

4-H NEWSLETTER

December/January 2020



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](https://www.facebook.com/LincolnCountyColoradoExtension)
 Robin Halley–Director, 4-H Youth Development/Agriculture Agent
robin.halley@colostate.edu
 Christine Schinzel-
 4-H Program Assistant
christine.schinzel@colostate.edu
 Amy Solomon-
 Extension Program Assistant
coopext_lincoln@mail.colostate.edu

Communication from the Extension & State 4-H Office:

- ◆ The majority of communication/notices will come in the form of an e-mail. Please ensure the correct account is listed in 4H Online and check that account (including trash/spam folder) on a frequent basis.
- ◆ Events information will be available through the newsletter and website. All events subject to cancellation due to weather, cost, lack of attendance or closure due to maximum attendance, lack of volunteers, etc. 4HOnline is coordinated through the state and thus many additional events will show up in the registration section in 4HOnline than will be applicable to our county. Please do not register for events that the county has not advertised as being available; as registrations will not be processed.
- ◆ It is the member/families responsibility for contacting the extension office in advance concerning membership, projects, events, etc. Please plan accordingly so that important deadlines or requirements at the club and county level are not missed.

[Lincoln County 4-H Policy and Guidelines](http://lincoln.extension.colostate.edu/4-h-policy-guidelines/) are available at lincoln.extension.colostate.edu/4-h-policy-guidelines/.

Enrollment/Project Deadlines:

January 1- New member enrollment deadline

January 30- Shooting Sports project fees & forms due

March 1– Project add/drop date

All shooting sports fees, forms, hunter’s safety certification, and safety meeting requirements must be completed by the specific dates offered.

***Please plan accordingly for shooting sports; as members cannot make up safety requirements to join the project towards the March 1 deadline.*

***All deadlines and forms are due on day stated (or previous Friday if date is a holiday or weekend) by 4:00pm (close of business). Items faxed, mailed or dropped in the backdoor after that date/time are considered late. When there is an error in the day of the week and date; use the earlier date as the deadline.*

INSIDE:

Volunteer Corner & Family & Consumer	2
Shooting Sports Project Information	3
Project Updates & Just to Get you Thinkin..	4
Information & Events	5-6
Animal Information Corner	7
Calendar	8
Activity Page	9
4-H’s	10

VOLUNTEER CORNER: SHOOTING SPORTS TRAININGS

2020 Shooting Sports Instructor Training Dates & Disciplines Offered

March 13-15, Weld County (Rifle, Pistol, Shotgun & Archery)

March 20-22, Pueblo County (Rifle, Pistol, Shotgun, Archery, Muzzleloader, Western Heritage & Hunting/Outdoor Skills)

March 27-29, Garfield County (Rifle, Pistol, Shotgun, Archery, Muzzleloader, Western Heritage & Hunting/Outdoor Skills)

April 3-5, Arapahoe County (Rifle, Pistol, Shotgun & Archery)

Shooting sports is one of many projects offered in Lincoln County. Currently we are looking for additional volunteers to get certified in all discipline areas to help with safety meetings and shoots at the range. If you would have an interest in becoming a certified shooting sports volunteer, please give us a call to learn more.

Process to Becoming a Certified Shooting Sports Volunteer:

- 1) Enroll as a 4-H volunteer in 4H Online (complete all background checks and volunteer training modules). *Allow at least one month to enroll as a volunteer to ensure you can attend a certification workshop.
- 2) Attend a three day state shooting sports certification workshop for a specific shooting discipline.

**To attain certification in Western Heritage you must first attend a training for pistol, shotgun, or rifle. After your initial certification in one of those disciplines you can attend a Western Heritage certification training.*

FAMILY & CONSUMER: WELL-BEING RESOURCES

Resources or Help Hotlines:

-Ag Financial Crisis Hotline & Resources- colorado.gov/pacific/agmain/ag-financial-crisis

-American Foundation For Suicide Prevention- afsp.org/find-support/when-someone-is-at-risk/

-Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals by Robert Fetsch CSU Extension- extension.colostate.edu/disaster-web-sites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/

-Colorado Department of Human Services-Behavioral Health Help- colorado.gov/pacific/cdhs/find-behavioral-health-help

-FarmTownStrong (Opioid Addiction Resources)- farmtownstrong.org/

-1-800-SUICIDE or 1-800-784-2433 (24/7 suicide hotline)



SHOOTING SPORTS INFORMATION & DEADLINES:

Organizational & Safety

Meetings:

*Bring Firearm/Bow for inspection at one of the meetings.

**1) January 27
(Fairgrounds) @
6:30- *Required or-
ganizational & safe-
ty meeting for all
member in the pro-
ject.**

**2) February 18
(Fairgrounds) @ 6:30-
General safety 2
meeting.**

Deadlines:

January 30– Shooting Sports fees & forms due to extension office

March 1-

-Hunter's Safety certification completed

-Safety meeting requirements completed

-Project Add/Drop date
*Members who have not met minimum safety requirements by this date will not be able to participate in project for the year.

Shooting Sports Forms Required (Due January 30):

*Must be signed by both a parent/guardian and the member.

- 1) *4-H Shootings Sports Project Requirements & Signature Form*
- 2) *4-H Shooting Sports Permission to Participate/Liability Release Form*
- 3) *4-H Hand Gun Permission/Release Form (Required for members enrolled in Western Heritage).*

Forms are available online at <http://lincoln.extension.colostate.edu/programs/4-h/shooting-sports/>.

The requirements for minimum project completion and requirements to attend the state shoot are both outlined on the "4-H Shooting Sports Project Requirements & Signature" form.

*Please read carefully to ensure that you understand all requirements of the project.

*Shooting disciplines offered will be subject to certified instructor availability.

Fees: \$25/per discipline enrolled in. Late Fee of \$10.00 (after January 30). Payable to the Extension Office.

-All participants are **required** to *provide their own ammunition/arrows and safety equipment at shoots.*

Practice Shoots- *All practice shoots will be held at the Limon gun range.

**2 practice shoots will be scheduled for spring.*

Scored/County Shoots- *All scored/county shoots will be held at the Limon range.

**2 scored shoots will be scheduled for summer.*

Hunter's Safety courses are offered through Colorado Parks and Wildlife at

cpw.state.co.us/learn/Pages/HunterEducation.aspx.

4-H PROJECT UPDATES & REMINDERS:

Important General Project Information Updates

Beekeeping– This is a new project for the 2019-2020 4-H year. There will be options for a display board the first year and then for members to get their own hives for on-going units. Please check for project requirements and manual information on the state website.

Cake Decorating– The cake decorating manuals have been revised– which should say revised “Fall 2019”. There will be additional training videos linked to the state website.

-Unit 5 has been added to include cookies and cookie structures.

-Unit 6 has added sculpted cakes.

-Unit 11 has added krispy molds.

General Reminders- **A reminder to check all project and individual unit requirements to ensure that you have enrolled in the correct project and what the exact requirements are including the record book.

To learn more about all project areas and to see changes go to the Colorado State 4-H website at: co4h.colostate.edu/program-areas/projects/.

JUST TO GET YOU THINKIN...

“We don’t know who we are until we see what we can do.”

-Martha Grimes

“A ship in harbor is safe, but that is not what ships are built for.”

-John A. Shedd

INFORMATION & EVENTS

County:

****Forms, Fees, and registrations are due to office by (day stated) or (previous Friday) if day is a weekend or holiday. County related forms and applications are available on the 4-H Forms & Applications page at lincoln.extension.colostate.edu/4-h-forms-applications/.**

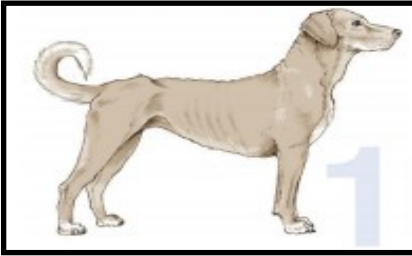
- ⇒ **4-H Enrollment**-New members may enroll until January 1.
 - County Clubs Information: lincoln.extension.colostate.edu/programs/4-h/clubs-councils/
 - 4-H Member in Good Standing Requirements: lincoln.extension.colostate.edu/4-h-policy-guidelines/
 - 4-H Club/County Transfer/Eligibility: lincoln.extension.colostate.edu/4-h-policy-guidelines/
- ⇒ **4-H Project Livestock Selection Workshop** is January 3 at the Extension Office from 9:00-10:00am for all members. The workshop will provide guidance on selecting 4-H animals. RSVP to the office by December 27.
- ⇒ **Livestock Judging/Quiz Bowl Informational Meeting** is January 21 at the Extension Office at 6:30pm. Supper is provided, RSVP to the office no later than January 13.
- ⇒ **County Council Meeting** is January 21 at the Extension Office at 7:00pm. Supper is provided, RSVP to the office no later than January 13. *A conference call line will also be available if needed.
- ⇒ **Leadership Development Camp (LDC)** is January 25-27 in Denver for senior members. Check back for registration costs, plus hotel costs, and part of the meals. Registration is due in 4H Online by December 23. Initial camp payment cost is due December 23 to the office. (lodging costs billed after camp).
- ⇒ **Shooting Sports Safety Meetings** are January 27 & February 18 at 6:30pm at the fairgrounds. 1st year members will need to attend both meetings. The first meeting is mandatory for all participants. Forms & Fees (\$25/per discipline) are due to the extension office by January 30.
- ⇒ **Livestock Sale Committee (Livestock Scholarship Program Sheep, Goat, 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 "livestock sale".
- ⇒ **Youth Fest Camp** is February 14-16 at the Ponderosa Retreat Center for youth ages 9-13. Youth participate in a variety of activities and workshops. Registration will be available in 4H Online in early January. Registration and payment information will be emailed out once available.
- ⇒ **Livestock Scholarship Donors**-The Livestock Sale Committee is requesting sponsors to help provide 4-H/FFA youth livestock scholarships for beef, sheep, swine, and goat. To learn more about becoming a scholarship donor, please contact the office.
- ⇒ **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 classes at fair. 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.

INFORMATION & EVENTS

Other

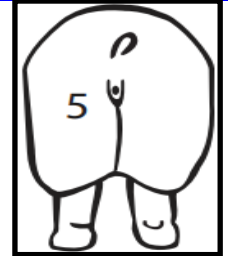
- ⇒ **4-H Day @ Denver Nuggets** is January 26 at the Pepsi Center in Denver. Tickets may be purchased by going to Nuggets.KSETickets.com/4h. (Promo code is NUG4H)
- ⇒ **American Ranch Horse Scholarship** is due December 31. Additional information is available at american-ranchhorse.net/forms.asp#Youth Forms.
- ⇒ **Future of Agriculture Colorado Farm Bureau Scholarships** application is due January 1. Additional information is available at usascholarships.com/colorado-farm-bureau-scholarship-program/.
- ⇒ **Syngenta Scholarship** application is open till January 7 at syngenta-us.com/scholarships/.
- ⇒ **National Western Stock Show** is January 11-26 in Denver, CO. 4-H Day is January 17. Check out the complete schedule at nationalwestern.com.
- ⇒ **Colvin Certified Angus Beef Scholarship** applications are due January 15. For information and application go to certifiedangusbeef.com/press/colvin/.
- ⇒ **Dairy Farmers of America Scholarships** application is due January 15. Information and the application is available at dfamilk.com/scholarships.
- ⇒ **Colorado Farm Show** is January 28-30. Check out the complete schedule at coloradofarmshow.com/.
- ⇒ **Ag Day Essay** contest entries are due January 31. Contest rules and information is available at agday.org/essay-contest.
- ⇒ **4-H Citizenship Washington Focus** is a week long summer trip in Washington, DC. Senior members are eligible to apply for a complete scholarship funded by the county and state foundations. Applications will be due in February through 4H Online. Contact the office for more information.
- ⇒ **Dairy Calf and Heifer Association Scholarship** is due early February. Information is at calfandheifer.org.
- ⇒ **Farm Credit of Southern Colorado Scholarship** application is due early February. To learn more about the scholarship and application information go to aglending.com/scholarships/.
- ⇒ **WinField Careers in Agriculture Scholarship** is February 15. Do a general search of the WinField site in January for application information at winfieldunited.com/.
- ⇒ **National Holstein Women's Scholarship** application is due February 15 and is available at nhwsoscholarship.com/scholarship-application/.
- ⇒ **Marshall Frasier Beef Symposium** (open to all) is February 20 at the Lincoln County fairgrounds. Registration and information is available at coloradolivestock.org/mfbs/.
- ⇒ **Colorado 4-H Foundation Scholarship** application is available until April 30. Information is available at co4hfoundation.extension.colostate.edu/benefits/colorado-4-h-foundation-scholarships/.
- ⇒ **American Gelbvieh Junior Association Scholarships** application is available until May. To learn about scholarship opportunities go to gelbvieh.org/juniors/scholarships.

ANIMAL INFORMATION CORNER: BCS??



World Small Animal Veterinary Association. #1 Very Thin Dog

BCS-What does that mean and why is it important? BCS or Body Condition Scoring describes the degree of fatness on an animal. The scale range for species can vary but generally one is on the very thin side and the highest numbers lean towards obesity. The dog example on the left is an indication of being very thin or having a score of 1, while the swine example on the right is an indication of being very obese or a score of 5.



CFSPH USDA. #5 Overly Fat Swine

Body Condition Scoring is one of many management tools that producers and pet owners can utilize for their animals. The purpose behind the tool is to determine the availability of fat reserves on the animal. The ideal number for the species will vary based on where they are at in their production cycle and use. However that number is usually in the middle to upper range without leaning towards obesity.

Scoring can be completed by only physically looking at the appearance of the animal, but it's recommended to also physically palpate certain areas including the (backbone, tailhead, ribs, sternum area, etc.) to better determine the amount of fat covering. The score of animal helps owners and producers make many important production decisions such as culling; production productivity compared to feed inputs; being able to separate groups of breeding or fed animals to better meet their nutrition needs for parturition or production and more. Animals with a good BCS generally:

- Have a better immune system or ability to deal with disease/infection exposure.
- Are more mobile, have better joint health, and fewer health complications.
- Are better able to thrive in production or lbs. gained. *This is because they have excess energy to utilize outside of taking care of any necessary core bodily functions.
- Are better able to better withstand weather or stress events.
- Are better able to produce healthier offspring and breed back sooner.

Resources-Body Condition Score Charts-Multiple Species:

Virginia Tech Extension-BCS Beef Cows- pubs.ext.vt.edu/400/400-795/400-795.html

CFSPH-USDA APHIS- BCS Swine- research.unc.edu/files/2012/11/Body-Condition-Scoring-Swine.pdf

Langston University-BCS Goats- lurexext.edu/sites/default/files/BCS_factsheet.pdf

LifetimeWoold-BCS Sheep- lifetimewool.com.au/conditionscore.aspx

Purina Mills-BCS Horse- purinamills.com/horse-feed/education/detail/body-condition-scoring-your-horse

World Small Animal Veterinary Association-BCS Dogs- wsava.org/WSAVA/media/PDF_old/Body-condition-score-chart-dogs.pdf

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Kountry Kids 4-H Mtg.	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Registra- tion Due LDC	24	25 Office Closed- Holiday	26	27 RSVP Due Live- stock Selection Workshop	28
29	30	31				

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Closed- -New Member Enrollment Deadline	2	3 Livestock Selection Workshop 9:00am @ Ex- tension Office	4
5	6	7	8	9	10	11
12 Heart- land 4-H Mtg.	13 Kountry Kids 4-H Mtg.	14	15	16	17	18 National Western Stock Show 18-26
19	20	21 -Livestock Judge Mtg. @ 6:30pm, Council @ 7:00pm @ Extension office	22	23	24	25 LDC Camp
26 LDC Camp	27 Shooting Sports Safe- ty Mtg. 6:30pm @ Fairgrounds	28	29	30 Shooting Sports Fees & Forms Due	31	February 1- Livestock Project Scholarships Due (Sheep, Goat, & Swine)

ACTIVITY PAGE:

Monthly Reader:

Our Family Farm
By
Dana Sullivan

Do I know **ME** Activities:

What Do I Look Like?

->>Draw a Picture of Yourself.

What's My NAME? _____

Who ArE MY Parents? _____

WHAT'S my address? _____

What's MY PHONE NUMBER? _____

Who are my siblings or other family members? _____

My Favorite Food is _____!

My Favorite School Activity is _____!

When I grow up I want to be a _____!

In the summertime I like to _____

My Favorite BOOK is _____!

My FAVORITE movie is _____!

I have a pet _____.

It's Name is _____.

DRAW YOUR PET'S PICTURE:

Head→ Hunter's Safety

Hunter's Safety is a certification program through Parks & Wildlife Services that upon successful completion will allow a youth/adult to purchase a hunting license and hunt in the state. The course provides information on conservation, wildlife identification, law overview, respect of properties, safety (firearm, animal, people, elements, etc.) and more. Courses can be taken as a 2 day class or by taking the online piece +1 day in the classroom. A certification is good for one's entire lifetime. To learn more and register for a class go to: cpw.state.co.us/learn/Pages/HunterEducation.aspx

Hands→ Bin Manager

BinManager is one of many advanced grain bin storage solutions systems available to crop producers today. The focus of this system provide producers the opportunity to monitor their stored grain through their phone app or computer without ever physically getting into the bin or taking samples. The system automatically dries, cools, or rehydrates grain depending on producer selections and fans run at optimal times to reduce overall costs. Producers also benefit from updates and critical alerts from the system when there are issues. Careers for this kind of technology can include: engineering, crop production, analytics, design, and more. To learn more about this system go to: intelli-farms.com/solutions/bin-manager

Heart→ Sleeping Bag Donations

Winter is upon us and the days of summer camping are long gone. However this might be a great time to dig through your camping gear or closets and see if you have any extra sleeping bags that you no longer need. Sleeping bags can be donated to your local homeless shelters, temporary housing locations including: parolee housing or safe houses for abused women and children, and low income assistance offices. The sleeping bags provide bedding options or extra warmth during the winter.

Health→ How to Avoid Unhealthy/Overeating

In continuing the theme from last month, the following are some tips to avoid unhealthy/overeating.

- Limit refrigerator time and keep healthy snacks front and center when you open the door.
- Sit down and make a list of situations or triggers that cause you to want to eat and map out a plan to help these.
- Eat at the table without distractions.
- Set your fork down between bites and take a 5-10 minute break before getting a refill.
- Use smaller plates and fill up the plate with the more nutritious items first.
- Writing down what you eat each day will help you visually see what you are consuming.
- Pack your lunch and plan ahead for dinner.
- Make getting a snack or favorite beverage a "treat" item and not everyday.
- Make a grocery list and stick to the list when shopping to avoid bringing home extra/unhealthy items.
- Increase your water intake, especially before meals.

To learn more: CDC-Improving Your Eating Habits cdc.gov/healthyweight/losing_weight/eating_habits.html

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.