

4-H NEWSLETTER

April 2021



LINCOLN COUNTY
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EXTENSION

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THANK YOU'S

Beef Weigh-In:

Thank you to Limon and Hugo FFA Chapters for clean up at Meier's Feedlot prior to beef weigh-in.

Thank you to Meier's Feedlot for letting us use their facilities at beef weigh-in and to Marc Hollenbaugh for doing brand inspections.

Thank you to sale committee members and family and FFA teachers: Logan Henry, Justin Lennox, Joe Frasier, John Thompson and Family, Luke Ewing & Family, & Justin Golding & Family for helping with beef weigh-in!

Thank You to our 2021 Lincoln County Livestock Sale Committee Livestock Project Scholarship Sponsors:

Andrea Blackwelder and James Harvey, Lindsey Blackwelder & Mikaela Taylor, Brent Welding (Jon Hart), Buckos Feed 'n' Freight (Ewing Family), Ryan & Mandy Bush, Colorado Ranch Rodeo, Farm Gas, Brad & Traci Weisensee, Benjamin & Kendra Brent, The Hitch in' Post, Hickey Insurance (John Hickey), Limon FFA, Hugo-Genoa FFA, Stone Livestock (Randy & Angie Stone), Karval FFA, & Riverbend Ranch (Frasier Family).

JUST TO GET YOU THINKIN...

“Those who deny freedom to others deserve it not for themselves.”

-Abraham Lincoln

“Knowledge is the treasure of a wise man.”

-William Penn

LINCOLN COUNTY MEAT QUALITY ASSURANCE (MQA) TRAINING: MAY 4th

Meat Quality Assurance (MQA) for 4-H/FFA members consists of walk-through learning stations and a test. The training is required for all members who take livestock projects.

Members are required to complete MQA as follows:

1x-As a new member or first year taking a livestock project.

1x-When the member turns 4-H age of 10.

1x-When the member turns 4-H age of 14. *FFA members must attend as well their first livestock project year when showing in FFA.

Lincoln County MQA Date: May 4th 4-7:00pm at the Lincoln County Fairgrounds.

**If you cannot make the county date you will need to contact the extension office before May for a listing of other county trainings that may be available for you to attend to complete the project requirement.*

4-H HORSE RULE BOOK NOW ONLINE:

The Colorado 4-H Horse Rule Book for 2021 with updates is digital this year. It is now available on the Colorado State 4-H website at the following link co4h.colostate.edu/program-areas/horse-resources/horse-show-resources/ and can be printed or downloaded.

LIVESTOCK PROJECT RESOURCES:

There are an abundance of resources available to youth and families for showing and caring for livestock projects. It's important to do your research as not all products or services will necessarily be beneficial for all species or members. Check out some of these resources below and search for additional ones on show products; clipping tips; feeding; animal health; and more.

- ◆ ADM Animal Nutrition: admanimalnutrition.com/
- ◆ American Poultry Association: amerpoultryassn.com/
- ◆ American Rabbit Breeders Association: arba.net/
- ◆ Andis Grooming College: andisgroomingcollege.com/
- ◆ Big R: bigronline.com/index.php/limon
- ◆ BioZyme Incorporated: surechamp.com/feeding-strategies/
- ◆ Buckos Feed & Freight LLC, -Limon, CO- (719) 775-9000
- ◆ Cowsmopolitan Magazine: cowsmo.com/about/
- ◆ Flager Cooperative: flaglercoop.com
- ◆ Holstein Foundation: holsteinfoundation.org/
- ◆ KW Cages: kwcages.com/
- ◆ Next Level Livestock Show Clinics: nextlevellivestockcamps.com/
- ◆ Nutrena: nutrenaworld.com/show-feeds
- ◆ PBS Animal Health: pbsanimalhealth.com
- ◆ Pro Fit Show Supply: pro-fitsupply.com/index.php
- ◆ Premier 1 Supplies: premier1supplies.com/sheep/species.php
- ◆ Purina Mills: purinamills.com/show-feed
- ◆ Purple Circle: purplecircle.com/
- ◆ Show Rite: showrite.com/
- ◆ ShowSteers: showsteers.com
- ◆ Stierwalt Cattle Clinics: stierwaltcattleandclinics.com/
- ◆ Show Horse Today: showhorsetoday.com/
- ◆ Sullivan Supply: sullivansupply.com/
- ◆ Sunglo: sunglofeeds.com/
- ◆ The Pig Planet: thepigplanet.com/index.php
- ◆ The Showtimes: theshowtimesmagazine.com/
- ◆ The Show Box: theshowbox.com/
- ◆ The Show Circuit: theshowcircuit.com
- ◆ The Show Wether: theshowwether.com/
- ◆ Tractor Supply: tractorsupply.com/
- ◆ U.S. Whip: uswhip.com/all-products/
- ◆ Valley Vet: valleyvet.com
- ◆ Weaver Leather Livestock Pro Tips (Fitting): thewinnersbrand.com/protips
- ◆ WW Feed & Supply: wwfeed.com/

SELECTION & PRACTICE ON GENERAL 4-H PROJECTS

- 1) Locate your general project information, record book, and sample score sheets at lincoln.extension.colostate.edu/lincoln-county-fair/ and the Colorado 4-H project page at co4h.colostate.edu/program-areas/colorado-4-h-project-information/. *Be sure to download all files to your computer and save them before starting entry.
- 2) Determine which unit and item you will be completing. Examples: Clothing (simple top); Shooting sports (demonstration board or build an item); Foods (cookies vs. baked bars), etc..
- 3) Read through the project requirements and pick out a (design, topic, recipe, etc.).
- 4) Determine what supplies are needed for the project. Do an inventory search to see what you have and what you will need to order.
- 5) Start practice on your project. Examples: Bake a cake; work on your wood working skills; practice sewing on scrap fabric; start on topic research for your demonstration board; etc..



SAFETY STEP-UP: FIRE EXTINGUISHERS

Portable Fire extinguishers are smaller canisters with a gauge and hose utilized to put out smaller, controlled fires by disrupting the chemical reaction and/or smothering the flame. While the use of fire extinguishers should be by an adult only; it's important for everyone to understand their function and help ensure they are properly located and maintained.

Types: A) Ordinary combustibles-wood/paper; B) Flammable liquids-grease/gasoline/oil; C) Electrical energized fires; D) Combustible metals-magnesium/sodium; K) Combustible cooking components; or a combinations of the above types.

Locations to Keep Extinguishers: A minimum of one extinguisher should be placed on every level of the home; one at the top of the stairs; one in the kitchen; one in each vehicle and piece of equipment; one in each garage and barn building (more than one may be needed in larger shop or barn facilities); and other locations that have a potential for fire.

Yearly To-Do: Talk with your kids about what fire extinguishers are; how to dial 9-1-1 in an emergency; and how to get out of the house during a fire. Check extinguisher locations and ensure nothing is blocking them. Make sure the gauge is still pressurized correctly. Ensure there are no dents; the extinguisher is free of debris and oils; and that there is no hose damage or rust.

To learn more go to: usfa.fema.gov/prevention/outreach/extinguishers.html



FAMILY & CONSUMER: SUMMER JOB PREP.

As summer approaches older youth often start looking for summer jobs to enhance their skills; learn a trade; earn money for college or a vehicle; or even for social interaction. The following information will help provide youth with information about how to look for a job; what “homework” to do ahead of time; and first day tips to succeed. Also check out the resource section with your youth to help everyone learn more and be ready for that exciting summer job opportunity!

What I Need to Know Before I Start Job Searching:

- ◆ What is my availability? (i.e. Do I have summer camps scheduled? Can I work evenings or on the weekends?)
- ◆ What transportation options do I have to get to a job? (i.e. bicycle, car, ride from family, etc.)
- ◆ When can I start and when do I need to finish to start school again?
- ◆ Do I have any fears or medical conditions that may make it hard to do some jobs?
- ◆ What do I like to do? (i.e. inside vs. outside; lots of interaction with others; etc.)

Job Preparation and Application Process:

- ◆ Find out what is required to apply (i.e. job application; resume; references; skills test, etc.).
- ◆ Where is the application available at? How do they want it submitted and in what format?
- ◆ Be sure to complete all sections and follow directions closely. Do not substitute your resume for their application unless that is clearly stated as an option.
- ◆ Work on asking 2-4 individuals who know you and your skills levels if you can put them down for a job reference (i.e. teacher; previous employer; coach; family friend, etc.).
- ◆ Work on a simple resume: First and last name; contact phone number and email; current school grade; skills section (i.e. proficient in Microsoft office; can run lawn equipment; etc.); any previous employment (include company worked for, time frame, and duties performed); school and community activities and leadership positions (i.e. FFA, 4-H officer, youth group, volleyball, etc.); and the contact information for 2-3 references.

Where Can I find Jobs?

- Local library or town hall
- School counselor’s office
- Social media local sites
- Online job boards
- Newspaper and classifieds paper
- Ask businesses if they are looking to hire
- Community or business ad boards
- Friends, family, or neighbors



FAMILY & CONSUMER: SUMMER JOB PREP.

Resources:

- ◆ I-9 (Employment Eligibility Verification) Information and Requirements for the Employee- uscis.gov/i-9
- ◆ W-4 (Employee's Withholding Certificate)- irs.gov/forms-pubs/about-form-w-4
- ◆ Job Boards with resources for employees:
 - connectingcolorado.com/
 - indeed.com
 - monster.com
 - ziprecruiter.com

Summer Job Success:

- ◆ Be on time.
- ◆ Know your work schedule.
- ◆ Let the employer know your complete summer schedule up front.
- ◆ Communicate any changes or time off requests as early as you can with your employer.
- ◆ Ask questions when you don't know.
- ◆ Dress for success.
- ◆ Be a good representative of the company.
- ◆ Give a fair's day's work every day.
- ◆ Limit personal cell use to scheduled/allowed break times.

First Day Work To Do & Reminders:

- ◆ Ask the Employer- What is the dress code? What time should I arrive and where to? What other information do I need to get started?
- ◆ I-9 Employment Eligibility Verification- (Bring along your Driver's License or school ID and Social Security Card or Passport. You will also need to know your first and last name; U.S. citizen status; physical address; phone number; and social security number.
- ◆ W-4 (Tax withholding information from your paycheck)
 - Spend time with your parents/guardian ahead of time reviewing a copy of the document and instructions online to see what you will want to select on the form regarding how much (if any) withholding you want from your paycheck. You may also ask your family's accountant if you have questions regarding your tax situation.
- ◆ Emergency Contact- You will need to provide a first and last name, good phone number, and relationship to the contact (i.e. a parent or relative in case you are injured or your employer needs to get a hold of you).
- ◆ Medical Conditions or Allergies- It's a good idea to provide your employer with information about any medical conditions or allergies that could affect your ability to do your job or to provide them with important information should you have an allergic reaction, etc..
- ◆ Pack a Lunch and Bring a Water Bottle- The first day be prepared in case you won't be at the home office or next to a food outlet at lunch time. Also pack any needed medications, Kleenexes, and a pen and some paper in your lunch bag to help be more prepared and write down any important information.
- ◆ Arrive Early- Be there ahead of time so that you can make it to the location on-time and find out where you need to be.

INFORMATION & EVENTS

County: *Reminder to check your email and monitor our Facebook page for updates on 4-H activities and events. **Forms, Fees, and registrations are due to the office by (day stated) or (previous Friday) if the 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/. A reminder that forms can be mailed, emailed, or faxed to the office, as well as dropped through the back door slot. Continue to watch your email for updates to events for 2021 as we continue to work through COVID guideline changes.*

-Lincoln County Extension/4-H Website @ lincoln.extension.colostate.edu/

-Colorado 4-H Website @ co4h.colostate.edu/

- ◆ **Round Robin Committee Meeting** is April 19th @ 7:00pm at the Extension Office. For more information contact robin.halley@colostate.edu.
- ◆ **4-H Shooting Sports**-(1st Practice Shoot is April 23). Rifle @ 8:15am; Shotgun @ 9:30am; and Archery @ 11:00am. Continue to watch your email for updates on shoots and changes, if any. All shoots are held at the Limon Gun Range south of Limon, just pass the softball fields on highway 71.
- ◆ **Goat, Sheep, and Swine Nomination Forms** are due May 3rd. There will be no actual weigh-in for these species. Forms can be accessed from our website @ <https://lincoln.extension.colostate.edu/4-h-forms-applications/> under the “fair tab”. Plan ahead as pictures will need to be taken for nomination forms. *Members interested in taking goat, sheep, or swine animals to state fair will need to notify Robin to receive a state fair nomination form. State fair nomination forms are due no later than June 1 to the office for signatures. State Fair DNA procedures on all species will be made available at coloradostatefair.com/events/2020/mkt-animal-nomination.
- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is May 4 starting at 4:00pm at the fairgrounds. Contact the office for a listing of other county available locations if you cannot make this date. *Livestock Members are required to take MQA their first livestock project year, at age 10, and at age 14. FFA members must take MQA the first year they are enrolled in FFA with a livestock project.
- ◆ **Lincoln County 4-H Foundation Reimbursement Scholarship** form is available to members for some reimbursement or support of 4-H camps, workshops, and general project supplies. Go to the Lincoln County 4-H/ Extension website and click under “Foundation” to see the form and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ **Some fair-related livestock updates** are in the February 4-H newsletter. State 4-H deadline (cat, dog, and horse ID’s due by May 1). County Deadline (cat, dog, and horse IDs due July 1). An updated copy of the fairbook for project completion information and schedules will be available later spring. 4-H/FFA (Horse, Livestock, FFA Ag Mechanics, Poultry, Rabbit, & Dog) entries are due July 1.
- ◆ **The Colorado 4-H Horse Rule Book for 2021** with updates is digital this year. It is available on the Colorado State 4-H website at the following link co4h.colostate.edu/program-areas/horse-resources/horse-show-resources/ and can be printed or downloaded by members directly.

INFORMATION & EVENTS

Other ****Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellations procedures, registration requirements, etc.*

- ◆ **Additional Events-Facebook-** Many events/notices/resources in and out of 4-H are also posted on the *Lincoln County Colorado Extension* Facebook page as they become available. Be sure to check the page for additional opportunities and information (youth and adult).
- ◆ **CSU Extension Horticulture Blog** frequently posts information on all things horticulture at csuhort.blogspot.com/.
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or droughtadvisors@colostate.edu.
- ◆ **Weather Spotter Training Webinars** in early April and are open to all. To learn more and register go to weather.gov/gld/spottertraining.
- ◆ **Colorado Young Farmers Educational Association Academic Scholarship** is due March 15. Application information is available at cyfea.org/scholarships.html.
- ◆ **National Farmers Union Scholarship** applications are open until April 1. Application information is available at nfu.org/education/scholarships/.
- ◆ **Brush Livestock Exchange Scholarship** application is due April 1. Application information is available at livestockexchange.org/SCHOLARSHIP.html.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org/about-bif/award-winners.
- ◆ **Jonathan Marr 4-H Shooting Sports Scholarship** application is due April 1. For Information and application go to co4h.colostate.edu/ss/forms/jonathan-marr-scholarship.pdf.
- ◆ **El Paso County Blow-In-Go Cattle Show** is April 3 in Calhan, CO. To register go to forms.gle/yEkep3Jv21kFnCn78. Contact Emily Tobler emily.tobler@colostate.edu for questions.
- ◆ **Murray Wise Associates Agriculture Scholarship** is due early April. Information is available at murraywiseassociates.com/about/scholarship/.
- ◆ **Big R Producing Partners-** Livestock 4-H/FFA members monetary project assistance applications are now available at your local Big R store till April 15.
- ◆ **GROWMARK Agricultural Scholarship** application is due April 15. The application is available at form.jotform.com/210104555232138.
- ◆ **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/youth/scholarship-applications.php.

INFORMATION & EVENTS

- ◆ **Turf and Ornamental Communications Association Scholarship** is due April 15. Information and application is available at toca.org/toca-scholarship-2/.
- ◆ **Mesa County Livestock Beef Show** is April 17 in Grand Junction. To learn more email rb.white1973@gmail.com.
- ◆ **Lincoln County Stockmen Association Scholarship** is due April 19. Application is available at drive.google.com/file/d/1DwNh-864SZbk2URS1dW6iWfZEh3Bc7JA/view?usp=sharing.
- ◆ **Weld County Goat (Dairy/Meat) Extravaganza** show and seminars is April 23-25 at Island Grove Regional Park in Greeley, CO. For information & registration go to weldgov.com/departments/csu_extension/weld_county_goat_extravaganza.
- ◆ **2021 Adams County Horse Show Circuit** runs April 25th to October 3 in Brighton Colorado. For information go to ADCOHorse.com or contact Lindsey Berbee @ 720-935-2026.
- ◆ **Colorado 4-H Foundation Scholarship** is open till April 30. For information go to 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.
- ◆ **American Charolais Association Scholarship** application is due April 30th. Information is available at charolaisusa.com/jr-membership.php.
- ◆ **Angus Foundation Scholarships** are due May 1. For information go to angusfoundation.org.
- ◆ **Maine-Anjou Scholarship** application is due May 1st. Information is available at maine-anjou.org/junior/scholarship.php.
- ◆ **National Junior Swine Association Scholarships** application is due May 1st. Information is available at nationalswine.com/njsa/njsa-scholarships.php.
- ◆ **Red & White Dairy Cattle Association Scholarship** application is due May 1st. Information is available at redandwhitecattle.com/juniors.
- ◆ **Shorthorn Association Scholarship** application is due May 1st. Information is available at juniorshorthorn.com/opportunities/scholarships/.
- ◆ **National Dairy Promotion and Research Board Scholarship** applications are open till May 7. Application is available at usdairy.com/about-us/dmi/scholarship.
- ◆ **Showing for a Cause Livestock Show** is May 8 in Wakenney, KS. For information go to the Facebook page *Showing for a Cause* or contact Stacy @ 620-222-1914.
- ◆ **Heating Up the Plains Livestock Jackpot Show** is May 15th in Kim, CO. For information go to the Facebook page *Heating Up the Plains Livestock Show* or contact Maral @ 719-680-7059.

INFORMATION & EVENTS

- ♦ **Limousin Association Scholarship** application is due May 15th. Information is available at nalf.org/juniors/scholarships/.
- ♦ **Mitchell Valley Livestock Progress Show** is May 22-23 in Mitchell, NE. For information contact Mitchell Valley 4-H Club.
- ♦ **Philips County Showdown (Sheep, Goat, & Swine)** is May 22-23 in Holyoke, CO. For more information go to facebook.com/phillipscountyshowdown/.
- ♦ **Colorado Section Society of Range Management Scholarships** are due May 28. For information go to cssrm.org/scholarships.html.
- ♦ **Oil City Livestock Jackpot** is May 29-30 in Casper, WY. For information go to oilcityjackpot.square.site or Facebook "Oil City Prospect Show".

Events and Information available at lincoln.extension.colostate.edu/events/						
April 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 State Fair Beef Nom. Forms Due	2	3
4	5	6	7	8	9	10 Weld County Live- stock Judge Contest
11	12	13	14	15	16	17
18	19 Round Robin Com- mittee Mtg 7:00pm @ Extension Office	20	21	22 All My Money Youth Fi- nancial Webinar	23 Shoot Practice 1 Start @ 8:15 Rifle, Shot- gun-9:30, Archery @ 11:00	24 Logan County Live- stock Judge Contest
25	26	27	28	29	30	

ACTIVITY PAGE:

Monthly Reader:

*Popcorn Country- The Story of
America's Favorite Snack*

By Cris Peterson

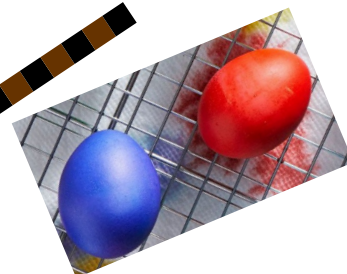
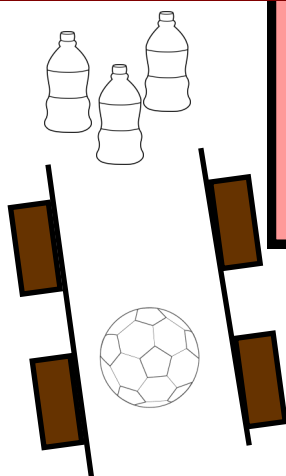
Homemade Bowling Alley:

Supplies:

- 2 Liter pop bottles or milk jugs
- Soccer or other type of ball
- Scrap 2x4 chunks or garden hose

Steps:

- Utilize the bottles as your pins and set up however many you would like in a "triangle" pattern.
- Use 2x4 scraps of any length to create the sides of your "lane". You can screw smaller blocks in two spots on the outside of each 2x4 for stability if needed.
- You can also use garden hose as an alleyway and to give yourself a challenge.



Boiling & Dying Eggs:

Dying eggs is a great springtime activity for all ages. It helps youth learn basic cooking skills; engage in science; and allows everyone to get some exercise searching for the eggs as well. *Be sure to have an adult help with boiling the water.

Supplies:

- Several dozen eggs
- Food coloring and vinegar
- Deep pan to boil eggs in & a small pan for the dye
- Teaspoon and stir spoon
- Slotted scoop and tongs
- Small cups or containers to hold the dyed water

Boiling Eggs:

- Place eggs on the bottom of the deep pan (single layer only) and cover with water -about 1" over the eggs.
- Place the pan on the stove and bring to a boil on high heat and then remove the pan from the stove and let stand for 12 minutes.
- Pour off the hot water or remove the eggs and cool them rapidly under cold water.

Making Dye: (Repeat the process for each color you would like to make.)

- Boil 1/2 cup of water in the smaller pan and place in a container.
- Add 1tsp. of vinegar to the container.
- Add 10 or more drops of food coloring to the container.

Dying Eggs:

- Dip each individual egg into the color you would like it to be dyed and let it sit for a minute or two.
- Pull the egg out with tongs or slotted spoon and allow to dry in the top of the egg carton or on newspaper or cardboard. Then you are ready to go hunt eggs!

Head-> Breeding Cost Cow-Q-Lator

Different tools and technologies can help improve an agricultural producer's efficiencies and costs. One such tool from the University of Nebraska Extension is the *Breeding Cost Cow-Q-Lator*. This excel spreadsheet provides producers a place to input costs associated with their bulls and see if natural services of artificial insemination is more cost effective. The simple data entry also helps producers pin-point costs associated with yearly breeding and how that affects the rest of their operation. To learn more and access the spreadsheet go to: beef.unl.edu/breeding-cost-cow-q-lator

Heart-> Flower Pot

The spring is a great time of year to dig out your flower pots and see if you might have a few extra you no longer need. As you gather up the pots also consider filling them with soil and providing a vegetable or seed starter package for the pot. The following are a few locations to consider donating the pots to:

- Half-way houses
- Homeless shelters
- Orphanages
- Nursing homes
- Residents in apartment complexes



Hands-> Challenge of the H's

Each month into the spring the Northeast area will be posting a challenge or simple "To Do" for members to engage in. The challenge will be posted on each counties Facebook page during the month and members will be encouraged to post a picture of what they completed for the challenge. Be sure and check it out!

As a continuation from March's Challenge-*Challenge Your Hands*-> Explore more about robotics in your home. See if you can discover what other items are robotic in nature and how they might be made. This can be done by building a prototype of something in your home or by tearing something apart (with parent approval of course) and learning how it operates.

Health-> Fluid Increase

As spring arrives we see an increased fluctuations in temperature (even in the same day). The temperature fluctuations mean we are less likely to stay properly hydrated. The rule of thumb on average has been to consume around 8 glasses or 64oz.. This need can increase or decrease depending on age and size. Even when it's cooler out we should be consuming a minimum amount of liquids each day. When it gets hotter we need to remember to increase our consumption even more. One good reminder tip is to mark on a daily calendar how many glasses of water you have consumed. You can also use a water bottle and mark on there how many bottles you need to drink each day as well. Don't forget that some foods have moisture in them as well and count towards the total.

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.