

4-H NEWSLETTER

November 2019



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THANK YOU'S-

Eastern Colorado Veterinary Clinic, Reid Cattle Company, Riverbend Ranch, Brent Angus, and John Thompson for sponsoring the *Beef Ultrasound Opportunity* this year.

To see the data results go to:

lincoln.extension.colostate.edu/2019/10/15/2019-lincoln-county-fair-ultrasound-opportunity-results/

Top 10 Placing:

- 1 Thompson, Elsie
- 2 Reid, Shane
- 3 Schmidt, Kailer
- 4 Reid, Shane
- 5 Stone, Daisy
- 6 Borders, Starr
- 7 McCue, Austin
- 8 Thompson, Asha
- 9 Stone, Jaylen
- 10 Thompson, Asha

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The Extension Office & 4-H

are on Facebook @

Lincoln County Colorado Extension



INFORMATION & EVENTS

County:

- ⇒ **4-H Enrollment** ends December 1 for returning 4-H members and volunteers. New members may enroll until January 1.
 - 4-H Club/County Transfer/Eligibility: lincoln.extension.colostate.edu/4-h-policy-guidelines/
 - 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/
- ⇒ **Livestock Sale Committee Livestock Scholarship Program (Sheep, Goat, and Swine)** 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 the “livestock sale” tab.
- ⇒ **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

- ⇒ **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.
- ⇒ **Jerry Minore Memorial National Wheat Foundation Scholarship application** is due December 1. Application information is available at wheatfoundation.org/education-and-scholarships/.
- ⇒ **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/.

INFORMATION & EVENTS

- ⇒ **American Ranch Horse Scholarship** is due December 31. Additional information is available at americanranchhorse.net/forms.asp#Youth Forms.
- ⇒ **Ag Day Essay** contest entries are due January 31, 2019. Contest rules and information is available at agday.org/essay-contest.

JUST TO GET YOU THINKIN...

“When it comes to getting things done, we need fewer architects and more bricklayers.”

-Colleen C. Barrett

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

-Benjamin Franklin

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Livestock Sale Committee Mtg. 7:00pm @ Extension Office	6	7	8	9
10 Heartland 4-H Mtg.	11 Kountry Kids 4-H Mtg. -Office Closed Holiday	12 Fairboard Mtg. 7:00pm @ Extension Office	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Office Closed Holiday	29 Office Closed Holiday	30

FAMILY & CONSUMER: MEDICAL HISTORY FORM

Every time we go to the doctor or emergency room we are asked to fill out a medical history form and provide current insurance information. Keeping track of your medical information can be a daunting and overwhelming task and can certainly be hard to remember on the spot. Filling out a medical history form for everyone in the family is a great way to help keep track of all that information in one location and makes it easy to update the form after initial completion.

Information Frequently Requested:

- Name, current phone number, and address.
- Date of Birth.
- Emergency contact information.
- Insurance company and policy #'s including your relationship to the card holder.
- Pharmacy utilized and contact information.
- Primary care physician, eye doctor, dentist and contact numbers.
- Blood type.
- Immunization record and dates.
- Current medications, over-the counter, vitamins, and other supplements.
- Allergies and pharmaceutical product sensitivities.
- Current medical conditions, procedures/operations in the last five years, and any injuries.
- Family history (illnesses, cancer's, high blood pressure, etc.), which side(s) of the family it occurs on, and generational frequency .

Suggested Locations to Store Information:

- Keep an original electronic copy on your computer.
- Take a picture of the information to store in each cell phone or an email account.
- Put a copy in each family vehicle glovebox.
- Post a copy next to the fridge or home phone for babysitters or relatives watching the kids.

Electronic Link to Forms:

Medical History Form Pg.1 Link: https://drive.google.com/file/d/1jsRSRONL8n7q8_dA5n5FEI7ecc9YOSDd/view?usp=sharing

Medical History Form Pg. 2 Link: <https://drive.google.com/file/d/15DcwPtxRIHud0spcwG-0spYTX81WjSmq/view?usp=sharing>

Medical Information & History

Name: _____ Date of Birth: _____

Phone #: _____ Date Last Physical: _____

Emergency Contact / Parent or Guardian:

Name _____ Name _____

Relationship _____ Relationship _____

Phone # _____ Phone # _____

Insurance Company: _____ Other Policy# (i.e. dental, prescription) _____

Subscriber Name _____

Policy# _____

Group# _____

Pharmacy/Drug Store: _____ Primary Care Physician: _____

Pharmacist _____ Name _____

Phone#/Address _____ Phone #/Address _____

Eye Doctor: _____ Dentist: _____

Name _____ Name _____

Phone #/Address _____ Phone #/Address _____

Other Physicians: _____

Name _____ Name _____

Specialty _____ Specialty _____

Phone #/Address _____ Phone #/Address _____

Name _____ Name _____

Specialty _____ Specialty _____

Phone #/Address _____ Phone #/Address _____

Immunization Record: _____ Date Vaccinated _____ Date Vaccinated _____

Measles(hard, red) _____ Pneumococcal _____

Polio _____ Shingles Vaccine _____

Mumps _____ Meningococcal _____

Rubella(German Measles) _____ Human Papillomavirus(HPV) _____

Tetanus/Diphtheria _____ Pertussis(whooping) _____

Tuberculosis(TB) _____ _____

ACTIVITY PAGE: FRUITS & VEGGIES

Monthly Reader:

Fill in the Blank:

- 1) The recommended serving of vegetables for kids is _____ cups.
- 2) Vegetables are broken into five subgroups that include: beans and peas; _____ vegetables; dark-_____; red and _____, and other vegetables.
- 3) _____ of my plate should be covered with fruits and vegetables at each meal.
- 4) Asparagus is a good source of Vitamin _____, which helps with forming blood clots when you are injured.
- 5) _____ are naturally low in fat, sodium, and calories.

**A Berry Good Project
by Rick Henningfeld**

Try at Home Recipe:

Breakfast Smoothie

Ingredients: Mix & Choose

-1 cup of banana and 1 cup of strawberries, raspberries, blueberries or combination of.

-Apple juice or water

-Honey (optional)

Directions:

-Combine fruit in mixer and blend till smooth.

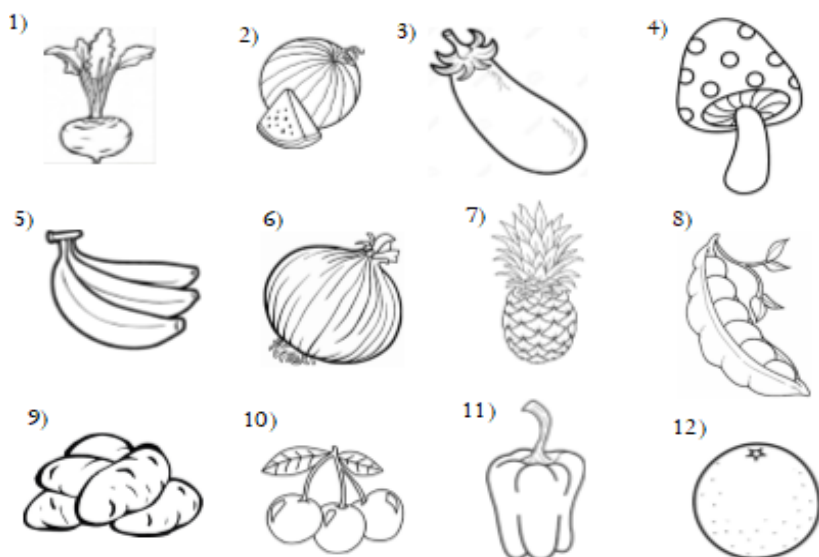
-Add juice or water till desired consistency reached and add a little honey for sweetness.

**Good Food Magazine, 2004*

Circle Answers That are Benefits of Fruits & Vegetables:

- A) Provide nutrients of potassium, fiber, and folic acid
- B) High in cholesterol
- C) Reduce heart disease
- D) Provide vitamin c-important for growth and repair of tissues
- E) Good source of calcium
- F) Higher consumption helps lower intake of caloric items
- G) High levels of protein
- H) Can help to lower blood pressure

Fruit & Veggie ID: Draw a Line to Match the Items



Fruits & Vegetables

- | | |
|------------|-------------|
| -Onion | -Cherry |
| -Beet | -Watermelon |
| -Potato | -Banana |
| -Mushroom | -Eggplant |
| -Pineapple | -Peas |
| -Pepper | -Orange |

Fill Blank: 1) 2) 2) starch, green, orange, 3) half, 4) K, 5) fruits. Circle: A, C, D, F, H. Match 1) Beet, 2) Watermelon, 3) Eggplant, 4) Mushroom, 5) Banana, 6) Onion, 7) Pineapple, 8) Pea, 9) Potato, 10) Cherry, 11) Pepper, 12) Orange

4-H PROJECT INFORMATION

A reminder that as a 4-H member you must complete at least one 4-H project each year. As you re-enroll for 4-H you have the opportunity to select which projects you would like to complete for the next 4-H year. It's important to make sure that you can meet all of the requirements for the project including time commitments, financial cost, education/resources, skill level, record keeping, etc. Check out the Colorado 4-H website at co4h.colostate.edu/ to learn more about projects. You have until March 1 to add/drop projects. *The exception is shooting sports in which you cannot add the project once the first safety meeting has passed because of the additional project requirements.

SAFE 2 TELL: ANYONE CAN CALL!

*Provides an anonymous place to report safety concerns for yourself and others anytime (24/7– 7 days a week). Besides the phone number listed below you can visit their website at safe2tellco.org or download the mobile app.



Submit an Anonymous Report

safe²tell Colorado
Make a Report. Make a Difference.

Apple logo | **1-877-542-7233** | Android logo

Anonymously report anything that concerns or threatens you, your friends, your family or your community.

VOLUNTEER CORNER:

4-H is a great youth development program and a large part of that success is due to our volunteers. We are looking for new volunteers to help in the following areas:

- Shooting Sports and other project areas
- Livestock Sale Committee, Foundation, etc.
- Chaperones
- Special events and workshops

To learn more about 4-H and volunteering check out the websites or give our office a call:

Colorado 4-H- co4h.colostate.edu/

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



ANNUAL 4-H ENROLLMENT & PROJECT DEADLINES

Enrollment Deadlines:

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

January 1-Enrollment closes for new members.

Project Deadlines:

January 30-Shooting Sports fees & forms due.

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/

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.

EVENT ROUNDUP:

Farm Safety Day



Achievement Night



EVENT ROUNDUP:

A Big thank you to all of our award donors for fair and achievement night!

-Special 4-H Award Winners-

Partner in Success: K.C. Electric, Pronghorn Ace (Rich & Donna Metcalf)

Outstanding 4-H Volunteer: Nikki Reid

Hall of Fame: Jeff & Tammy Thornton, Travis Taylor

Gwendal Leonard Hard Luck: Rowan Peterson

I Dare You: Aubrey Lindt

Outstanding 4-H'er: Madalene Buckner, Callie Stone, and Trina Saffer

Gary & Marguerite Yowell

Beedy Farm & Ranch

First National Bank of Hugo/Limon

In Memory of Ellis Allen— The Insurance Store, Dennis & Kay Hicks

Northeast Agri Service,

Hoffman Drug

Reid Cattle Company, Inc.

Lee & Betty Joe Fisher

Hugo Liquor

Kurt & Shelly Lofdahl

Barbara Williams

Bill & Hilary Bledsoe

Longshot Distributing/Passport Holsters

Prairie Soil Conservation District

High Plains Soil Conservation District

Everett & Norma Churchwell

Wilma Mosher

Robert & Ellen Safranek



Vernon & Mona Stone

Lincoln County Stockmen's

Stacey Phythian

KC Electric Association

Schafer Family In Memory of Keith Schafer

Nelson & Sandy Taylor

Byron, Juana & Cameron Hajek

Richard & Brenda Borders

LaRay & Pepper Patton

Veris Environmental

Big Sandy Builders, LLC

Richard Bush, Lone Tree

Mile Save Shopper/The Flagler News

Stop N Shop Supermarket

Compass Financial-Tye Amendt

Ben's Family Pharmacy

Parmer's Automotive

Harold and Linda Yoder

Carl & Cherry Stogsdill

Equitable Savings & Loan

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:



Karval 4-H Club

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

Kountry Kids 4-H Club

Club Information: Meets in Hugo
 Club Leader: Ryan Bush
 719-740-8602
mlbush2008@yahoo.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

Head→ Extension

There is an Extension Service located in each state through the Land-Grant Designated University and in partnership with the United States Department of Agriculture (USDA). Colorado State University Extension provides many opportunities for learning and resources including but not limited to: gardening, insects, crops and livestock, food systems and safety, water, 4-H, finance, community development, natural resources, leadership and more. To learn more go to: extension.colostate.edu/

Hands→ Colorado Hay Directory

Each year the Colorado Department of Agriculture provides a listing of Hay producers in the state who are offering different hay products for sale including small bales, square bales, round bales, hay cubes, bedding material, haylage, organic, weed free, and more. The directory provides a great marketing opportunity for producers and a listing for consumers about what may be available in their area. It's also a great learning tool to see what different types of hay are grown across the state and some average weights.

To view the 2019 Hay Directory and also find a form to add your own hay listing next year go to:

colorado.gov/pacific/sites/default/files/Colorado%20Hay%20Directory_0.pdf

Heart→ Organ Donor

On average there are over 100,000 individuals on the donor waiting list. Organ donation helps save lives. Everyone can help in the process by:

- Talking with family and friends about what organ donation is and its importance.
- Registering to be a donor and letting your family know of your wishes.
- Signing up to be a volunteer for awareness and registration events.

To learn more go to: organdonor.gov/

Health→ Effects of Overeating

Halloween is in the rear view mirror, but buckets of candy are still sitting on tables and Thanksgiving and Christmas celebrations are right around the corner. This time of year in particular there is an abundance of food and we tend to overeat. Research Dietitian Erma Levy with MD Anderson indicates "it takes 20 minutes for the brain to signal the stomach that's it's full and overeating is continuing to eat once you are full".

Common Overeating Effects:

- Heart burn from extra stomach acid.
- Organs work harder to secrete additional enzymes to break down food.
- Food sits in the intestines longer and can increase fat absorption.
- Interruption of normal sleep patterns.
- Stomach size increases and pushes on organs causing discomfort, gas, drowsiness, and constriction.

What happens when you overeat?-MD Anderson-
mdanderson.org/publications/focused-on-health/What-happens-when-you-overeat.h23Z1592202.html

Improving Your Eating Habits (CDC)- cdc.gov/healthyweight/losing_weight/eating_habits.html