

4-H NEWSLETTER

October, 2021



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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THANK YOU'S

Thank you to NWTf Big Sandy Stutters CO, Brad Weisensee, Big R & Hoffman Drug for providing donations to Extension/4-H.

National 4-H Week

October 3 – 9

INSIDE:

4-H New Year Enrollment Reminders	2
Just To Get You Thinkin.. & Annie's Project	3
Family & Consumer: Support @ Home	4
Information & Events	5-6
Activity Page:	7
Safety StepUP: Propane	8
Calendar	9
4-H's	10

PASSION CREATIVITY INTELLECT CONFIDENCE

LIFE SKILLS COMPASSION HEALTHY HABITS

18 USC 707

FIND YOUR SPARK

DISCOVER MORE AT 4-H.ORG

WORK ETHIC PERSEVERANCE CAREERS

LEARNING LOGIC FUN UNDERSTANDING

4-H ENROLLMENT (NEW YEAR) REMINDERS:

Enrollment Deadlines:

October 10-Enrollment Open.

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

Project Deadlines:

March 1-Project add/drop.

*Hunter's safety must be completed for all members enrolled in shooting sports that will be participating in live fire activities.

*Livestock will have to be tagged and/or nominated to be eligible to show at fair. Information will be posted in the newsletter for current year information.

Other Deadlines/ Project Requirements:

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

*Watch for information in the newsletter, Facebook page Lincoln County Colorado Extension, or calendar lincoln.extension.colostate.edu/events/.

Information Required for 4-H Enrollment Approval:

-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. **If you do not have health insurance, please put (None).*

-Complete the t-shirt size and other release forms.

-Complete emergency contacts (must be different from the parents).

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

**Email is the primary mode of communication from the office. The primary account listed in 4H Online 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 that will be shooting in live fire activities.*

-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 (Pay fee to the club directly). **Other projects or activities may require additional fees or expenses. There are no fees for leaders or volunteers.

-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 by January 31st).

Project Books/Manuals: Families will be responsible for ordering their project books or manuals this year directly from the supplier. Additional information will be provided early winter on where and how to complete this.

JUST TO GET YOU THINKIN...

“True independence and freedom can only exist in doing what’s right.”

-Brigham Young

“A faithful friend is a strong defense; And he hath found him hath found a treasure.”

-Louisa May Alcott

ANNIE’S PROJECT-Start Date Change



ANNIE’S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Dates: Mondays (October 18-November 22)

Location: Limon Community Building

Time: 6-9:00pm

Cost: \$75/person (includes weekly meal & materials)

Age Open To: 16+

RSVP: morgancc.edu/women-in-ag

Contact christine.schinzel@colostate.edu for more information.

Annie’s is a six week class series that brings together women in agriculture of all ages and experiences to learn from experts and each other about production, financial, human, market, and legal risks. The class allows all participants, regardless of their experience or age, to learn something new and take home valuable information and updated resources.

Sponsored by: CSU Extension, Morgan Community College, Farm Credit of Southern Colorado, and High Plains Bank

FAMILY & CONSUMER: *SUPPORT @HOME*

The changes in the season are just as common as life changes. Oftentimes we have warm and sunny one day and snow and cold the next. Youth often face this same roller coaster of change because of common life events such as back to school; activities starting and ending; uncertainty in changes going on in the world; family or home life; friends, etc.. *Support @Home* can make a huge difference in youth's outlook and overall well-being (especially mentally). Youth and adults can work together to utilize these action steps and resources to help youth face the many challenges that may come up.

It Takes a Village: Enlist the help of grandparents, aunts/uncles, good friends, school personnel, neighbors, etc. to help provide the support that youth need.

Routines Matter: Routines help youth know their boundaries and what is expected of them. They are better able to process what is going on around them and not stress about the "everyday parts of their lives".

Make a Plan: Providing a plan (even if all the details are not known) helps youth be prepared for what may come next and allows them time to process emotionally what is going to happen.

Don't Forget To Talk: Carve deliberate time out of the schedule to meet with youth on a regular basis to check in and see how "life" is going and let them know you are there for them on good and bad days.

Check the Signs: Knowing how youth in the family normally respond to everyday events and how they process stress will help you notice signs of change with bigger life events. *Sleep or health changes; withdrawal or loss of interest in activities; large swings in appetite; sudden social changes, etc. may all be indicators that something "more" is going on.*

Youth –> How you can Help Yourself and Others as well!!!

-Know what your "normal" is for emotions and stressors. Talk this through with your parents to help them better understand how you process change and stress and how they can support you.

-Reach out early and often for help. Remember –> It's always okay to ASK FOR HELP!!!

-Know what resources are available to you and others if someone needs help.

-Stick with the basics to help avoid physical and mental "swings": Get a good nights rest; exercise regularly; eat healthy foods; spend time on your hobbies; and engage with others in-person.

Resources:

- ♦ Mental Health America @ mhascreening.org
- ♦ Stronger Together-Mental Health Strong-Lincoln County Extension @ drive.google.com/file/d/1VNXwRIGRAHJx2c6Hf5PanVlb8gixTpwy/view?usp=sharing

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. The extension office cannot take credit cards for payment purposes.*

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

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

- ◆ **County 4-H Achievement Night** is October 3rd @ 4:00pm at the Lincoln County Fairgrounds. Ice cream bars will be served after the awards are presented.
- ◆ **4-H Enrollment** in 4H Online opens October 10th for new and returning 4-H members and volunteers and foundation members. Enrollment will close for all new and returning members on January 1. *4H Online will shut down at the end of September for annual maintenance and cleanup.
- ◆ **Annie's Project -Women in Ag** six week class will start October 18th on Monday nights in Limon. The classes is for women in agriculture of all experience levels (16+) to learn from experts and each other about topics on production, financial, human, market, and legal risks. Cost is \$75.00 and RSVP is due by October 13 @ morgancc.edu/women-in-ag. For questions contact christine.schinzel@colostate.edu.
- ◆ **Livestock Sale Committee Livestock Scholarship Program** applications are due November 1. (**Beef , Breeding Heifer, COOP Steer**) .

-Livestock Sale Committee Livestock Scholarship Program (Goat, Swine, and Sheep) applications are due February 1.

-For specific scholarship program information and applications go to lincoln.extension.colostate.edu/4-h-forms-applications/ and look under "livestock sale".

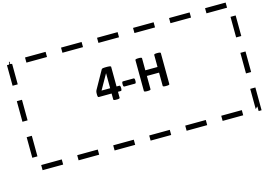
- ◆ **South Central District-Dare to Be You Camp** is November 19-20 in Pueblo, CO. The activity based camp is open to 4-H members 11-13. Cost is \$45. Please contact the office if you are interested in chaperoning kids at camp. Registration is open till November 1 @ <https://forms.gle/Tri8bAA2scRwsbk39>.
- ◆ **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. Interested shooting sports members also need to remember to take a look at their shell inventory and start making purchases for next season as ammunition inventory at the retail level continues to be limited. ***An in-person Hunter's Safety Class is tentatively being scheduled for December 17-18 in Limon Colorado by CPW. For more information and classes availability go to cpw.state.co.us/learn/Pages/HunterEducation.aspx.*

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).
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or droughtadvisors@colostate.edu.
- ◆ **CSU Extension Horticulture Blog** frequently posts information on all things horticulture at csuhort.blogspot.com/.
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide available @** lincoln.extension.colostate.edu/programs/agriculture-natural-resources/.
- ◆ **National 4-H Week** is October 3-9.
- ◆ **Colorado 4-H Shooting Sports Ambassador** applications are open until October 15th. For information and an application go to co4h.colostate.edu/program-areas/shooting-sports/.
- ◆ **American Ranch Horse Youth Challenge Scholarship** is due November 1. Additional information is available at americanranchhorse.net/forms.asp.
- ◆ **Colorado Farm Show Scholarships** are due November 1. For information and the application go to coloradofarmshow.com/scholarship.
- ◆ **Purina Giving Greatness Scholarship** application is due November 8. Learn more @ purina-mills.com/campaigns-and-events/show-scholarship-application.
- ◆ **Great Northern Livestock Expo** is November 15-30 in Cheyenne, WY. Information and schedule available @ greatnorthernlivestockexpo.com/.
- ◆ **Daniels Scholarship** application is available until November 15. For more information and application procedures go to danielsfund.org/scholarships/index.asp.
- ◆ **National Dairy Herd Association Scholarship** is due November 30. Additional information is available at dhia.org/scholarship.asp.
- ◆ **Colorado Conservation Tillage Association Scholarship** is due December 1. Application and information is available @ highplainsnotill.com/scholarships/application.html.
- ◆ **National Corn Growers Association Scholarship** applications is due December 1. Information is available ncga.com/key-issues/other-topics/scholarship-programs.
- ◆ **American Quarter Horse Association Scholarships** are due January 15. Additional information is available at aqhfoundation.smapply.io/prog/aqhf_scholarship_program/.

ACTIVITY PAGE:



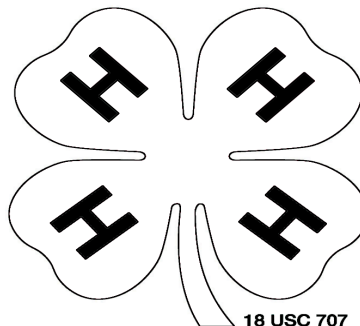
4-H is a four-leaf clover with four (H's) that stand for:

The official color of the 4-H Clover is _____, _____, or _____ with black lettering.

4-H is open to all youth who are ages 8 to _____.

4-H is delivered by Cooperative _____ in the United States through Land-Grant Universities.

Draw Your Own Clover Below and Color the 4-H Clover:



Monthly Reader:

Too Many Pumpkins

By Linda White

Kids' Favorite Pumpkin Seeds by Taste of Home @

tasteofhome.com/recipes/kids-favorite-pumpkin-seeds/

Supplies:

- Mixing bowl
- Spoon
- Measuring cups
- Large baking sheet

Ingredients:

- 2 cups fresh pumpkin seeds
- 1/4 cup melted butter
- 1/2 tsp. garlic salt
- 1/4 tsp. cayenne pepper
- 1/4 tsp. Worcestershire sauce

To Do:

- Add all ingredients to the bowl and mix well.
- Spread mixture out on baking sheet evenly.
- Bake @ 250 Degrees F for 45 minutes (or until lightly browned and dry).
- Cool and store in air-tight container.

SAFETY StepUP: PROPANE

Propane is a liquefied petroleum and is utilized to provide energy for a number of things including appliances, heating sources, and different types of equipment. It is one of our fossil fuels that comes out as a by-product during processing of natural gas or crude oil. Propane is “stored” as a liquid which occurs because of pressurization. While propane has many benefits, it can also be extremely hazardous to property or health. Take some time to go over propane safety and use awareness in your home and know what to do if you have a leak.

Propane Safety Awareness Activities:

- 1) With the help of an adult; search out where propane might be used in your home or on the property/ farm.
- 2) Ask your propane provide for a “scratch & sniff” propane safety card so everyone knows what propane smells like.
- 3) Install and change out batteries on your gas, carbon monoxide, and fire detectors. Run an “alarm test” so everyone knows what they sound like.
- 4) Get your appliances or equipment that use propane checked: on an annual basis; when repairs are made; and anytime you run out of propane.
- 5) Run a Drill!-> Practice what to do if you suspect a propane leak.

-Youth -> Leave the area immediately and from a pre-designated emergency meeting location or a neighbors house (call 9-1-1) to report you have a possible leak.

-Adults (If you can, otherwise follow youth steps) ->Put out all smoking materials or flames; do not operate any electronic devices including phones or appliances; turn off the main gas line; leave the area and call 9-1-1 to report a possible leak from a pre-designated meeting location or a neighbors house.

Resources: propane.com/safety/ & propanesafetyfirst.com/

Safety Signals Matter!!!

*Safety signals or danger signs on propane bottles, appliances, etc. provide important visual clues to the user (*that's you!*) that there are potential hazards or special precautions that should be taken when using the product.



FACT CHECK- True or False:

Propane is naturally odorless~ To help detect leaks; a sulfuric (skunk or rotten egg smell) component is added.

Other Signs to Indicate Possible or Potential Propane Leak Areas or Incorrect Burning Function Indicators:

- Yellow or irregular flame on appliances
- Soot buildup on appliances
- Old hose/pipe connections
- Old tanks no longer being used
- Barren ground spots->where underground propane lines run



Fact check: T

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 4-H County Achievement Night & Ice Cream Bars 4:00pm @ Fairgrounds	4	5	6	7	8	9
National 4-H Week (October 3-9)!						
10 4-H Enrollment Opens	11 Office Closed-Holiday	12	13 RSVP Due Annie's Class	14	15	16
17	18 Annie's Project Class	19	20	21	22	23
24	25 Annie's Class	26	27	28	29	30
31	Nov 1 -Beef & Heifer Scholarship App. Due -Annie's Class -RSVP Due D2BY					

4-H CLUB INFORMATION:

Kountry Kids 4-H Club

Club Information: Meets in Hugo

Club Leader: Barb Vaughn

Heartland 4-H Club

Club Information:

Meets in Arriba

Club Leader: Renae Saffer

Karval 4-H Club

Club Information: Meets in Karval

Club Leader: Janet Kravig

Rocking 4-H Club

Club Information: Meets in
Limon

Club Leader: Jodi Hilferty



Walk's Camp 4-H Club

Club Information: Meets North
of Limon

Club Leader: Cheryl Thompson

Head-> Bushel Inc.

The technology landscape is ever changing and the tools available to ag businesses can be endless. One such company is *Bushel Inc.* They focus on the “digital” infrastructure to help clients adapt to market changes and streamline how they buy and sell commodities in the supply chain. They enable businesses to directly connect to customers with timely information on their app set-ups; provide customized tools and training for the business including websites; scale ticket management and more. If you are interested in what they do or even learning about potential career ideas go to bushelpowered.com.

Heart-> Reverse Trick or Treat

- A lot of times during Halloween or the fall season we spend time Trick or Treating or attending fall carnivals with fun prize booths. This fall consider taking some time to do some “Reverse Trick or Treating”. Gather up some fun large print puzzle books; hard candies; pens; small craft paint kits; new pair of cushioned socks, etc. and add to a fun little bucket. Then distribute those buckets at your local assisted living or nursing home! This is a great way to provide some joy to others and provide them with critical social interactions. *You can always talk with them through the windows and drop off the goodies if restrictions are still in place.



Hands-> Extension Horses

Extension Horses is in partnership with many land-grant universities through the USDA. They provide a landing page for horse owners to get research-based information about a variety of topics on feeds, safety, hoof care, etc.. They offer resources; classes; podcasts; and handouts.

Check out some the great resources they offer @

horses.extension.org/

Health-> Filter Change Out

- The fall season means that heating systems are getting turned back on. That makes it a great time to take the kids around the house and change out filters to help reduce allergens and pollutants and for safety purposes as well to avoid grease or dust build up. Appliances that may need a filter change or dust blow-out can include:
- -Furnace
- -Tap water filter
- -Range hood
- -Vacuum
- -Air purifiers
- -Refrigerators with water dispenser
- -Clothes dryers

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 or informational purposes.