

# 4-H NEWSLETTER

May 2020



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\*A Reminder that you can always (Mail, Fax, or Scan/Email) in forms, fees, entries/ applications, etc. instead of making an in-person trip to the office.

Check out contact information here on our newsletter and on our website.



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Check out the  
Lincoln County Extension/4-H Website at:  
[lincoln.extension.colostate.edu/](http://lincoln.extension.colostate.edu/)

Check out the  
Facebook Page at:  
[Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)


# FAMILY & CONSUMER: COVID 19 RESOURCES

The following are links to help find information on the virus relating to state and federal resources. There are also sites regarding economic stimulus information for individuals and businesses; payment help; mental health and wellness; food resources; agricultural producer information; and more.


- ◆ Colorado Resources-COVID-19: [covid19.colorado.gov/](https://covid19.colorado.gov/)
- ◆ Colorado Department of Agriculture: [colorado.gov/agmain](https://colorado.gov/agmain)
- ◆ Colorado Food Assistance: [hungerfreecolorado.org/covid-19/](https://hungerfreecolorado.org/covid-19/)
- ◆ Colorado Department of Labor & Employment: [colorado.gov/pacific/cdle/information-and-resources-coronavirus](https://colorado.gov/pacific/cdle/information-and-resources-coronavirus)
- ◆ Center for Disease Control: [cdc.gov/](https://cdc.gov/)
- ◆ Internal Revenue Service: [irs.gov/coronavirus](https://irs.gov/coronavirus)
- ◆ Small Business Administration: [sba.gov/](https://sba.gov/)
- ◆ United States Department of Agriculture (USDA): [usda.gov/](https://usda.gov/)

## Six Feet Away


**COVID-19 AND MINIMIZING RISK**




**6' is about the length of a steer**



COVID-19 is primarily spread through respiratory droplets produced when an infected person coughs or sneezes.

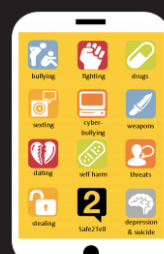


People who have sustained contact within 6 feet of an infected individual are most at risk of transmission.



**COLORADO**  
Department of Agriculture

See Something,  
Say Something.



safe2tell Colorado

1-877-542-7233

safe2tellico.org

Available on the App Store | ANDROID APP ON PLAY STORE


ANONYMOUSLY REPORT CONCERNS 24/7

TAKE A CHECKUP  
FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.  
[MHASCREENING.ORG](https://MHASCREENING.ORG)

The agricultural economic crisis is real.  
The resulting stress is real. Let's TALK about it.



COLORADO

CRISIS SERVICES

844-493-TALK (8255)

OR TEXT TALK TO 38255

NATIONAL

SUICIDE

PREVENTION

LIFELINE

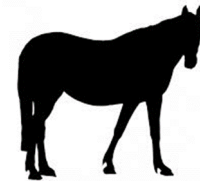
1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

# 4-H Animal Projects-> Power Hour IDEAS

The extended time at home and school schedule modifications creates an opportunity for members with livestock to really get to work on your 4-H projects. The following are ways to learn more about livestock and work on your project in “Power Hours” to make it make it less overwhelming.

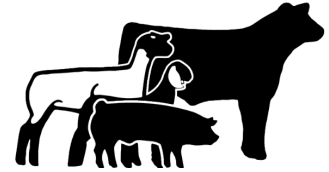
- ◆ Print off a copy of the Lincoln County 4-H Animal Record Book for each species and begin filling it in.
- ◆ Pen Upkeep:
  - Clean out pens on a frequent basis and move animals to new/drier pens if needed.
  - Clean and disinfect water and feed pans on a frequent basis.
  - Replace or add bedding; especially in inclement weather.
  - Inspect your pens and shelters on a regular basis to see if any repairs are needed.
- ◆ Check on your feed type and supply to determine when you will need to pick up more and change feed levels for animals as needed.
- ◆ For each animal– provide daily exercise and work on muscle development.
- ◆ Work with each animal to get them to move in/out of the show ring and work on show stances.
- ◆ Check out your show box and trailer and see what inventory items you have on hand and make a list of what you need. Make a “To Do” list of items needed and by what date.
- ◆ Learn about each species in general:
  - Nutritional needs and digestive health.
  - Behaviors and breed characteristics.
  - Normal vital signs.
  - Common illnesses and parasites.
  - Normal/routine care (vaccinations, foot/dental, parasites, etc.).
- ◆ Spend time learning about showing, showmanship, nutrition, and clipping:
  - Watch show videos and tutorials.
  - Sign up for newsletters or webinars on animal/showing related topics.
  - Order some clipping guide charts or resources.
  - Call or video another livestock show member to learn more and get some helpful project tips.
  - Take a video practicing showing and get advice on how to improve your show techniques.
  - Spend time learning about your species for showmanship related questions.



## 4-H Animal Projects-> Power Hour IDEAS (Cont.)

### ◆ Learn about Livestock Movement & Policies:

- Identification requirements per state.
- How movement in and out of the state with your animals works.
- What are health inspections for and when to get one.
- Biosecurity (good management practices) when traveling with animals.



### ◆ Learn More:

- Spend time learning about your species breed associations and opportunities for youth.
- Learn about markets and how animals are purchased or sold (privately/commercially).
- Check out written publications, webinars, videos, websites, and social media feeds to learn more about animals in general (policy issues, health, nutrition, breeding, uses, markets, and more).
- Learn about safety in and around your livestock.

## JUST TO GET YOU THINKIN...

“I have not failed. I’ve just found  
10,000 ways that won’t work.”

-Thomas Edison

“If we’re growing, we’re always going  
to be out of our comfort zone.”

-John Maxwell

## ACTIVITY PAGE:

### Monthly Reader:

#### *The Memory Box: A Book About Grief*

By Joanna Rowland



**Rock Jars-** Warmer weather equates to more exploration time outdoors. As you are getting out and about or out on walks consider gathering up some rocks to make rock jars. Rock jars can be used for a variety of purposes and can create some fun for everyone. So go out and gather up some rocks and see what kind of jar you can make or use some of the ideas below.

- 1) *Gratitude Jar:* Write different sayings of appreciation, grateful for items, or strengths regarding an individual on different rocks and then give them the jar as a keepsake.
- 2) *Paperweight Jar:* Gather up different kinds of rocks and put in baby food jars to create decorative paper weights.
- 3) *Expression Jar:* It's sometimes is hard to express what we are feeling. Consider filling up this jar with rocks that have different emotions or feelings written/drawn on each one, as something you can pull out and hand to someone (i.e. tired, upset, happy, grateful, etc.).
- 4) *Activity Jar:* Write down different activities on each rock (i.e. read, play, puzzle, board game, bake, etc.).
- 5) *Chore Jar:* Color different rocks to represent different chores (i.e. red=sweep, blue=dishes, orange=mop, etc.).
- 6) *Community Service Jar:* Write down different things you can do to serve others (i.e. write a letter, call someone, make a gift, etc.).

#### Supplies:

- Rocks (all sizes, colors, shapes, kinds)
- Colored sharpies
- Paint
- Paint brushes
- Jar labels or colored construction paper
- Tape and/or glue
- Glass jars (canning or other old glass food jars) or clear plastic containers.



CSU is encouraging families to plant a garden this year and then share the extra bounty locally to help out those who are being affected financially or have access hardships. The campaign slogan is *Grow & Give-Modern Victory Garden Project*. Check out their resource page (<https://cmg.extension.colostate.edu/grow-give/>) to get helpful tips all season long on growing a garden. Look for resources locally and statewide going into the summer about food donation locations.

The Victory Garden concept dates back to World War II when Americans were all encouraged to plant gardens (no matter how large or small of a space they had) to help support the war efforts and provide food locally and abroad for the troops. This video link (The Gardens of Victory (WWII Film): [youtube.com/watch?v=uBg1ND5X3tA](https://www.youtube.com/watch?v=uBg1ND5X3tA)) showcases the gardens and the call to action.

# INFORMATION & EVENTS

County:

*^Per Directives all Face to Face 4-H events are being cancelled until at least May 15. Please continue to check your email and monitor our Facebook page for updates on virtual 4-H activities, other events, and resources. Information is given as known at time of distribution.*

*\*\*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/](http://lincoln.extension.colostate.edu/4-h-forms-applications/). A reminder that forms can be mailed, emailed, or faxed to the office, as well as dropped through the back door slot.*

- ◆ **Hog, Sheep, & Goat Nomination Forms** Due May 4. The forms are available at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/) (under fair tab) for all three species. Forms may be mailed, emailed, or dropped through the back door at the office. If you are planning to take one of these species to state fair, contact the office for nomination information before May 15.
- ◆ **Livestock/Horse/Dog Record Book Change-** Livestock (including breeding, poultry, and rabbit), dog, and horse projects will be using different record books than the ones on the Colorado 4-H website projects page. The new books are available at: [lincoln.extension.colostate.edu/4-h-projects-record-books/](http://lincoln.extension.colostate.edu/4-h-projects-record-books/).
- ◆ **4-H Foundation** has updated their reimbursement scholarship form for 4-H general projects. Go to the Lincoln County 4-H/ Extension website and click under “4-H”, “Forms & Applications”, “Foundation” to see the updated form and requirements at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/).
- ◆ **State 4-H Conference** for senior age members on CSU campus has been cancelled for 2020 due to the COVID-19 Virus. The state will instead offer some virtual contests the week of June 22. More information will come out via email when it become available.
- ◆ **County Virtual Contests**– The following virtual contests (open to both youth and adults in Lincoln County) are still open to participate in:

Color Contest: April 7-May 5 [drive.google.com/file/d/1XY5LADpCajP1gblUa5jHHYMuRvz31L58/view?usp=sharing](https://drive.google.com/file/d/1XY5LADpCajP1gblUa5jHHYMuRvz31L58/view?usp=sharing)

Essay Contest: April 2-May 15 [drive.google.com/file/d/1kbXRof4fzOkVmedKaW44Zj94PMV6DS4q/view?usp=sharing](https://drive.google.com/file/d/1kbXRof4fzOkVmedKaW44Zj94PMV6DS4q/view?usp=sharing)

Health Challenge: March 25- May 25 [drive.google.com/file/d/1u7yPITOSXUaX260xsY-rQ4bVL0v2G4oj/view?usp=sharing](https://drive.google.com/file/d/1u7yPITOSXUaX260xsY-rQ4bVL0v2G4oj/view?usp=sharing)

- ◆ **Lincoln County 4-H Award Applications** are available until September 1 to submit to the office. Award forms are available on our Extension website under the 4-H Tab, under “Forms & Applications”, under “Award” at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/). Take some time to fill out an award nomination for: Outstanding 4-H Volunteer; Outstanding 4-H Member (Jr., Int., and Sr.); Partner in Success; Gwendal Leonard Hard Luck Award; and Hall of Fame.

# INFORMATION & EVENTS

## - Lincoln County Fair & Project Resources-

**Lincoln County Fair Book Online Link:** [lincoln.extension.colostate.edu/lincoln-county-fair/](http://lincoln.extension.colostate.edu/lincoln-county-fair/)

\*Checkout the schedules, project requirements, and rules as updates occur.

\*Colorado 4-H project information and general project record book resources: [co4h.colostate.edu/program-areas/](http://co4h.colostate.edu/program-areas/)

\*Lincoln County Livestock/Animal Record Books: [lincoln.extension.colostate.edu/4-h-projects-record-books/](http://lincoln.extension.colostate.edu/4-h-projects-record-books/)

\*Colorado State Fair 4-H Information (bottom of page): [co4h.colostate.edu/program-areas/projects/](http://co4h.colostate.edu/program-areas/projects/)

\*Colorado State Fair: [coloradostatefair.com/](http://coloradostatefair.com/)

### Other

**\*\*\*Verify with listed contacts pertaining to their individual event to find out about updates or changes. Many additional events and resources are posted to the Lincoln County Colorado Extension Facebook page as they become available.**

- ◆ **State 4-H Deadline (only)** -All cat, dog, and horse ID's are due in 4H Online by May 1.
- ◆ **AMSJS Cindy Climer and 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](http://milkingshorthorn.com/uploads/7/8/7/9/78798376/climer_king_scholarship_application.pdf).
- ◆ **Limousin Association Scholarship** application is due May 15th. Information is available at [nalf.org/juniors/scholarships/](http://nalf.org/juniors/scholarships/).
- ◆ **District VI 4-H Pet Palooza Virtual Cat & Dog Show** is open till May 29. The flyer is available at [drive.google.com/file/d/1ZVIV7Rf1bUQRV8eb85t5ZL7ffZtkLQ6I/view?usp=sharing](http://drive.google.com/file/d/1ZVIV7Rf1bUQRV8eb85t5ZL7ffZtkLQ6I/view?usp=sharing). For more event information contact [Marlena.griesse@colostate.edu](mailto:Marlena.griesse@colostate.edu).
- ◆ **Crowley & Otero County 4-H Virtual Day Camps** are open for registration to all youth till May 29. All About Animals is June 8-12 and Art Camp is June 22-26. Registration is available at [docs.google.com/forms/d/e/1FAIpQLSchiu7JytwL8xXXHpagc8X5RoXiRScKV--q9IQb\\_7LQ9aaXvQ/viewform](http://docs.google.com/forms/d/e/1FAIpQLSchiu7JytwL8xXXHpagc8X5RoXiRScKV--q9IQb_7LQ9aaXvQ/viewform). For more event information contact [Marlena.griesse@colostate.edu](mailto:Marlena.griesse@colostate.edu).
- ◆ **United Suffolk Sheep Association Scholarships** are due June 1. Information and the application is available at [suffolks.org/scholarships.html](http://suffolks.org/scholarships.html).
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 10. Information and application is available at [nafb.com/foundation/scholarship-program](http://nafb.com/foundation/scholarship-program).
- ◆ **American Hampshire Sheep Association Scholarship** is due September 1. Information and application is available at <http://www.hampshires.org/juniors.html#app>.

# ANIMAL INFORMATION CORNER: FOODS TO AVOID FEEDING-DOGS



- ◆ **Alcoholic Beverages-** Can cause intoxication, coma, and death.
- ◆ **Avocado-** The leaves, seeds, fruit, and bark contain persin, which can cause vomiting and diarrhea.
- ◆ **Bones(from Fish, Poultry, or Meat)-** Can cause obstruction or laceration of the intestines and/or stomach.
- ◆ **Cat Food-** Too high in fats and protein for dogs can cause pancreatitis.
- ◆ **Chocolate, Coffee, Tea, & Other Caffeine-** Contain caffeine, theobromine, or theophylline, which can cause vomiting and diarrhea and can be toxic to the heart and nervous systems.
- ◆ **Citrus Oil Extracts-** Can cause vomiting.
- ◆ **Fat Trimmings-** Can cause pancreatitis.
- ◆ **Fish (Raw, Canned, or Cooked)-** If fed exclusively or in high amounts, it can result in a vitamin B deficiency, leading to a loss of appetite, seizures, and death.
- ◆ **Grapes, Raisins, & Currants-** Contain an unknown toxin, which can damage the kidneys.
- ◆ **Hops-** Unknown compound causes panting, increased heart rate, elevated temperature, seizures, and death.
- ◆ **Human Vitamins Containing Iron-** Can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys.
- ◆ **Macadamia Nuts-** Contain an unknown toxin, which can affect the digestive, muscle, and nervous systems.
- ◆ **Marijuana-** Can depress the nervous system, cause vomiting, and change heart rate.
- ◆ **Milk & Other Dairy Products-** Some adult dogs and cats may develop diarrhea if given large amounts of dairy products.
- ◆ **Moldy or Spoiled Food-** Can contain multiple toxins that cause vomiting and diarrhea and can also affect other organs.
- ◆ **Mushrooms-** Can contain toxins, which may affect multiple systems of the body and cause shock and death.
- ◆ **Onions & Garlic-** Contain sulfoxides and disulfides, which can damage the red blood cells and cause anemia. Cats are more susceptible; garlic is less toxic than onions.
- ◆ **Persimmons-** Seeds can cause intestinal obstruction and enteritis.
- ◆ **Pits from Fruit-** Can cause obstruction of the digestive tract.
- ◆ **Raw Eggs-** Contain an enzyme called avidin, which decreases the absorption of B vitamins. This can lead to skin and hair coat problems. Raw eggs may also contain Salmonella.
- ◆ **Raw Meat-** May contain bacteria such as Salmonella and E. Coli, which can cause vomiting and diarrhea.
- ◆ **Rhubarb Leaves-** Contain oxalates, which can affect the digestive, nervous, and urinary systems.
- ◆ **Salt-** If eaten in large quantities, it may lead to electrolyte imbalances.
- ◆ **String-** Can become trapped in the digestive system; called a "string foreign body."
- ◆ **Sugary Foods-** Can lead to obesity, dental problems, and possibly diabetes.
- ◆ **Table Scraps-** Table scraps are not nutritionally balanced. They should never be more than 10% of the diet. Fat should be trimmed from the meat; bones should not be fed.
- ◆ **Tobacco-** Contains nicotine, which affects the digestive and nervous systems. Can result in rapid heart-beat, collapse, coma, and death.
- ◆ **Yeast Dough-** Can expand and produce gas in the digestive system, causing pain and possible rupture of stomach or intestines.
- ◆ **Xylitol (Artificial Sweetener)-** Can cause very low blood sugar, which can result in vomiting, weakness, and collapsing. In high doses, can cause liver failure.

\*This list is not all inclusive, for a complete list of poisons visit [poisonhelpline.com](http://poisonhelpline.com).

| <b>May 2020</b> |   |            |            |            |            |            |
|-----------------|---|------------|------------|------------|------------|------------|
| <b>Sun</b>      | <b>Mon</b>  | <b>Tue</b> | <b>Wed</b> | <b>Thu</b> | <b>Fri</b> | <b>Sat</b> |
|                 |   |            |            |            | <b>1</b>   | <b>2</b>   |
| <b>3</b>        | <b>4</b> Hog, Sheep,<br>& Goat Nomi-<br>nation Forms<br>Due | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>   |
| <b>10</b>       | <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>  |
| <b>17</b>       | <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>  |
| <b>24</b>       | <b>25</b> Office<br>Closed-<br>Holiday                      | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>  |
| <b>31</b>       |   |            |            |            |            |            |

## EVENT ROUNDUP:

### Virtual Livestock Judging Contest- 4/4

Sr. Individual-8th Skyler Vice

Sr. Questions-10th Brylie Thompson

Sr. Sheep/Goats-4th Skyler Vice

Sr. Swine-6th Brylie Thompson

Jr. Team-10th (Asha & Elsie Thompson with Kit Carson Kennedy & Addison Henschel)

**Virtual Logan County Livestock Judging Contest Sr. Team– 10th**

## Head→ Robotics

Robotics is great discipline for youth to learn more about. It integrates science, engineering, technology, and creative thinking to make machines or substitute items to help provide functions and improve processes such as automated equipment in factories. Check out some of the links to find some robotic activities.

Robotics for Kids multiple resource links:

[a2zhomeschooling.com/explore/physics-kids/robotics-kids/](https://a2zhomeschooling.com/explore/physics-kids/robotics-kids/)

Sample Robotics Game App: [The Robot Factory by Tinybop](#)

NASA : [nasa.gov/audience/forstudents/5-8/features/nasa-knows/](https://nasa.gov/audience/forstudents/5-8/features/nasa-knows/)

## Hands→ Farm Lease Builder Tool

The Farm Lease Builder Tool let's you explore how to build a lease that might work for your operation or why agriculture producers might need to have one in place. The tool let's you consider how to protect your time, money, and assets. It provides a questionnaire to determine what you might need, provides draft sample documents that might align with your needs, and also helps you explore creative options, lease to own situations, and state specific considerations. Even if you don't personally need a lease, this tool is a great way to learn more and might be something you can utilize as a resource in the future.

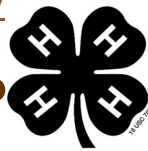
Resource Link: Vermont Law School-Center for Agriculture & Food Systems & USDA-  
[farmlandaccess.org/farm-lease-builder/](https://farmlandaccess.org/farm-lease-builder/)

## Heart→ Food Donations

Donating to food pantries-especially during the summer can be crucial to keeping kids and their families from going hungry. In particular during the COVID-19 Outbreak, food banks and access to food resources for students will be increasingly taxed and need additional donations. Take a look now and into the summer and see what you can provide each month to support others. Check out the resources below or contact your local food bank to learn more:

[feedingamerica.org/hunger-blog/what-donate-food-bank-and-what-avoid](https://feedingamerica.org/hunger-blog/what-donate-food-bank-and-what-avoid)

Colorado Food Assistance: [hungerfreecolorado.org/covid-19/](https://hungerfreecolorado.org/covid-19/)



## Health→ Mental Health Month

May is Mental Health Month and it's particularly relevant during the outbreak to realize that everyone faces challenges and may eventually experience symptoms or an illness related to behavioral or mental health that they need assistance with. It's estimated that *"1 in 5 people will experience a mental illness during their lifetime"*. During May, take the time to talk with others about the importance of Mental Health and spend time taking a screening to learn more about your own health. It's always okay to ask for help and get the resources needed for you to stay healthy.

Taking care of your mental health is just as important as getting your daily exercise and eating right. Learn more about screenings and resources for prevention and treatment at:

Screenings: [MHAscreening.org](https://MHAscreening.org)

Mental Health America Resources: [mhanational.org/](https://mhanational.org/)

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.