

# 4-H NEWSLETTER

February 2022



LINCOLN COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

326 8th St., PO Box 68  
Hugo, CO 80821  
Phone: (719) 743-2542  
Fax: (719) 743-2555  
Website:

[lincoln.extension.colostate.edu](http://lincoln.extension.colostate.edu)

Facebook: [Lincoln County Colorado Extension](#)

Robin Halley-Director, 4-H Youth Development/Agriculture Agent  
[robin.halley@colostate.edu](mailto:robin.halley@colostate.edu)

Christine Schinzel-  
4-H Program Assistant  
[christine.schinzel@colostate.edu](mailto:christine.schinzel@colostate.edu)

Amy Solomon-  
Extension Program Assistant  
[coopext\\_lincoln@mail.colostate.edu](mailto:coopext_lincoln@mail.colostate.edu)

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The Extension Office & 4-H  
are on Facebook @  
[Lincoln County Colorado Extension](#)



Lincoln County  
Extension/4-H Website  
<https://lincoln.extension.colostate.edu/>

## WELCOME 4-H MEMBERS & GENERAL REMINDERS

We want to welcome our new and returning 4-H members and families! The following are some tips and reminders for the 4-H year.

- ◆ Each member must complete a demonstration, community service project, and complete at least one project each year to meet minimum county 4-H requirements. Projects (general and livestock) may be publicly exhibited at the county fair; but this is not required for project completion. Some projects have additional requirements, costs, and/or meetings. Contact your club leader for additional individual club requirements.
- ◆ 4-H information, events, and updates will come out through the newsletter and email (information goes to the primary email listed in 4H Online). \*Please make sure that emails are not getting stuck in your “spam or junk” folders. Additional information will be posted about other events as well on the [Lincoln County Colorado Extension](#) Facebook page. Plan accordingly so that important deadlines or requirements at the club and county level are not missed.
- ◆ All events subject to change or cancellation due to public health concerns, weather, cost, lack of attendance or closure due to maximum attendance, lack of volunteers, etc.. 4H Online is coordinated through the state and thus many additional events will show up in the registration section in 4H Online than may be applicable to our county members.
- ◆ Start on your projects and record books before school is out, so that you may ask questions and get help to complete your projects on time. Check out the [Colorado 4-H website](#) at to learn more about the projects offered, what they entail, and the general project record books at: [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/). Livestock record books utilize a county book (not the state livestock record books) that can be found at: [lincoln.extension.colostate.edu/4-h-projects-record-books/](http://lincoln.extension.colostate.edu/4-h-projects-record-books/).
- ◆ 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 please reach out for clarification in advance and use the earlier date as the deadline if unsure.
- ◆ State (only) deadline is May 1 to enter ID's in 4H Online for dog, horse and cat projects. County deadlines for entries into 4H online will be early summer.
- ◆ Check the newsletter and fair website for fair related entry due dates.
- ◆ If you are unsure about deadlines or procedures; please contact the office for clarification.

County Extension/4-H & Fair Website: [lincoln.extension.colostate.edu/](http://lincoln.extension.colostate.edu/)

Facebook Page: [Lincoln County Colorado Extension](#)

Colorado 4-H Website: [co4h.colostate.edu/](http://co4h.colostate.edu/)

Lincoln County 4-H “Forms/Applications” Link: [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/)

County 4-H Policy, Guidelines & Deadlines Information: [lincoln.extension.colostate.edu/4-h-policy-guidelines/](http://lincoln.extension.colostate.edu/4-h-policy-guidelines/)

# WELCOME 4-H MEMBERS & GENERAL REMINDERS (Cont).

## Deadlines:

March 1-Project add/drop deadline. *Advise the office of any changes made to your 4H account (i.e. project changes, address, phone, etc.).*

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

March 5-Beef Weigh-In & Tagging.

May 2-Sheep/Swine/Goat Nominations Due.

\*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.

April 4-Meat Quality Assurance (MQA) Training Requirements-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.

Fair (August)-Check Newsletter & Fairbook

## Project Books/Manuals Updates & Changes:

The 4-H project list will show updated units or changes to the projects. This year that includes: Photography, Artistic Clothing, Sewing, Foods and Nutrition, Metalworking (welding), and Robotics/Engineering. Check out the [Colorado 4-H website](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/) to learn more about the projects offered and what they entail at: [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/).

**Project Manual (Ordering):** This year families will be responsible for ordering manuals and supplements directly for their children's 4-H projects. You can click on each project for a list of resources on the state 4-H website and ordering locations. You can also click on the *Publication Order Form* to see them all in an excel format with clickable links. Those that are listed as "available at colorado4-h.org" are manuals or resources that can be directly downloaded under that project page area.

**Forms & Applications** are available on the extension website. **\*\*\*Make sure to download all forms (regardless of type) and save to your computer before you begin entering information; otherwise the information may be lost.**

# 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/](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. The extension office cannot take credit cards for payment purposes.*

-Lincoln County Extension/4-H Website @ [lincoln.extension.colostate.edu/](http://lincoln.extension.colostate.edu/)

-Colorado 4-H Website @ [co4h.colostate.edu/](http://co4h.colostate.edu/)

- ◆ **Shooting Sports-Safety Meetings** will be held on February 15 and 22 at 6:30pm @ the fairgrounds. 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. *\*\*For more information about Hunter's Safety and class availability go to [cpw.state.co.us/learn/Pages/HunterEducation.aspx](http://cpw.state.co.us/learn/Pages/HunterEducation.aspx).*
- ◆ **Livestock Scholarship Donor Opportunity**- Each year the Livestock Sale Committee provides scholarships to interested 4-H/FFA youth participating in beef, sheep, swine, and goat projects through an application process. If you or your business would have an interest in supporting one of these scholarships financially; then please contact the office for more information.
- ◆ **4-H Poultry 101 Webinar** will be February 24th. Final registration details are forthcoming. Contact Christine if you would like to register.
- ◆ **Beef Weigh-In** is March 5 @ Meier Feedlot (48750 Hwy 40/287 Limon, CO) from 8:00-10:00am. The feedlot is part way between Hugo and Limon, across the railroad tracks to the west.

*Members interested in taking beef animals to state fair will need to notify the office to receive a state fair nomination form . State fair nomination forms are due no later than April 1st to the office for signatures. State Fair DNA procedures and entry information on all species will be available at [coloradostatefair.com/livestock/](http://coloradostatefair.com/livestock/).*

*\*\*\*Members are required to bring brand/ownership papers and be able to identify which animal belongs to which member (or if a family animal) at weigh-in. Ownership must be transferred before weigh-in. No EXCEPTIONS. Contact your local brand inspector for any questions regarding transfers.*

- ◆ **South central District Retreat** for senior age members is March 18-20. Additional details forthcoming when known. **Senior Driving-Age Members** who may be interested in running for a District, South Central District, or State Office need to contact Robin or Christine before February 18 to get more information and complete the application. All offices require extensive travel and time commitment as well as expenses. If you are interested in being a volunteer chaperone/driver for this camp please let the office know.

# INFORMATION & EVENTS

- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is *April 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 4-H age 10, and at 4-H 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 download the form and requirements at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/).

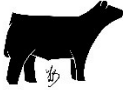







Other \*\*\**Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellations procedures, registration requirements, etc.*

- ◆ **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 Live Smart Blog** (Family & Consumer) @ [livesmartcolorado.colostate.edu/](http://livesmartcolorado.colostate.edu/).
- ◆ **CSU Extension Horticulture Blog** @ [csuhort.blogspot.com/](http://csuhort.blogspot.com/).
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or [droughtadvisors@colostate.edu](mailto:droughtadvisors@colostate.edu).
- ◆ **CSU Extension Cottage Foods Producers Trainings** are being offered online throughout 2022. To sign up for a training go to [cottage-food-safety.eventbrite.com](http://cottage-food-safety.eventbrite.com).
- ◆ **The Denver Foundation** houses multiple scholarship opportunities for high school and college applicants @ [denverfoundation.org/scholarships/scholarship-opportunities/](http://denverfoundation.org/scholarships/scholarship-opportunities/). Check their website for opportunities and corresponding deadlines.
- ◆ **WinField Careers in Agriculture Scholarship** is due in the spring. Application information is available through a general search @ [winfieldunited.com/](http://winfieldunited.com/).
- ◆ **Dairy Calf and Heifer Association Scholarship** is due early February. Information is available @ [calfandheifer.org](http://calfandheifer.org).
- ◆ **CSU/FSA 2022 Farm Bill Decision Webinar** is February 7th at 6:00pm. Register @ [zoom.us/webinar/register/WN\\_RoT3TSqsSAalDxHXmYDhzg](https://zoom.us/webinar/register/WN_RoT3TSqsSAalDxHXmYDhzg). Contact Brent Young @ [brent.young@colostate.edu](mailto:brent.young@colostate.edu) or 970-580-2204 for more information.
- ◆ **Farm Credit of Southern Colorado Scholarship** application is due February 15. To learn more about the scholarship and application information go to [aglending.com/scholarships/](http://aglending.com/scholarships/).
- ◆ **National Holstein Women’s Scholarship** application is due February 15 and is available @ [nhwsoscholarship.com/scholarship-application/](http://nhwsoscholarship.com/scholarship-application/).

# INFORMATION & EVENTS

- ◆ **Colorado Livestock Association-Marshall Frasier Beef Symposium** will be held February 16 at the Lincoln County Fairgrounds. For more information and to register go to [coloradolivestock.org/events/mfbs2022/](https://coloradolivestock.org/events/mfbs2022/).
- ◆ **Stalwart Agfinity Scholarship** application information is available @ [agfinityinc.com/about-us/community-support/](https://agfinityinc.com/about-us/community-support/).
- ◆ **American Agri-Women Daughters of American Agriculture Scholarships** are due March 1. For information go to [americanagriwomen.org/scholarships/](https://americanagriwomen.org/scholarships/).
- ◆ **Colorado 4-H Foundation Scholarships** application is open until March 1. For information go to [co4h.colostate.edu/about-us/scholarships/](https://co4h.colostate.edu/about-us/scholarships/).
- ◆ **Feed Tomorrow Institute of Food Technologies Scholarships** is due in March. Information and the application is available at [ift.org/Community/Students/Scholarships.aspx](https://ift.org/Community/Students/Scholarships.aspx).
- ◆ **National Ayrshire Youth Scholarship** is due March 1 at [usayrshire.com/youth.html](https://usayrshire.com/youth.html).
- ◆ **National Junior Swine Association Scholarships** application are due March 1. Information is available @ [nationalswine.com/njsa/njsa-scholarships.php](https://nationalswine.com/njsa/njsa-scholarships.php).
- ◆ **Trans Ova Genetics Scholarship** is due March 1. Additional information is available @ [transova.com/youth#scholarships](https://transova.com/youth#scholarships).
- ◆ **Agriculture Future of America Scholarship** is due March 9. Application information is available at [agfuture.org/scholarships](https://agfuture.org/scholarships).
- ◆ **Sullivan Show Supply Scholarship** is due March 15. The application is available at [sullivanssupply.com/scholarships/](https://sullivanssupply.com/scholarships/).
- ◆ **Civilian Marksmanship Program Scholarship** is due March 20. Information is available at [thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn](https://thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn).
- ◆ **Rocky Mountain Farmers Union Scholarships** are due March 21 @ [rmfu.org/what-we-do/education-leaders/scholarships/](https://rmfu.org/what-we-do/education-leaders/scholarships/).
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 25th. For information go to [coloradowheat.org/2021/12/2022-cawg-scholarships/](https://coloradowheat.org/2021/12/2022-cawg-scholarships/).
- ◆ **National 4-H Youth in Action Awards** application is open till March 28. Information and application is available at [4-h.org/parents/4-h-youth-in-action-awards/#!application](https://4-h.org/parents/4-h-youth-in-action-awards/#!application).
- ◆ **American Guernsey Association Scholarships** are due starting March 31. Check out their website @ [usguernsey.com/agya](https://usguernsey.com/agya) for complete information and deadlines.
- ◆ **Dairy MAX Scholarship** application is due March 31. For information and application go to [dairymax.org/dairy/scholarships](https://dairymax.org/dairy/scholarships).

## Quick Reference for Market Livestock Projects

Species	Ideal Birth Date	When to Acquire	Suggest beginning weight/age	Minimum Weight at Fair	Maximum Weight at Fair
Beef 	Winter/ Spring of previous year	Fall to January	650-850 lbs. Miniatures 300- 400 lbs.	1000 lbs. Miniatures 500 lbs.	1550 lbs. Miniatures 1000 lbs.
Swine 	After January 1 <sup>st</sup> of current year	March to April	70-100 lbs.	230 lbs.	300 lbs.
Lamb 	After January 1 <sup>st</sup> of current year	March to April	50-90 lbs.	100 lbs.	175 lbs.
Goat 	After December 1 <sup>st</sup> of previous year	March to April	30-65 lbs.	50 lbs.	125 lbs.
Turkey 	Hatched March 15 <sup>th</sup> -May 15 <sup>th</sup>	March 15 <sup>th</sup> to May 15 <sup>th</sup>	3 days old	Hens 13 lbs. Toms 20 lbs.	Hens 30 lbs. Toms 43 lbs.
Geese 	Hatched March 15 <sup>th</sup> -May 15 <sup>th</sup>	March 15 <sup>th</sup> to May 15 <sup>th</sup>	3 days old	Pen of two 14 lbs.	Pen of two 28 lbs.
Duck 	Hatched April 15 <sup>th</sup> - May 15 <sup>th</sup>	April 15 <sup>th</sup> - May 15 <sup>th</sup>	3 days old	Pen of two	Pen of two
Chicken	Hatched May 15 <sup>th</sup> - June 20 <sup>th</sup>	May 15 <sup>th</sup> - June 20 <sup>th</sup>	3 days old	Pen of three Fryer 9 lbs. Boilers 18 lbs.	Pen of three Fryer 18 lbs. Boilers 30 lbs.
Rabbit 	April 22 <sup>nd</sup> - May 1 <sup>st</sup>	May 22 <sup>nd</sup> – June 5 <sup>th</sup>	30 days old	Pen of three Fryer 9 lbs.	Pen of three Fryer 17 lbs.

### Select Tips:

1. Good Structured at a young age is very important, bad walkers get worse with weight.
2. Pick Healthy and Growthy (Fleshy) Young Prospects, more belly usually mean more growth
3. Balance usually makes more functional projects, unbalanced usually creates problems
4. Muscle makes meat, they are show market animals
5. Pick an animal with a good attitude, it makes for a better 4-H Year

Good Luck!!!! By CSU Lincoln County Extension Director Robin Halley

## ANIMAL INFORMATION CORNER: HERD SIRES WANTED

Producers rely on breeding livestock to carry out their production goals. The success or failure of herd sire's (genetically or physically) can create a ripple effect in the operation that can be felt for years. This year before you head to the next sale or push the "order complete" button for semen take time to do some analysis and planning to make the next breeding season a successful one.

### My Operation:

- ◆ Know your end product (i.e. terminal, breeding, utility or multiple traits).
- ◆ Determine where you have come from and where you want to go with the operation from a genetic and production standpoint.
- ◆ Utilize production records to determine where the strengths and weaknesses of the operation are (i.e. weaning weight or milk production).
- ◆ Know your production and break even numbers to determine what you can afford to spend.
- ◆ Plan A is Crucial->
  - What am I purchasing? (Semen, entire animal, percentage, etc.)
  - Do I know what I can spend and am I prepared emotionally to walk away?
  - What volume is needed? (Does this include planning for loss or injury?)
  - Where will I make the purchases? (i.e. One or multiple sales, online catalog, etc.)
  - Does their offering meet the genetic and physical traits sought by my operation?
  - Am I prepared for the sale? (i.e. Who's going to buy and when and how; transportation; feed; insurance; veterinary; etc.)

\*\*Plan B and Plan C are also important as you may be priced out of the market on your first plan; inventory may no longer be available; the quantity isn't enough; bad shipment; personal contributing factors, etc..

### What Does it Mean:

- ◆ Genetic testing information and Expected Progeny Differences (EPD's) should be utilized to determine accuracy of blood lines; common mutations among breeds or sires; and the likelihood of traits occurring in offspring.
- ◆ Physical structure and ability matter just as much as the genetic information.
- ◆ Utilize resources to find animal and breed specific information and understand differences.
- ◆ Attitude and behavior can be just as important as genetics especially when considering if animals need to frequently ward of predators or be more docile if commonly around humans.
- ◆ Location matters!!!- Environment, topography and altitude need to be considered when purchasing animals from outside the area to ensure they will acclimate successfully.



## ANIMAL INFORMATION CORNER: HERD SIRES WANTED (cont.)

### Breeder Research:

- ◆ You can't know what you don't know! Get a breeding soundness exam conducted before the purchase (even if purchasing semen).
- ◆ Shop around and research all of your options (i.e. multiple purchases from different herds; semen utilization; lease shares; percentage ownerships, etc.).
- ◆ Don't be afraid to ask for references and talk to industry representatives of that breed.
- ◆ Ask for a tour of the herd and/or facilities and find out how the animals are cared for (shelter, working pens, nutrition, health, etc.).
- ◆ What purchase guarantees and conditions are provided (i.e. If the semen gets lost in the mail or the stud dies in the first 30 days—>who's responsible?)?
- ◆ What incentives are provided (i.e. bulk purchase discounts or a free wintering program)?

### Resources:

-Merck Veterinary Manual-Management & Nutrition @ [merckvetmanual.com/management-and-nutrition](http://merckvetmanual.com/management-and-nutrition)

-University of Florida Extension-Livestock Structure Terminology @ [edis.ifas.ufl.edu/pdf/4H/4H33000.pdf](http://edis.ifas.ufl.edu/pdf/4H/4H33000.pdf)

-USDA Market News- Livestock, Poultry, & Grain @ [ams.usda.gov/market-news/livestock-poultry-grain](http://ams.usda.gov/market-news/livestock-poultry-grain)

### Goat

-Langston University-Goat Selection @ [luresext.edu/?q=content/goat-selection](http://luresext.edu/?q=content/goat-selection)

-Extension-Goat Reproduction Selection @ [goats.extension.org/goat-reproduction-selection/](http://goats.extension.org/goat-reproduction-selection/)

-UNL Extension- Enterprise Budgets (Sheep/Goat) @ [cap.unl.edu/livestock](http://cap.unl.edu/livestock)

### Sheep

-Alabama Extension-Sheep Selection @ [aces.edu/blog/topics/farming/sheep-selection/](http://aces.edu/blog/topics/farming/sheep-selection/)

-Penn State Extension-Ram Selection Principles @ [extension.psu.edu/ram-selection-principles](http://extension.psu.edu/ram-selection-principles)

-University of Kentucky-Animal Science's-Sheep EPD's @ [afs.ca.uky.edu/livestock/sheep/epd](http://afs.ca.uky.edu/livestock/sheep/epd)

### Cattle

-Bull Soundness-Structural @ [dpi.nsw.gov.au/animals-and-livestock/beef-cattle/breeding/bull-selection/structural-soundness](http://dpi.nsw.gov.au/animals-and-livestock/beef-cattle/breeding/bull-selection/structural-soundness)

-CSU Extension ABM-Enterprise Budget (Beef) @ [abm.extension.colostate.edu/enterprise-budgets/](http://abm.extension.colostate.edu/enterprise-budgets/)

-eBEEF (Beef Genetics & Genomics) Information @ [ebeef.ucdavis.edu/](http://ebeef.ucdavis.edu/)

## ANIMAL INFORMATION CORNER: HERD SIRES WANTED (cont.)

### Horse

American Quarter Horse Association–Genetic Testing @ [aqha.com/genetic-testing](http://aqha.com/genetic-testing)

QStallions-Stud Directory and Information @ [qstallions.com/](http://qstallions.com/)

University of Georgia Extension-Horse Confirmation @ [extension.uga.edu/publications/detail.html?number=B1400&title=Evaluating%20Horse%20Conformation](http://extension.uga.edu/publications/detail.html?number=B1400&title=Evaluating%20Horse%20Conformation)

University of Tennessee– Management & Costs Considerations for Owners of Horse Businesses @ [extension.tennessee.edu/publications/documents/w371-b.pdf](http://extension.tennessee.edu/publications/documents/w371-b.pdf)

### Swine

Iowa State -Enterprise Budgets (Swine) @ [extension.iastate.edu/agdm/livestock/html/b1-21.html](http://extension.iastate.edu/agdm/livestock/html/b1-21.html)

National Swine Registry-Genetic Resources@ [nationalswine.com](http://nationalswine.com)

Pork Information Gateway-Management of the Boar @ [porkgateway.org/resource/management-of-the-boar/](http://porkgateway.org/resource/management-of-the-boar/)

University of Kentucky-Animal Sciences'-Judging Swine @ [afs.ca.uky.edu/livestock/presentation/judging-swine](http://afs.ca.uky.edu/livestock/presentation/judging-swine)

## February 2022

Events and Information available at [lincoln.extension.colostate.edu/events/](http://lincoln.extension.colostate.edu/events/)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Livestock Project Scholar- ships Due	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Shooting Sports Safety Mtg. 1 6:30pm @ Fairgrounds	16	17	18	19
20	21 Holi- day- Office Closed	22 Shooting Sports Safety Mtg. 2 6:30pm @ Fairgrounds	23	24 Poultry 101 Webi- nar	25	26
27	28	<b>March 1</b> 4-H Project Add/ Drop Deadline	2	3	4	5 Beef Weigh-In-8:00am @ Meier Feedlot 48750 Hwy 40/287 Limon

## SAFETY StepUP: ICE

Ice is often prevalent in the wintertime on surfaces such as vehicles or sidewalks. If temperatures stay cold enough ice will also form on waterways for the entire winter. While this makes for great ice-fishing; ice can also be very damaging. Preparing to walk on ice or be in the outdoors will help to prevent accidents and property damage for all.

### @ Home or Around Town:

- ◆ Shovel walks and utilize ice melt or warmers to keep ice from forming.
- ◆ Install hand-rails and utilize other contact points such as a door handle and walking sticks for support when walking and entering or exiting equipment, vehicles, or buildings.
- ◆ Wear flat-soled shoes with traction or add-on cleats for traction.
- ◆ Walk slowly and avoid carrying items to allow you to better support yourself in a fall.
- ◆ When you arrive indoors; wipe your feet and avoid walking on wet spots to prevent falls.
- ◆ Avoid taking the elderly or small children out in icy conditions as they are less stable and may cause a “domino effect” fall for both of you.



### Driving:

- ◆ Drive slowly; give yourself plenty of time in inclement weather to get to the next location; and allow at least 600ft between vehicles to stop.
- ◆ Park away from others and avoid parking on ice patches to help you safely move.
- ◆ Ensure your tires are in good condition (at least 1/4" tread). Be prepared with a shovel and sand to help you create traction if you get stuck.

### Wilderness & Outdoor Activities:

- ◆ Know Before you go! Gather as much information about the topography or walk-in areas as you can to help you avoid waterways and other hazardous areas.
- ◆ Never go out alone; take an emergency kit; and always let someone know where you are going.
- ◆ Never assume the ice is frozen. Know how to check the ice and obey access signs for fishing or skating (including municipal and recreation areas).
- ◆ Never drive snowmobiles, go tubing/sledding, or skiing across lakes and ponds.

### Resources:

CDC-Winter Weather Tips @ [cdc.gov/disasters/winter/duringstorm/indoorsafety.html](https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html)

Colorado Parks & Wildlife-Survival Tips @ [cpw.state.co.us/learn/Pages/Survival.aspx](https://cpw.state.co.us/learn/Pages/Survival.aspx)

Disaster & Emergency Preparedness @ [ready.gov/](https://www.ready.gov/)

# MEAT QUALITY ASSURANCE (MQA)

Meat Quality Assurance Training 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.

Lincoln County 4-H & FFA Members will be required to complete MQA as follows: (1x-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: April 4th 4-7:00pm at the Lincoln County Fairgrounds. *\*If you cannot make the county date you will need to contact the office in advance for a listing of other county trainings that you may attend to complete your requirement. We need to notify other counties before you show up at their MQA training. The following are some nearby MQA training locations.*

DATE	COUNTY	LOCATION
<b>FEBRUARY 2022</b>		
19	Larimer	The Ranch
<b>MARCH</b>		
14	Elbert	Fairgrounds
15	Elbert	Simla School
17	Cheyenne	Fairgrounds
18	Kiowa	Fairgrounds
22	Prowers	Granada School Old Gym
23	Bent	McClave School
25	Otero/Crowley	Ark Valley Fairgrounds
28	Weld	Island Grove Regional

DATE	COUNTY	LOCATION
<b>APRIL</b>		
4	Lincoln	Fairgrounds
5	Yuma	Round House
6	Yuma	Fairgrounds
7	Logan	Fairgrounds
8	Pueblo	Fairgrounds
10	Sedgewick	Fairgrounds
11	Phillips	Fairgrounds
12	Kit Carson	Burlington Comm Center
25	Boulder	Fairgrounds
<b>MAY</b>		
4	Jefferson	Fairgrounds
7	Park	Fairgrounds
16	Morgan	Fairgrounds
17	Morgan	Fairgrounds
20	Larimer	The Ranch

## JUST TO GET YOU THINKIN...

**“There is more treasure in books than in all the pirate’s loot on Treasure Island.” -Walt Disney**

**“Every sunset is also a sunrise. It all depends on where you stand.” -Karl Schmidt**

# ACTIVITY PAGE:

## Indoor Ice Fishing Experiment

[littlebinsforlittlehands.com/ice-fishing-winter-science/](http://littlebinsforlittlehands.com/ice-fishing-winter-science/)

Supplies: Utilize one set of supplies per child

- Glass of cold water
- Ice cubes
- Salt (in a sprinkle dispenser)
- String or twine
- Scissors
- Blue food coloring (optional)

Instructions:

- Add 6 ice cubes to each glass and fill with cold water.
- Lay a piece of string over the top of the glass (connecting to an ice cube).
- Sprinkle salt over the string and ice and wait 30-60 seconds.
- Gently pull on the string and the ice should come with it.

\*This is a great hands-on, thinking activity. The activity author suggests experimenting with different types of string; the amount of salt used; and the best amount of time needed to get the string to attach to the ice.

## Color the Fishing Picture:



Photo by: [coloring4free.com/](http://coloring4free.com/)

## Monthly Reader:

*Ice Fishing (Outdoor Adventures)*

by Sara Green

## Rainbow-Fish Craft

<https://thesimpleparent.com/rainbow-fish-craft/>

Supplies:

- Scissors
- Glue (stick or liquid)
- Paint or markers
- Colored cupcake liners (smaller works better) or colored paper
- Paper plates (thin)

Instructions:

- Cut out (pizza slice width) small triangle shape from the plate (This makes the mouth).
- Paint the plate and triangle cut-out using a darker color.
- Glue the cut out triangle piece to the opposite end of the plate from the mouth (to make a fish tail).
- Use paper circle cutout to make an eye, then cut out a smaller circle and color black. Glue the smaller circle in the larger circle.
- Fold the cupcake liners or small pieces of paper in tri-fold or small triangle shape and glue on the fish in layers to make it look like it has scales.



## 4-H VOLUNTEER OPPORTUNITIES:

YOU can volunteer in over 20+ 4-H project areas, become a certified shooting sports instructor, chaperone at camps, serve on a committee, help with special events, support funding efforts, and more. Volunteers have the opportunity to connect with youth; teach valuable life skills; give back to others; and sustain their own physical and mental well-being through engagement in the 4-H program.

In particular, shooting sports instructors are needed for archery and rifle for the coming year. State Certified Trainings will be available during the month of March.

For more information contact the Lincoln County Extension/4-H Office at (719) 743-2542 or website [lincoln.extension.colostate.edu/](http://lincoln.extension.colostate.edu/) or the Colorado 4-H webpage [co4h.colostate.edu/](http://co4h.colostate.edu/).



## SHOOTING SPORTS: 2022 INFORMATION

### **Shooting Sports Forms Required (Due January 31):**

\*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*

**Forms** are available online at [lincoln.extension.colostate.edu/programs/4-h/shooting-sports/](http://lincoln.extension.colostate.edu/programs/4-h/shooting-sports/).

**Shooting Sports Fees Due:** \$25/per shooting sports discipline enrolled in is due by January 31 (ex. enrollment in shotgun and rifle would equal a fee total of \$50). A Late Fee of \$10.00 applies after January 31. Fees are payable to the Extension Office.

**March 1:** All safety requirements and certification for Hunter's Safety must be completed by this date to participate in live fire range activities throughout the year.

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

**Safety Meetings-** February 15th (Tuesday) 6:30pm @ Fairgrounds & February 22nd (Tuesday) 6:30pm @ Fairgrounds. \*New project members must attend both safety meetings their first year. Returning members only need to attend one safety meeting.

**Practice Shoots and Scored Shoots-** All shoots will be held at the Limon gun range. Ideally two practice shoots and two scored shoots will be scheduled for late spring and summer.

\***Hunter's Safety Certification:** Check out the Colorado Parks and Wildlife site for more information and class availability at: [cpw.state.co.us/learn/Pages/HunterEducation.aspx](http://cpw.state.co.us/learn/Pages/HunterEducation.aspx).

## Head-> Grass-Cast

Grass-Cast is a partnership with the USDA and several universities to help producers predict rangeland productivity. They start reports in the spring and update them throughout the growing season. The reports help producers along with other information and data to determine if they will be (below, at, or above) normal forage levels. To learn more about the project in general or to utilize the tool checkout their sites @ [climatehubs.usda.gov/hubs/northern-plains/tools/grass-cast-grassland-productivity-forecast](http://climatehubs.usda.gov/hubs/northern-plains/tools/grass-cast-grassland-productivity-forecast) and [grass-cast.unl.edu/](http://grass-cast.unl.edu/).

## Hands-> Submit a Story or Photo

Do you like to write short stories or poetry or take pictures? If that is true; consider submitting your work to a local paper or a magazine to get started in the industry and pursue your passions.

Ideas to Submit to:

- Local association newsletter
- Local Energy Coop newsletter
- Local papers and magazines

Resources:

- [writersdigest.com/publishing-insights/writing-submissions-for-magazines-how-to-submit-writing-to-a-magazine](http://writersdigest.com/publishing-insights/writing-submissions-for-magazines-how-to-submit-writing-to-a-magazine)
- [photoworkout.com/submit-photos-magazine/](http://photoworkout.com/submit-photos-magazine/)

## Heart-> 4-H Volunteer

● People of all ages, abilities, and capacities have the ability to volunteer with 4-H. No matter what you have to offer, you can bring something to the table and make a positive difference in the 4-H program. Simple ways to volunteer:

- -Monetarily
- -Time
- -Resources or Equipment
- -Knowledge

● To learn more about the 4-H program or to volunteer check out the National 4-H @ [4-h.org/](http://4-h.org/); Colorado 4-H @ [co4h.colostate.edu/](http://co4h.colostate.edu/) or contact the Extension Office.



## Health-> Winter Blues

● The “Winter Blues” impact many individuals every year. According to the Mayo Clinic the colder temperatures preventing as much outdoor activity along with reduced daylight are certainly contributing factors. While many individuals experience this for just a short (seasonal) period of time, others may be affected longer. Individuals may overeat; feel tired; may oversleep; may be unmotivated to engage in socializing or activities including hobbies; etc.. Help combat some of those feelings by getting out and exercising each day; spending additional time in the sun; and connecting with others intentionally. \*It’s important to speak with your doctor or a professional to find out what may be contributing to your “winter blues” and if help is needed if symptoms are on-going.

● [mayoclinic.org](http://mayoclinic.org)

Colorado State University, U.S. Department of Agriculture and Lincoln County cooperating.

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