



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Lincoln County Extension/4-H

326 8th St., PO Box 68
Hugo, CO 80821
Phone: (719) 743-2542
Fax: (719) 743-2555
Website:

lincoln.extension.colostate.edu

Facebook: [Lincoln County Colorado Extension](#)

Travis Taylor-
County Director & Ag/4-H Agent
travis.taylor@colostate.edu

Christine Schinzel-
4-H Program Assistant
christine.schinzel@colostate.edu

Amy Solomon-
Extension Program Assistant
coopext_lincoln@mail.colostate.edu

Inside this issue:

Activity Page	2
Animal Information Corner:	3-4
Just to Get You Thinkin... & Project Spotlight:	5
Donor Spotlight & Volunteer Corner	6
Event Roundup	7
4-H Polices & Guidelines & Record Book Reference	8
Information & Upcoming Events	9-10
April Calendar	11
4-H's	12

THANK YOU'S

Beef Weigh-In-

- Larry Don Meier, Meier Feedlot
- Dan Buhr, Brand Inspector
- Jeff Thornton
- Joe Frasier
- Randy Stone and Family
- John Thompson and Family

Colorado Corn & State 4-H Foundation-

Colorado Corn provided grant funds that helped to supply some of the equipment and take-home items for the Fun Day Workshops this year!

County Fun Day & Demonstration Contest-

- Genoa-Hugo School & Staff
- Mercedes McCue
- Heike Petersen & Lincoln County Public Health
- Stephanie Zwick
- Tyler Zwick
- Bob Rush
- Kit Carson Extension Office (Scott Stinnett & Mick Livingston)
- Osborne Supermarket
- NRCS-Hugo Office
- Walk's Camp Parents
- Wade Yoder
- Elivia Hilferty
- Seth Beedy
- Aubrey Lindt
- Alyssah Ewing
- Maddie Buckner
- Brylie Thompson
- Lyndee Yoder
- Brayden Fox
- Mikaela Taylor
- Alyssah Metzgar
- Tailyn Thompson

District Retreat- Thank you to Tammy Yoder for helping to transport and chaperone kids for camp!

ACTIVITY PAGE:

Beef Jerky (Basic Oven Recipe)

*Chef John- allrecipes.com/recipe/241555/homemade-beef-jerky

Supplies Used: (Subject to individual taste, supplies on hand)

- 3/4 cup worcestershire sauce
- 3/4 cup soy sauce
- 1 Tbsp. smoked paprika, or to taste
- 1 Tbsp. honey, or more to taste
- 2 tsp. freshly ground black pepper
- 1 tsp. red pepper flakes
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 lbs. beef top round (thinly sliced) or other beef cuts
- Baking sheets
- Tin foil
- Measuring cups/spoons, knife
- Cooling racks

Directions:

Mix all of the above together to make sauce and then coat beef by placing in a bowl and covering or put in a zip-loc bag. Marinate in the refrigerator overnight. Line the baking sheet with tin foil and place a wire rack on top. Lay out meat strips in a single layer on racks and bake at 175 (F) for at least three hours or until dried out.

This basic recipe can be adjusted for different tastes and supplies available in your kitchen. Cooking times may vary based on meat cut and oven type.

Beef Cuts Chart: beefitswhatsfordinner.com/cuts/cut-charts

Jerky Making Supplies: walmart.com/supplies/jerky-making

Books & Tips: Search “Beef Jerky Recipe Books”

Monthly Reader:

“My Mouth is a Volcano” by Julia Cook

Starting Vegetable Plants:

Early spring is a great time to start your vegetable plants indoors. This helps give your plants a head start when it's time to plant outdoors, helps teach your children about plants and growing their own food, and the responsibility of helping to take care of the plants as they grow.

Basic Supplies Needed & General Planting Instructions:

- Vegetable Seeds
- I.D. markers/popsicle sticks (to label plants) & marker
- Spray bottle or small watering container
- Area to set trays in the sunlight after germination
- Fertilizer (apply according to directions)
- Containers to plant seeds– that have good drainage (i.e. starter trays, clay or peat containers, or egg cartons)
- Tray or container to catch water that flows out of plant trays
- Soilless peat moss, vermiculite, perlite mix or growing media (loose, fine texture, drains well)

Plant seeds according to the package in the soil by pressing the seed in and cover as directed with plastic (poke holes for ventilation). Spray or add moisture to the plants, but do not over water. Keep the temperature around (65-75) to sprout.

Tips:

- Buy seed varieties that work well in your climate/area.
- Plant indoor seeds about 6 weeks before the last general frost in the area.
- Be aware that some seeds may not germinate or plants may not live until they are transplanted; so plant extra.
- *previous years seed may show significant decrease in germination.
- Keep the seed bag until after harvest for important information on each seed variety planted.
- Cool season vegetables prefer temperatures (60-80 F).
- Warm season vegetables prefer temperatures (70-95 F).
- 2 weeks before transplanting, start setting plants outside for a couple of hours each day and begin watering less often the last week to help the plants “harden”.

Resources:

- Farmers Almanac: almanac.com/content/starting-seeds-indoors
- Vegetable Planting Guide: ext.colostate.edu/mg/gardennotes/720.pdf
- Plantalk Colorado: planttalk.colostate.edu/topics/vegetables/



ANTIBIOTICS & VACCINES PART 1

Know Important Antibiotic/Vaccine Label Parts:

- 1) Name of Drug/Vaccine (generic vs. name brand)
- 2) Active Ingredients
- 3) Description and indications/uses for

(*Off Label requires a veterinarian prescription and approval)

- 1) Directions for use (animal type, dosage, follow up treatments, and administration type)
- 2) Warnings, adverse reactions, and withdrawal information
- 3) Lot#, expiration date, and storage conditions
- 4) *Prescription label if issued by a veterinarian

Extra-Label Drug Use:

Producers should follow labels carefully for vaccines/antibiotic use; whether they are over-the counter or provided through a veterinarian prescription. Extra-Label Drug use can only be approved by a veterinarian after the veterinarian has went through a FDA/USDA checklist protocol for the intended “extra-label use”. *Having a prescription alone does not allow you to use the drug “off-label”. You must have the prescription and approval from the veterinarian for specific “off-label” use. Contact your veterinarian for additional information and “use” questions.

Vaccine Label Claims:

It's important to read the label thoroughly to understand the intended purpose of a vaccine/antibiotic. Vaccine labels have a standard United States Department of Agriculture (USDA) approved claim on them. According to the USDA Center for Veterinary Biologicals, the company can make one of the below claims on the label after approval from USDA:

Prevention of Infection- Prevents infection/ all colonization and/or replication of the challenge organism.

Prevention of Disease- Highly effective in preventing clinical disease.

Aid in Disease Prevention- Aids in preventing disease by a clinically significant amount (less than prevention level).

Aid in Disease Control- Aids in the reduction of disease severity, duration, or onset (not prevention).

Other Claims- Products with beneficial effects other than direct disease control (i.e. control of infection through reduction of pathogen shedding).

ANIMAL INFORMATION CORNER: (Cont..)

Treatment/Vaccination Records Should Include:

- 1) Date/Year
- 2) Diagnosis/procedure/prevention of....
- 3) Animal temperature/symptoms (if sick)
- 4) Dosage and method of treatment (IM, SQ, nasal, oral, etc.) and record location given on animal
- 5) Product name, lot/serial #, and expiration date
- 6) Withdrawal date (ex. 21 days– write down the date 21 days from now for quick tracking)
- 7) Follow up procedures or dosage instructions
- 8) Location of animal at time of treatment (sick pen, feed pen #7, pasture, etc.) and I.D. if available

Veterinary Feed Directive (VFD) Information & Resources:

-The Food and Drug Administration (FDA) now requires a Veterinary Feed Directive (VFD) for all medically important antibiotics administered in livestock feed and water.

-Over-the-counter sales of medically important antibiotics are no longer available.

-In order to acquire a VFD you will need to have a signed Veterinarian Client Patient Relationship (VCPR) form.

-Records are required to be kept for a minimum of two years.

American Veterinary Medical Association (Veterinarian-Client Patient Relationship FAQ)- avma.org/public/PetCare/Pages/VCPR-FAQs.aspx

Generic Veterinary-Client Patient Relationship Form- cobqa.org/uploads/6/9/0/1/69011299/vcpr_form.pdf

Resources:

Colorado BQA-Record Keeping Forms: cobqa.org/resources.html

Safety Data Sheets for Vaccines: elancosafetydatasheets.com/Form/SDSSearch.aspx

Drug Label Example (Micotil): elanco.us/products-services/beef/micotil

Compendium of Veterinary Products-Label Information: bayerall.cvp-service.com/

USDA Veterinary Biologics: aphis.usda.gov/aphis/ourfocus/animalhealth/veterinary-biologics

Understanding Protection Claims on Vaccine Labels: aces.edu/pubs/docs/A/ANR-1416/ANR-1416.pdf

JUST TO GET YOU THINKIN...

“Discussion is an exchange of knowledge, argument is an exchange of ignorance.”

-Capsule Sermons

“National 4-H Day of Service on Saturday, April 28, 2018.”

-National 4-H

“When a man’s mind rides faster than his horse can gallop they quickly both tire.”

-John Webster

PROJECT SPOTLIGHT: LEADERSHIP

The Leadership project is designed to build members skills each year through hands-on activities in a progressive fashion. Members eventually gain skills to lead others in groups or activities and teach them leadership skills as well.

4-H is a good starting ground to learn leadership skills. Other school related organizations also offer leadership opportunities including, but not limited to: FFA, FBLA, DECCA, Collegiate Farm Bureau, FCCLA, HOSA, National Honor Society, Phi Theta Kappa, etc.

Career Corner: Most all jobs/careers utilize leadership skills at different levels. Some positions require advanced leadership, while others provide on the job training.

-Project Life Skills-

- | | |
|--------------------|------------------|
| -Making Decisions | -Communication |
| -Critical Thinking | -Teamwork |
| -Character | -Problem Solving |

Resources:

Colorado 4-H Project/Record Books: colorado4h.org/project_resources/index.php

Leadership Training Programs-University of Colorado: ucdenver.edu/academics/colleges/SPA/researchandoutreach/SPA%20Institute/Pages/SPA%20Institute.aspx

National Management Association: nma1.org/

Association of Leadership Programs: alpleaders.org/resources/



DONOR SPOTLIGHT: LINCOLN COUNTY 4-H FOUNDATION

The Lincoln County 4-H Foundation board has been supporting the county 4-H program for a number of years. The board actively fundraises through donation letter requests and by catering. Funds raised go towards:

- Citizenship Washington Focus Trip Scholarship
- Various camps (partial scholarships)
- Fair and county awards (including the 4-H Buck which is good for \$25 cash or \$50 if used towards a 4-H education event)
- Senior Scholarship
- General Project Scholarships
- Other funding opportunities

Current board members include: Jodi Hilferty, Andrea Andersen, Chris Stone, Troy McCue, Cheryl Thompson, Cindy Frasier, Gidget Capraro, Paula Parker, and Rhonda Blackwelder.

To learn more about participating on the board or how to make a donation, please contact one of the board members or the Extension Office. Scholarship applications can be found on the extension website under the 4-H tab, Forms & Applications, Foundation at lincoln.extension.colostate.edu/4-h-forms-applications/.



VOLUNTEER CORNER:

Reporting Resources (Exploited/Missing Children):

National Center for Missing & Exploited Children: 800-843-5678

Lincoln County Sheriff's Department: 719-743-2426

Lincoln County Department of Human Services: 719-743-2404

State of Colorado Abuse Hotline: 844-CO-4-KIDS

State Department of Human Services- cdhs.state.co.us/

Darkness to Light- D2L.org

Pueblo Child Advocacy Center- 719-583-6332

Childhelp National Child Abuse Hotline- 800-422-4453

Child Welfare Information Gateway- childwelfare.gov/topics/can/

5 Steps to Protecting our Children

(Darkness to Light)

- 1) Learn The Facts
- 2) Minimize Opportunity
- 3) Talk About It
- 4) Recognize The Signs
- 5) React Responsibly

EVENT ROUNDUP:

Fun Day & County Demonstration Contest

County Fun Day was an opportunity for 4-H members to engage in workshops relating to cowboy ethics-bullying, water, outdoor basics, and wool. Members also had the opportunity to participate in the Demonstration, Speech, and Jamboree contests later that evening and division winners were as follows:

Speech Arts:

Champion Senior & Overall-Wade Yoder

Reserve Champion Senior-Lyndee Yoder

Champion Junior-Kate Kissel

Jamboree:

Champion-Kallie Yoder

Reserve Champion-Jade Kravig

Demonstrations:

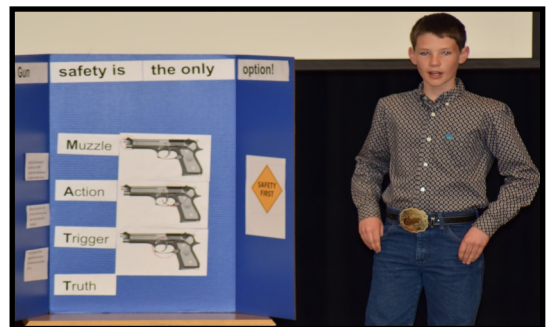
Champion Senior Individual-Jada Kissel

Champion Senior Team & Overall-Brylie Thompson & Kaysen Schmidt

Champion Intermediate Individual-Jack Kissel



Courtney Wilkins hosted a Cake Decorating workshop for 11 members to practice their skills!



4-H COUNTY & STATE POLICIES & GUIDELINES

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/

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

Colorado State 4-H- colorado4h.org/

- State 4-H Policies & Procedures- colorado4h.org/policy/index.php
- State 4-H Code of Conduct- colorado4h.org/resources/CodeOfConduct-English.pdf

RECORD BOOK REFERENCE: PART 3

State Fair Exhibit Requirements: 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 all required animal breeding supplements according to the instructions.

Health Record & Expenses:

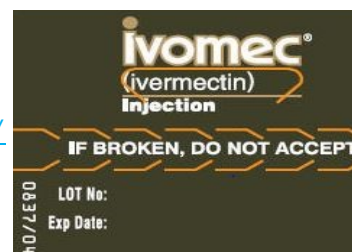
-Supplements and medicated feed should be listed with feed expense records.

-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 (i.e. John Smith) of individuals: not mom, dad, grandma, brother, etc.





INFORMATION & UPCOMING EVENTS

County 4-H

- ◆ **Meat Quality Assurance Training (MQA)** for our county is April 9 starting at 4:00pm at the fairgrounds. If you cannot make our training, 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.*
- ◆ **Horse and Dog ID's:** Dog ID's must be uploaded in 4H Online by May 1st. Horse ID's must be uploaded by May 1st if the member is going to state fair and July 1st if the horse is not going to state fair. 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.
- ◆ **"Be Somebody/Cowboy Ethics" 4-H Day Camp** is May 31st in Burlington for members ages 11-13. Cost is \$10 for the camp. Registration will be available until May 1 through the office. Please bring payment at time of registration and youth's t-shirt size.
- ◆ **County 4-H Foundation General Project Scholarship** application is due May 1st. This is a scholarship from the County 4-H Foundation to help members with non-livestock projects. The form is available on the extension website at drive.google.com/file/d/1MK89qDkNjNyyOJJC74F5IPsSzGwQsEwn/view.
- ◆ **Sheep/Goat/Swine Weigh-In** is May 5 from 8:00-10:00am 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/. Those wishing to attend state fair must bring a completed nomination form to weigh-in and get a retinal scan. The forms are available at drive.google.com/file/d/1JT3i-Pjhi5s7NH8ChQSlAHlylvFVYf59/view.
- ◆ **Sewing Machine**– If you are enrolled in sewing and need a sewing machine, please call the office as we had one donated for use.

Other

- ◆ **National Dairy Shrine Scholarship** applications are due April 15. Additional information is available at dairyshrine.org.
- ◆ **NRA (all) Youth Hunter Education Challenge (YHEC) & State Qualifier for 4-H Hunting/Outdoor Skills Challenge** is April 21-22 at the Flagler Lake State Wildlife Area in Flagler, CO. Registration is due by April 13. For complete event information and registration information go to co-nra-yhec.org/yhec_events.html.
- ◆ **Boulder Valley Riders Open Schooling Horse Show** is April 28 at the Boulder County Fairgrounds in Longmont, CO. Additional information is available at boulder4h.org under "horse".
- ◆ **Weld County Goat Extravaganza Workshop** is April 27-29 at Island Grove Regional Park in Greeley, CO. Information and registration is available at weldgov.com/departments/csu_extension/weld_county_goat_extravaganza.



INFORMATION & UPCOMING EVENTS: (Cont..)

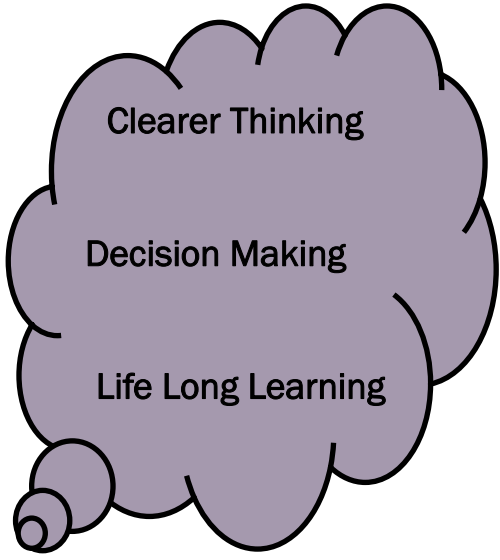
Other Continued

- ◆ **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.
- ◆ **American Charolais Association Scholarship** application is due April 30th. Information is available at charolaisusa.com/pdf/2018/2-9/2018-AIJCF-Scholarship-Application-Due-April-30.pdf.
- ◆ **Maine-Anjou Scholarship** application is due May 1st. Information is available at maine-anjou.org/junior/scholarship.php.
- ◆ **Angus Foundation Scholarship** is due May 1st. Information is available at angusfoundation.org/fdn/ScholarshipsAwards/AlliedAngusBreedersScholarship.html.
- ◆ **Maschhoffs Pork Production Scholarship** application is due May 1st. Information is available at 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%202018.pdf.
- ◆ **Shorthorn Association Scholarship** application is due May 1st. Information is available at junior-shorthorn.com/opportunities/scholarships/.
- ◆ **Little American Royal Livestock and Horse Show** is May 4-5 at the Platte Valley School in Kersey, CO. For more information and registration contact Platte Valley FFA at 970-336-8740 or hs.plattevalley.k12.co.us/UserFiles/Servers/Server_5169486/File/LAR/2018%20LAR%20Catalog.pdf.
- ◆ **Sherman County Spring Bonanza Livestock Show** is May 5 in Goodland, KS. Registration information and rules are available at newsite.showringmaster.com/Upcoming-Shows/Sherman-Co-Spring-Bonanza. Pre-entries are due May 2.
- ◆ **I-70 Showdown Livestock Show** is May 6 in Oakley, KS. Show information and registration is available at newsite.showringmaster.com/Upcoming-Shows/I-70-Showdown-Livestock-Show. Registrations are due May 3.
- ◆ **Limousin Association Scholarship** application is due May 15th. Information is available at 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.
- ◆ **Syngenta Agriculture Scholarship** application is due May 25. Additional information and the application is available at syngenta-us.com/scholarships/.

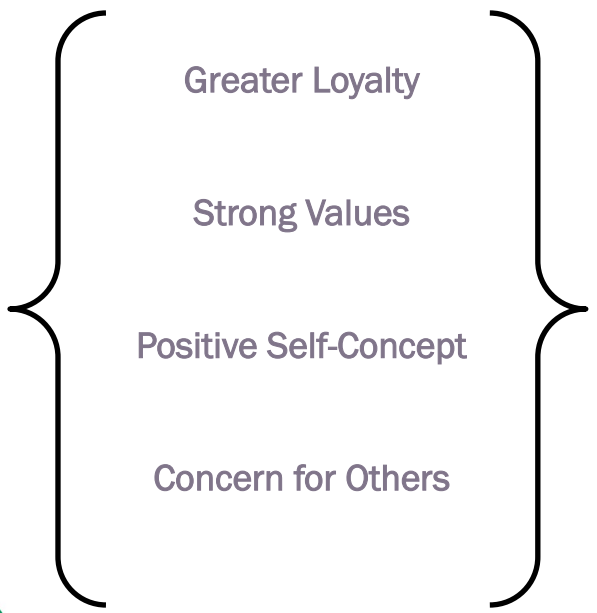
April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Otero Live-stock Judging Contest @ Rocky Ford
<p>*Registration deadlines are 4:00pm of due date->unless otherwise posted.</p> <p>*Additional event information/dates can be found at lincoln.extension.colostate.edu/events/</p>						
8 -Karval 4-H Mtg. @ 2:00pm -Heartland 4-H Mtg.	9 MQA Training 4:00-7:00pm @ Fairgrounds	10	11	12	13	14 Weld County Livestock Judging Contest
15	16	17	18	19	20	21
22	23	24	25	26	27 Shoot Practice #1- Rifle/ Archery 8:30am @ Limon Range	28 -Shoot Practice #1- Shotgun 8:30am @ Limon Range -Logan County Livestock Judging Contest
29	30	May 1 -County 4-H Foundation Project Scholarship Due -Be Somebody Day Camp Registration Due	May 2	May 3	May 4	May 5- Sheep, Goat, Swine Weigh-In 8:00-10:00am @ Fairgrounds -Elbert County Livestock Judging Contest

Head-



Heart-



Hands-



Health-



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.