garage/Shop

Learn more about where to take a class at cpr.heart.org.

Health– Dairy is one of the many areas that we need to include in our diet to maintain a healthy lifestyle. Dairy products provide essential nutrients of calcium, potassium, protein, and vitamin D.

Benefits of Dairy:

- -Promote healthy growth of bones and teeth.
- -Maintain blood pressure.
- -Provide proper levels of calcium/phosphorus in the body.

Dairy/Calcium Options:

- -Calcium fortified foods (i.e. juices, cereals, breads, some beans or fishes)
- -Calcium/Vitamin D supplements
- -Milk
- -Yogurt
- -Cheese
- -Ice Cream
- -Almond, coconut, rice, or soy milk

Check out choosemyplate.gov to learn more about proper servings and get additional resources.

