

4-H NEWSLETTER

March, 2019



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4-H Fun Day (Entrance Fee/Community Service) Reminder!!!

When: Friday, April 5 @ 1:00pm

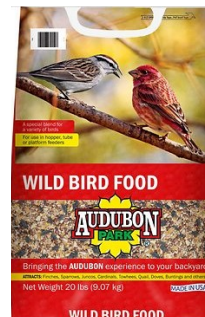
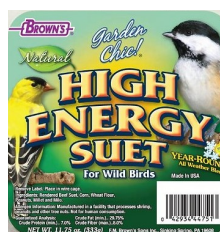
Who: All 4-H Members Lincoln County

Cost: Each member needs to bring (for entrance to Fun Day) one of the below items for support of our community service project that we will work on during Fun Day:

- \$5 donation

- Bird seed (any varieties/kinds)

- Suet bird cakes



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CITIZENSHIP WASHINGTON FOCUS (CWF) TRIP COUNTY DELEGATE SELECTED!



Congratulations to Elivia Hilferty on being selected as the Lincoln County Delegate to attend the 4-H Citizenship Washington Focus (CWF) trip in Washington, D.C. in June.

The County 4-H Foundation and State 4-H Foundation are once again generously sponsoring the complete cost for one delegate to attend CWF!

4-H FUN DAY & OTHER EVENT DAY INFORMATION

- ◆ When & Where: Friday, April 5 1:00-4:45pm at the Genoa-Hugo School!
- ◆ What: Activities for all enrolled 4-H members in the county.
- ◆ Entrance Cost/Community Service Contribution: Bring one of the following items for entrance: (\$5, bag of bird seed, or suet bird cakes).
- ◆ Bring a sweater or coat (as kids may be outside), wear clothes that you can get stained or dirty, and non-marking soled shoes for the gym floor.

Other Event Day Information:

- ◆ County Council Meeting: 4:15-4:30pm (Tentative)
- ◆ Early Supper Provided: 4:30-5:15pm (Club rotation-Rocking)

4-H DEMONSTRATION/SPEECH/JAMBOREE CONTEST

- ◆ When & Where: Friday, April 5 Starting at 5:30pm at the Genoa-Hugo School!
- ◆ Entry Forms due March 1 by office deadline and are available on our website, under 4-H tab, “forms & applications, “county & state”, drive.google.com/file/d/1BCqDOuArSARqvam_zmo7W62acxxwHRQT/view.
- ◆ Let the office know by March 15 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.
- ◆ Contestants need to arrive by 5:15pm.

4-H CREATIVE COOKS CONTEST

- ◆ When & Where: Friday, April 5 Starting at 5:30pm at the Genoa-Hugo School!
- ◆ Entry Forms due March 1 by office deadline.
- ◆ A member does **not** have to be enrolled in a food/cooking project to participate. Contestants may enter as an individual or a team of 2 (but not both).
- ◆ Members need to prepare their meal ahead of time as facilities may not be available at the school.
- ◆ Creative Cook Contest form and rules are available on our website, under 4-H tab, “forms & applications, “county & state”, drive.google.com/file/d/1cpBYCQdFle_sn4Se_gPjnXSuI9k4sbMR/view.
- ◆ Contestants need to arrive by 5:00pm to set up by 5:30pm.

SAFETY: KNOW WHERE YOU LIVE

For many finding a property out in the country can be an experience they will never forget; and that's usually not in a positive context. This link is a fun little video to showcase how we often give "directions" out in the country or rural areas (<https://www.youtube.com/watch?v=XPLcSnMi5yE>). We are all guilty at one time or another of using landmarks instead of road numbers and just guessing distances. However it's important to know your surroundings and for everyone in your family to correctly know how to get to your property or properties (if you have fields or pastures in other locations) and what the physical address or closest intersection would be. This isn't always easy as your property may not show up on map software, the roads may not be marked, the pasture is in the middle of no where, and cell signal can be non-existent.

Correct and detailed directions are important for getting visitors, friends, family, and service providers, vendors or deliveries to your location. Correct directions are also critical for emergency services. In an emergency minutes can be the difference in life and death or total loss of a structure in a fire. Response times can be significantly reduced by ensuring that emergency personnel can reach your property quickly and safely.

Tips For Giving "Country" Directions:

- Use road numbers when possible.
- Make sure your property has the physical address clearly displayed for emergency and delivery purposes. Post markers at pasture gates or fields as well such as (i.e. McHenry pasture /719-740-2666, etc.)
- Give approximate distances or time at such and such speed to get to each part of the directions.
- Use (North, South, East and West) in addition to (Left and Right) in case someone becomes disoriented or approaches from a different direction.
- Know the directions coming from more than one main road or direction if possible.
- Know alternative routes in the event of natural disasters or road diversions.
- If using landmarks, make sure they are a permanent structure, not something that can change such as a crooked fence post or the stand of oak trees with leaves.
- Make sure children, spouses, relatives, neighbors, etc. know the addresses, directions, how to read the maps, and relay those directions.
- Fill out a "Property Description & Directions Card" for each location including houses, buildings on other parcels such as machinery sheds, pastures, and fields.
- Give a copy of your directions to your local volunteer emergency departments and your vendors/delivery personnel. Also give a copy to your nearest neighbor in the event they need to call emergency services for you.
- Post copies of directions with maps showing road and gate access points in the house, buildings, and in vehicles/equipment.

SAFETY: KNOW WHERE YOU LIVE (Cont.)

Tips for Using "Country" Directions & Traveling in Rural Area:

- MapQuest and other map location software (including your vehicle and cell phone) is not always correct; nor will there always be a signal to get the data. Make sure to look at the map before traveling in close detail to see if it resembles the area/county/part of town you are trying to get to. It's also a good idea to print a hard copy.
- Cell service will be sporadic or non-existent; plan accordingly.
- Tell someone when you are going to so they know when to expect you or to go looking in a rural area.
- Be aware of your surroundings and keep track of roads you have passed in case you need to call for help.
- Pack winter/extra clothes, food, water, and extra medication if traveling in adverse weather or a location that is extremely remote.
- Fill up with gas when you see a gas station and plan ahead. "No service" means no gas, food, lodging, mechanical repair or emergency services.
- Many highways are not maintained overnight or on weekends for snow removal. Also, many county roads have significant road damage. Avoid driving low clearance vehicles and drive slowly.
- Be aware of "Open Range" signs-indicating that livestock may be present on roads in rural areas. Other signs may also alert you to high winds and potential flooding areas.
- Cattle guards are a steel structure that have bars/rods (with spaces in between) on the ground and are located on county road areas when you enter/leave an "Open Range" pasture area. Slow down when crossing as they may be rough or have pot holes on either side.
- Stay on the road or designated trail. If the gate is open, leave it open. If a gate is closed then re-close it after you go through.

Property Description & Directions Card

Owners Name: _____

Phone # Land Line: _____

Phone # Cell Phone: _____

Emergency Contact #: _____

*Could include older child, family member, or neighbor who knows the property.

Physical Address: _____

*Pastures/fields-Use nearest road intersection/house for starting point.

GPS Coordinates of Property: _____

Detailed Directions: _____

INFORMATION & EVENTS

County:

- ◆ **Beef weigh-in** is March 2 at Meier's Feedlot between Hugo and Limon. Weigh-in is from 8:00-10:00am. *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.
- ◆ **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 1 starting at 4:00pm 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.*
- ◆ **Colorado State 4-H Foundation Scholarship** applications are due April 1. Scholarship information is available at co4hfoundation.extension.colostate.edu/benefits/colorado-4-h-foundation-scholarships/.
- ◆ **4-H Fun Day Workshops** is April 5 from 1-5:00pm at the Genoa/Hugo High School. Supper is from 4:30-5:15. **4-H Demonstration/Speech/Jamboree Contest and Creative Cooks contests** will both follow starting at 5:30pm.

Other:

- ◆ **BIG R Producing Partners Program** is providing 4-H/FFA livestock exhibitors with gift cards to purchase feed and items for their projects. Contact your local Big R from March 1– April 15 for an application.
- ◆ **Murray Wise Associates Agriculture Scholarship** is due early March. Information is available at murray-wiseassociates.com/about/scholarship/.
- ◆ **Adams County Small Animal Open House and Sale** is March 3 for all 4-H members. Information is available at drive.google.com/file/d/1IsjCO98M_idw1n9_ilA6qPcv6ki0W71d/view?usp=sharing.
- ◆ **CSU Ag Outlook & Strategy Webinar** (open to all) is March 12. Topics include commodity market updates, breakeven analysis, futures and options with calves, and commodity insurance. Register by March 11 at agoutlookwebinar.eventbrite.com.
- ◆ **Agriculture Future of America Scholarship** is due March 13. Application information is available at ag-future.org/scholarships.
- ◆ **Adams County Livestock Workshop** is March 13 at the Adams County Fairgrounds for all 4-H members. For Information go to drive.google.com/file/d/12JGxJv51HaXzabsJbAhr5Mv7mBc0Q73x/view?usp=sharing and register at docs.google.com/forms/d/e/1FAIpQLSe-fg5KjzglU_YucNCya6Ry7pITT7QnCz1HPssOw4t6YK7e7w/viewform.
- ◆ **CSU Financial Management Strategy Webinar** (open to all) is March 14. Topics include risk management, business planning, enterprise budgeting, record keeping, interpretation of financial statements, and farm financial software. Register by March 12 at fmswebinar.eventbrite.com.

INFORMATION & EVENTS

Other:

- ◆ **Diane Hoppe Memorial Scholarship (Colorado Water Conservation Board)** is due March 15. Application information is available at cwcb.state.co.us/about-us/Pages/DianeHoppeScholarship.aspx.
- ◆ **Sullivan Show Supply Scholarship** is due March 15. The application is available at sullivansupply.com/scholarships/.
- ◆ **American Guernsey Association Scholarships** are due starting March 15. Check out their website at usguernsey.com/agya for complete information and deadlines.
- ◆ **Pork Industry Scholarships** application is due March 15. For information and application go to www.pork.org/scholarship.
- ◆ **Junior Jam's Got Talent 4-H Leadership workshop** is March 16 in Loveland, CO for all members. Registration is due March 4 in 4H Online. Cost is \$25. Call Larimer County 970-498-6007 for information.
- ◆ **Civilian Marksmanship Program Scholarship** is due March 20. Information is available at thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn.
- ◆ **CSU Livestock Green & Gold Showdown & Blackout Jackpot** is March 22-24 in Loveland, CO. For entry go to theshowtimesmagazine.com/online-entry?fbclid=IwAR3-2W7JfHIIEePvLCteYbs5cyTKggCakQkum40wb3zCU5-h0bXTmFLdqNqw.
- ◆ **Colorado 4-H Hunting/Outdoor Skills Invitational** is March 23 in Palisade, CO. Registration is in 4H Online and information is available at drive.google.com/file/d/1Zw26f2jkOiP8GxayUG1Q4N1g7gu_J53U/view?usp=sharing or call Kristina Teel 970-210-5351.
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 30. Complete information is available at coloradowheat.org/scholarship/.
- ◆ **CRI (AgSource Cooperative Service, Genex Cooperative Inc.) Scholarship** is due March 31. The application is available at getjobsandscholarships.com/the-cri-scholarship-2018-2019-apply-now/.
- ◆ **Brown Swiss Association Scholarship** is due March 31. More information is available at brownswis-susa.com/Youth/JuniorPrograms/tabid/106/Default.aspx.
- ◆ **Jonathan Marr 4-H Memorial Shooting Sports Scholarship** is due April 1. Application information is available at drive.google.com/file/d/1tG8FwxqPubnxRTaOVyGarBtNxzaY3YV8/view?usp=sharing.
- ◆ **National Farmers Union Scholarships** are due April 1. For more information go to nfu.org/education/scholarships/.
- ◆ **American Boer Goat Association Scholarship** is due April 1. For more information go to abga.org/jabga/jabga-programs-awards/jabga-scholarships/.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org/about-bif/award-winners.

INFORMATION & EVENTS

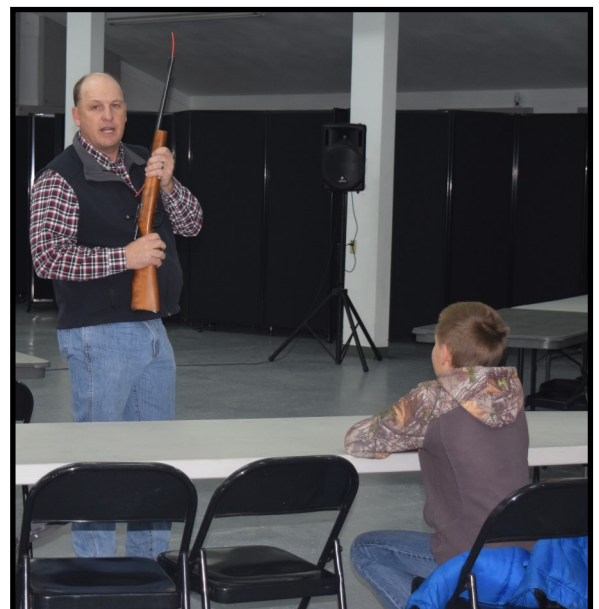
- ◆ **CSU Youth Beef Industry Leadership Program** Applications are due April 1. Program open to 4-H and FFA members who want to learn more about the beef industry. Information is available at golden-plains.extension.colostate.edu/wp-content/uploads/sites/56/2019/02/YBILP-Brochure.pdf. Application is available at drive.google.com/file/d/1qRo081pP43i7pu-KON9MZdsec7-qA9kK/view?usp=sharing.
- ◆ **GROWMARK Foundation Scholarship** application is due April 12. Information is available at growmark.com/scholarship.
- ◆ **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/youth/scholarship-applications.php.
- ◆ **Elbert County Dog Fun Match** is April 27 at the Elbert County Fairgrounds. For more information contact the Elbert County Extension office at 303-621-3162.
- ◆ **Angus Foundation Scholarships** are due May 1. For information go to angusfoundation.org.
- ◆ **Leggett's You Gotta Believe Livestock Camp** is May 17-19 at the Mesa County Fairgrounds. Beef, sheep, and goat camp is open to youth ages 7-21. Contact Kim Constable at 970-270-7060 or constableslowervalleyag@msn.com for more camp information and registration links.
- ◆ **Park County Spring Classic Livestock Showmanship** Clinic is June 8 at the Park County Fairgrounds in Fairplay, CO. For more information contact Adam Shirley 303-947-3904 or drive.google.com/file/d/1bY6-

EVENT ROUNDUP



Lyndee Yoder & Paige Beedy at 4-H Day at the Capitol.

Shooting Sports Safety Meeting



Youth Fest



ACTIVITY PAGE



Stamps come in many shapes and sizes. Throughout the long history of the United States Postal Service, stamps have also changed in appearance from the traditional “Forever” stamp to specialty and seasonal stamps. Stamps provide not only a way to mail letters, but tell of history and individual’s interests over time. Stamp collecting can be a life-long hobby for everyone to enjoy and learn more about. You can also donate stamps (used and un-used) to education programs to be utilized for students in and out of the classroom and to encourage stamp collecting at home.

To learn more about stamps and to get started collecting go to:

Postal History Foundation: postalhistoryfoundation.org/=yes-program/hobby-and-fun-resources/

Rocky Mountain Philatelic Library (stamp education): rmpldenver.com/

Stamp Donation: classic.stamps.org/donation-processing

Agriculture Product Definition Matching Activity:

*Draw a line from the term to the matching definition.

Definitions:

- 1) Can be free (combination of) antibiotics, growth hormones, animal by-product, ionophores, etc.
- 2) Does not contain proteins found in grain that helps food maintain shape.
- 3) Deliberate cross of two inbred lines.
- 4) Refers to confinement specifications and access to outdoors for animals.
- 5) No antibiotics have been used.
- 6) No hormones have been administered through feed, injections, etc.
- 7) Natural or without modification of any kind.
- 8) May include use of any/all (Animals-hormones, grain/grass fed, antibiotics, vaccinations, free range, dry-lot) (Crops-tillage, fertilizer, herbicides, insecticides, modified seeds, etc.).
- 9) Pasture/forage based (non-grain) diet.
- 10) Genetic modification using technology in plants and animals.

Monthly Reader:

Courage

By Bernard Waber

Terms:

- A) Organic
- B) Conventional
- C) All-Natural
- D) Gluten-Free
- E) Hybrid
- F) Grass-Fed
- G) GMO
- H) Grass-Fed
- I) Free Range/Cage Free
- J) Antibiotic Free
- K) Non-Hormone

RECORD BOOKS-PART 1

Record books are an essential part of all 4-H projects. They help members to learn valuable skills and keep track of activity and financial information regarding their projects. Starting on your record books early in the year helps to ensure that you complete all required project activities and record all necessary information.

Tips to Get Started:

1) Locate your project record book template on the Colorado 4-H Website at co4h.colostate.edu/.

General Projects: co4h.colostate.edu/program-areas/projects/e-records-general/

Companion/Dog/Livestock Projects: co4h.colostate.edu/program-areas/projects/e-records/

*Livestock and horse project record books are separated by age division.

*Rabbit is not a “companion” project.

2) Lincoln County Fair/Project Requirements: lincoln.extension.colostate.edu/lincoln-county-fair/

3) Check to see what supplement pages are needed for breeding projects.

4) Check to see if you need a project manual and ensure it is the current edition.

5) Utilize the tip sheets for your projects.

6) Make sure to save often when working on your record book electronically.

7) Start a file to capture all of your project information including expense receipts.



JUST TO GET YOU THINKIN...

“Once you replace negative thoughts with positive ones, you’ll start having positive results.—Willie Nelson

“If opportunity doesn’t knock, build a door.”-Milton Berle

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 – Demonstration & Creative Cooks Contest Entries Due -4-H Project Add/Drop Dead- line	2 Beef Weigh-In 8- 10:00am @ Meier Feed- lot
3	4	5	6	7	8	9 Karval 4- H Mtg. @ Karval Community Building
10 Heart- land 4-H Mtg	11 Kountry Kids 4-H Mtg. @ Ex- tension Of- fice	12 Fair- board Mtg 7:30pm @ Extension Office	13	14	15 District Re- treat	16 District Retreat
17 District Retreat	18	19	20	21	22	23 Live- stock Judg- ing Field Day Brush
24	25	26	27	28	29	30 Adams County Livestock Judging Contest
31	April 1 MQA (Livestock Kids) 4- 7:00pm @ Fairgrounds	April 2 Livestock Sale Mtg 7:00pm @ Extension Office	April 3	April 4	April 5 – Fun Day 1:00pm, Demonstration & Creative Cooks Contests 5:30pm @ Hu- go School	April 6 Lincoln/ Otero Live- stock Judg- ing Contest @ Rocky Ford

Head– The Colorado 4-H Foundation functions to raise funds and support 4-H at the county, regional, state, and even national levels. They participate in many fundraising campaigns and events each year to raise awareness about the importance of 4-H in Colorado and where those support funds go. The foundation also helps make connections from 4-H to other youth development programs and leadership opportunities for youth.

To learn more about what the Colorado State 4-H Foundation is doing for you as a 4-H member and how you can become a monetary sponsor go to: co4hfoundation.extension.colostate.edu/.

Heart– Volunteering with Hospice can be a way to involve the whole family. Not only do they need volunteers for patients in Hospice, but for helping with their families as well. There are many ways to get involved including:

- Reading to patients, taking walks with them, reading, writing letters, pet visits, playing games, providing conversation, etc.

- Child care assistance including transport to and from activities.

- Bereavement support programs.

- Clerical or administration help.

- Fundraising, awareness, and volunteer training.

To learn more: hospicefoundation.org/Volunteer_vitas.com/about-us/hospice-volunteers



Hands–There are many resources available for cattle producers that may help them in their individual operations. One such tool is AGEX Herd Management Software. The app allows producers to purchase tags with unique QR identifiers and then scan those tag numbers into the software. From their animal and herd information can be entered to help track where cattle are at in your operation. It shows real-time inventory of your herd and information on individual animals. The unique identifier also helps with traceability. New app technology such as this can be a great way for producers to enhance their management and save time and other resources. To Learn more about the app go to agex.io/herd.

Health– It's important to follow some basic food preparation guidelines when cooking poultry to help avoid illnesses and ensure a quality end product.

General Tips:

- Keep poultry and other meats separate from other foods and place in a vegetable bag at the store.

- Refrigerator thawing is the safest method.

- Store thawing poultry packages on the bottom shelf in a container to prevent contamination.

- Wash hands and use separate utensils from other foods when cutting up poultry.

- Poultry should be cooked to a minimum internal temperature of 165 degrees.

- Store leftovers within the hour and use within four days.

- When in doubt, throw it out!!!!

Poultry handling safety information is available from the Center for Disease Control (CDC) and

United States Department of Agriculture (USDA).