

4-H NEWSLETTER

October 2019



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Learn more about 4-H opportunities at 4-h.org and 4-H history at 4-historypreservation.com!

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



GREETINGS-->NEW LINCOLN COUNTY DIRECTOR



Hello Lincoln County, I am excited and pumped to be your new Extension Director, 4-H Youth Development/Agriculture Agent. I have a Master's Degree in Educational Leadership from Adams State College and a Bachelor in Ag Education with a Minor in Animal Sciences from Texas Tech University. I have been Woodlin School's Assistant Principal/FFA Advisor for the past four years and have twenty years of Ag Teacher/FFA Advisor experience.

My involvement with the 4-H program covers a 42 year period. I started as a Clover bud and was an active member for ten years. The 4-H program was a large contributor to my college education through livestock judging scholarships both at NJC and Texas Tech. I continued to volunteer by presenting workshops at the State 4-H Conference and coaching livestock judging teams during college. I also put on several clinics, judged many county fairs across the country, and put on judging events and jackpots. I have served as a fair board member, been on sales committees, Advisor to the San Luis Valley Fair Board, interview and record book judge, announcer, 4-H project and club leader. I'm currently the Rabbit Superintendent for Morgan County. I recently finished a three year term as the State Treasurer for Colorado Junior Swine Association.

I hold myself to the standards of working smartly, courageous, with integrity and humility. I know only of success, for failure is just a lesson on the way to success. I live my life serving rural America and preparing its youth for successful careers so they can become strong resourceful community members with a desire to serve others through educational development, grit, innovation, and rural economic growth. Knowing that, establishing and maintaining high-reaching standards is dependent on creating and continuing relationships and collaborating, I look forward to working with the Extension team, 4-H youth, leaders, parents, and the many stockholders to help ensure an active and growing 4-H program and Extension Service in Lincoln County.

If you have any comments, questions, concerns or would like to just stop by to say "hi" please do.

I would like to thank everyone so far for making me feel so welcome this past month. Also, Congrats to Amy Solomon and all the great volunteers, presenters and donators for A Greatly Successful Farm Safety Day. I look forward to seeing everyone at 4-H Achievement Night Sunday the 6th at 4:00 p.m.

ANNUAL 4-H ENROLLMENT & PROJECT DEADLINES

Enrollment Deadlines:

October 16-Enrollment Opens.

December 1-Enrollment closes for returning members, foundation members, & volunteers.

January 1-Enrollment closes for new members.

Project Deadlines:

March 1-Project add/drop date.

*Hunter's safety must be completed for all members enrolled in shooting sports projects or they will be dropped at this date.

*Livestock will have to be tagged and/or nominated to be eligible to show at fair.

Weigh-In dates will be posted in the newsletter as they get closer.

Other Deadlines/ Project Requirements:

*Refer to the fair book for project requirements to show at fair and download a record book for completion requirements as well.

*Watch for information in your newsletter or check out our Facebook page [Lincoln County Colorado Extension](#) or calendar lincoln.extension.colostate.edu/events/.

Information Required for Approval of Enrollment:

-Verify your eligibility for enrollment in Lincoln County. Requirements include one of the following: reside/own property in the county, attend school in the county, or live within 10 miles of the county line. To enroll members must be between the ages of 8-18 as of December 31.

-Enrollment must be completed in your 4H Online account.

-Complete the health form, including the physical and insurance section. **If you do not have health insurance, please put (None). Everyone must still sign this form. The health form is required to participate in all 4-H related activities.*

-Update your mailing address, phone numbers, and preferred email.

**Email is the primary mode of communication from the office. The primary account listed will be the one receiving messages.*

-Refer to the Colorado 4-H project page to verify you are enrolling in the correct project. **Hunter's Safety is required for all members participating in shooting sports.*

-Remember to read each page carefully, select options, and electronically sign and date all sections in 4H Online before clicking to the next page. **You cannot return to a previous page.*

***Enrollments for members and volunteers cannot be approved until all required information has been completed. Please email or call the office if you have any questions.**

Resources:

Lincoln County 4-H- lincoln.extension.colostate.edu/programs/4-h/

Colorado 4-H- co4h.colostate.edu/

Enrollment/Project Fees:

-Enrollment fee- \$18/member (These are paid to the club directly.)

-Late enrollment fee-\$20/member payable directly to the Extension office. **This is in addition to the \$18 regular fee paid to the club.*

-Shooting Sports members -\$25/per enrolled shooting sports discipline. (This is in addition to the enrollment fee and is payable to the Extension office directly.)

-There are no fees for leaders or volunteers.

-**Other projects may require additional fees or expenses.

ACTIVITY PAGE:

Monthly Reader:

*Kid Chef Junior: My
First Kids Cookbook*

By Anjali Shah

Directions Connection: Fill in the Blank

A _____ is an instrument used for navigation and orientation that shows direction in relation to geographical cardinal directions.

_____ field of the Earth attaches to a magnetic compasses' needle to help show true North.

N is _____.

SW is _____.

E is _____.

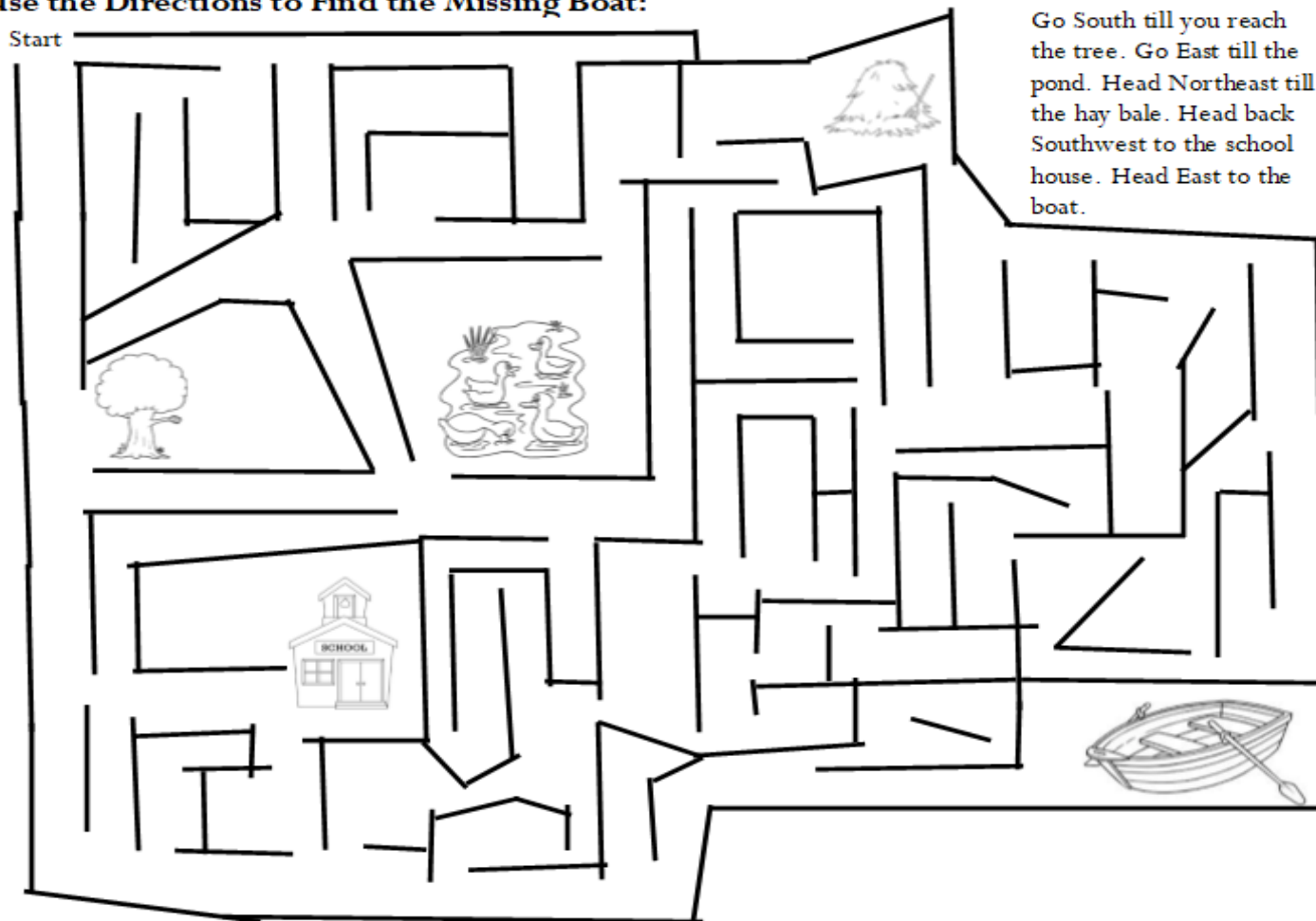
Some _____ use their internal biological clock to get to where they are going as the sun shifts during the day.

GPS which stands for _____ ; utilizes satellites in the air to triangulate positions on earth to aid in directions.



Use the Directions to Find the Missing Boat:

Start



SHOOTING SPORTS PROJECT REQUIREMENTS:

- There is a \$25/(per shooting discipline) fee in addition to enrollment fees. The fee is to be paid to the extension office directly.
- Project selection may be adjusted as shooting disciplines offered will be subject to certified instructor availability.
- **Members will not be allowed to join the project after safety meetings have passed.
- There is a *shooter responsibility form* and a *liability form* that must be signed by all members and parents.
- *Additionally, members in pistol and/or western heritage are also required to fill out the *hand-gun form*.

Deadlines:

- Forms due to the extension office.-January 30th
- Fees due and payable to the extension office.-January 30th
- Hunter's Safety Certificate– Completed and actual card copy uploaded in 4H Online by March 1.
- All forms are available on the Lincoln county Extension website at lincoln.extension.colostate.edu/programs/4-h/shooting-sports/.
- Late fees of \$10/per member will apply after the deadline.
- Members will not be allowed to participate at safety meetings or on the range until forms have been completed and fees have been paid.
- Members who have not completed all safety, fee, and form requirements by March 1 will be dropped from the project for the current enrollment year.

Hunter's Safety Class Information:

- *Classes are available from Colorado Parks & Wildlife. Plan on taking classes in the fall or early winter to ensure completion by the deadline. Refer to their website for class availability and requirements at cpw.state.co.us/learn/Pages/HunterEducation.aspx.

4-H CLUB INFORMATION:



Kountry Kids 4-H Club
 Club Information: Meets in Hugo
 Club Leader: Ryan Bush
 719-740-8602
mlbush2008@yahoo.com

Karval 4-H Club
 Club Information: Meets in Karval
 Club Leader: Nikki Reid
 719-446-5498
cnreid@coairnet.com

Heartland 4-H Club
 Club Information: Meets
 in Arriba
 Club Leader: Renae Saffer
 719-768-3262
trsaffer@hotmail.com

Walk's Camp 4-H Club
 Club Information: Meets North of
 Limon
 Club Leader: Cheryl Thompson
 719-763-2019
thompsonc@limonbadgers.com

Rocking 4-H Club
 Club Information: Meets in Limon
 Club Leader: Jodi Hilferty
 719-775-9538
tjihlf@hotmail.com

SAFETY CORNER: HEARING

Protecting your hearing is just as important as wearing safety glasses or a helmet. Noise-induced hearing loss is a frequent type of hearing loss. It occurs when there is damage to the tiny hair cells in the cochlea and they cannot send information about sound to the brain. At times hearing aids or procedures may help with hearing loss, but not always and most damage is permanent. It's important even from a young age to protect your hearing and continue those good habits throughout life. Decreased hearing capabilities can lead to: missed directions or details; isolation; increased miscommunication; reduced awareness to danger; making it harder to work; and more. The National Institute of Health estimates that around 15% of teenagers have signs of hearing loss from high noise levels. Hearing loss from noises generally happens over a period of time and may mislead individuals into thinking that they are fine and don't need to turn the noise down or wear protective equipment. The noise is considered too loud when: It hurts your ears; you or others raise their voice or shout to carry on a conversation; or buzzing or ringing occurs.

Decibel Facts & Common Levels:

**A decibel is the measurement of sound intensity. Anything over 85dBA or where the noise is continuous is considered a high noise/damage level.*

- Shotgun Firing (140-165dBA)
- Whisper (30dBA)
- Normal Conversation (60dBA)
- Tractor (No Cab) (85dBA)
- Headphones (94-100dBA)
- Chain Saw (110dBA)

Protect Hearing:

- There are many types of protective hearing devices available for use. Some options are more disposable or rated for different noise uses. Be sure to check the label for decibel rating levels.
- Make hearing protection devices readily available in the home, garage, vehicle, tractor, etc..
- Ensure everyone has ear protection during fun or work activities with loud or on-going noises (including children).
- Move away from loud noises or stand in the back of a room.
- Lower the volume on devices and avoid media attached headphones.



Resources:

National Institute on Deafness and Other Communication Disorders: nidcd.nih.gov/

Hearing Loss Association of America: hearingloss.org

INFORMATION & EVENTS

County:

- ⇒ **County 4-H Achievement Night** is October 6 @ 4:00pm at the Fairgrounds building. Please bring a dish to share and table service for the potluck. **Club Rotation-(Karval)**- Arrive at 3:00 to set up tables, chairs, provide paper ware products and drinks, provide table decorations, and cleanup.
- ⇒ **County Council** - Achievement Night is October 6– plan to arrive at 3:00pm and wear nice jeans and shirt.
- ⇒ **4-H Enrollment** begins October 16 and ends December 1 for returning 4-H members and volunteers. New members may enroll until January 1.
 - County Clubs Information: lincoln.extension.colostate.edu/programs/4-h/clubs-councils/
 - 4-H Member in Good Standing Requirements: lincoln.extension.colostate.edu/4-h-policy-guidelines/
 - 4-H Club/County Transfer/Eligibility: lincoln.extension.colostate.edu/4-h-policy-guidelines/
- ⇒ **Dare to Be You Camp** is for campers ages 10-13 November 15-16 in Pueblo. Cost is \$45. Registration and payment to the office is due October 11. Register online at forms.gle/PdHMnrWvPiDuaJHT8. This camp is similar to Youth Fest camp during the winter.
- ⇒ **Livestock Sale Committee (Livestock Scholarship Program Beef)** applications are due November 1. Goat, swine, and sheep applications are due February 1. For specific program information and an application go to lincoln.extension.colostate.edu/4-h-forms-applications/ and look under “livestock sale”.
- ⇒ **Shooting Sports**-All members interested in taking shooting sports next year need to be sure and obtain their Hunter’s Safety Card before the March 1 add/drop project deadline.
- ⇒ **Horse Ranch Classes**– All members interested in taking ranch classes at fair will need to take and pass the Level 1 and Level 2 Ranch Horse Written and Riding Tests before they can exhibit in those. Written tests can be taken by appointment at the office anytime during the winter and spring and riding tests will be scheduled during early next summer.

Other

- ⇒ **American Suffolk Sheep Scholarship** is due October 1. Information is available at suffolks.org/scholarships.html.
- ⇒ **American Hampshire Sheep Association Scholarship** is due October 1. Information is available at hampshires.org/juniors.html#app.
- ⇒ **National 4-H Week** is October 6-13.
- ⇒ **State Shooting Sports Ambassador** applications are due October 15. Information and the application are available at co4h.colostate.edu/ss/forms/ambassador-application.pdf.
- ⇒ **Prowers County General Horsemanship Clinic** is October 26 at 10:00am for 4-H members at Lamar Community College Arena. Registration is available at <https://forms.gle/LWi3nt5HW1Rmb9cf8>.

INFORMATION & EVENTS

- ⇒ **Colorado Farm Show Scholarship** application is open till November 1. Information and application is available at coloradofarmshow.com/.
- ⇒ **Daniels Scholarship** application is available until November 15. For more information and application procedures go to danielsfund.org/scholarships/index.asp.
- ⇒ **National Dairy Herd Association Scholarship** is due November 30. Additional information is available at dhia.org/scholarship.asp.
- ⇒ **National Corn Growers Association & BASF Scholarship** application is due December 1. Information is available at ncga.com/topics/education/college-scholarships.
- ⇒ **American Quarter Horse Association Scholarships** are due December 1. Additional information is available at aqhfoundation.smapply.io/prog/aqhf_scholarship_program/.
- ⇒ **Colorado Conservation Tillage Association Scholarship** is due December 1. The application is available at highplainsnotill.com/scholarships/ScholarshipApplication2019.pdf.
- ⇒ **National Western Catch-a-Calf Applications** are due December 1. Program information and application are available at nationalwestern.com/catch-a-calf-program/.
- ⇒ **American Ranch Horse Scholarship** is due December 31. Additional information is available at [ameri-canranchhorse.net/forms.asp#Youth Forms](http://americanranchhorse.net/forms.asp#Youth Forms).

JUST TO GET YOU THINKIN...

"Keep your face always toward the sunshine— and shadows will fall behind you."

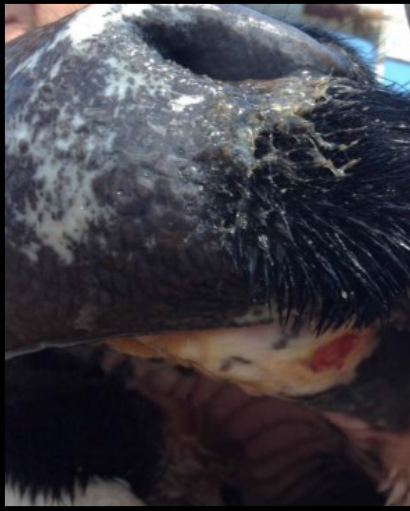
-Walt Whitman

"The key is not the will to win... everybody has that. It is the will to prepare to win that is important."

-Bobby Knight

ANIMAL INFORMATION CORNER:

DISEASE SPOTLIGHT->VESICULAR STOMATITIS



Vesicular Stomatitis may seem familiar as it has been in the news quite a bit this summer as many counties in Colorado had cases of this disease. It is a reportable viral disease that typically affects cattle, swine, and horses; but other animals have been shown to be carriers or house reservoirs of the infection.

Facts:

Incubation: 2-8 days

Symptoms: Blister sores that form in/on (mouth, nostrils, hooves, and teats). Broken blisters are painful and cause a reduction in nutrient intake, reduced milk output, and lameness.

Transmission: Insect carry, direct contact through open sores or saliva, or contact with contaminated items.

Zoonotic: Transferrable to humans, but symptoms usually resemble the flu and not actual lesions.

“To Do” if Spotted: Contact your veterinarian immediately if you think one of your animals may have contracted the disease so that it can be reported and containment procedures can be put in place.

Treatment: There is no vaccine in the United States. Blisters will need time to recover and heal. Speak with your veterinarian about general pain reducers that may be available.

Biosecurity: -Keep potentially infected animals at home.

-Avoid contact with other animals and do not share equipment at events.

-Wash hands and clothing after contact with Animals.



What is “Reportable”?

A reportable disease is one that has been identified at the state, national, and/or international level(s) as needing to be monitored to help reduce outbreaks, take steps toward eradication, help control economic losses and prevent spread. That means individual, veterinarians, etc. are required to report listed diseases to the state and so forth.

Colorado Department of Agriculture- colorado.gov/aganimals/vesicular-stomatitis-virus-vsv

Merck Veterinary Manual-merckvetmanual.com/generalized-conditions/vesicular-stomatitis/overview-of-vesicular-stomatitis#

October 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 4-H Achievement Night 4:00pm @ Fairgrounds	7	8	9	10	11	12
NATIONAL 4-H WEEK!!						
13	14 -Office Closed– Hol- iday -Kountry Kids 4-H Mtg.	15	16 New Year 4-H En- rollment Opens in 4H Online	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Nov. 1 (Beef) Live- stock Sale Committee Scholarships Application Due	Nov.2 Karval 4-H Club Mtg.

Head→ EDEN

Extension Disaster Education Network (EDEN) is a resource for the general public, states, and extension services. EDEN focuses on collaboration from extension educators around the U.S, other various disciplines, and the USDA to help provide disaster preparation, training, mitigation, and recovery. They cover topics including but not limited to: food safety, financial health, field safety, physical, rural and farm, urban, community development of resources, and more. To learn more about EDEN and how you might benefit or become involved go to: eden.lsu.edu/



Hands→ An Egg-Citing Poultry Adventure

The “Egg-Citing Poultry Adventure” is a new game out from the American Farm Bureau Foundation sponsored by the U.S. Poultry & Egg Association. It provides a lesson plan for teachers in the classroom and activity sheet in coordination with the game. The game focuses on providing students with more information about the poultry and egg industry from egg to growth and production stages. The game incorporates math and critical thinking skills in to the game and activity.

To access this game and more go to: myamericanfarm.org/classroom/games

Heart→ Veterans

With Veterans Day in November, now is a good time to think about ways you can say thank you to Veterans. The upcoming day of recognition would be a great day to send letters of thank you to Veteran’s, volunteer for cemetery or memorial locations clean-up, visit veteran’s in the local nursing home or veteran’s hospital and more. Check out these websites to learn more.

U.S. Department of Veteran Affairs- www.va.gov/
History of Veteran’s Day- va.gov/opa/vetsday/vetdayhistory.asp

Health→ Feet Health

Our feet are an important part of helping us to move and to our overall health. Healthy feet can make all the difference in reducing back and hip pain, helping you move and position yourself, providing support for ankles, helping to increase circulation, and more.

General Tips for Good Feet Health:

- Change out socks on a daily basis and wash feet frequently.
- Check for blisters, lesions, skin spots, etc.
- Throw away shoes that have holes or where the sole is wearing down on one side or another.
- Buy shoes with good ankle support, especially for athletic activities.
- Purchase inserts to help with arch support.
- Wear closed toed shoes with heavier materials when working outdoors.
- Buy steel or hard toed shoes when working around equipment and livestock.
- Makes sure kids tell you when their shoes are too small or causing irritation.

American Podiatric Medical Association- apma.org/