

# 4-H NEWSLETTER

July /August 2022



**LINCOLN COUNTY**  
 COLORADO STATE UNIVERSITY  
 EXTENSION

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**THANK YOU'S!!!**

**Thank you to Eastern Colorado Veterinary Services for sponsorship of Hoof Trim Day!**

**Thank you to the Lincoln County 4-H Foundation for sponsoring the County Scored Shoot !**

**Thank you to Council members and parents for helping with 4-H Fun Day!**

**Thank you to the Town of Limon for working on an Archery area at the Limon Range.**



*Please help us in Welcoming our new Administrative Assistant-Amelia Sharp who is working with Amy.*

**The Extension Office & 4-H**

**are on Facebook @**

**[Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)**

**\*Visit the page for additional events and resource postings for all.**



**Lincoln County**

**Extension/4-H Website**

**<https://lincoln.extension.colostate.edu/>**

## BEEF ULTRASOUND CONTEST

**Date & Time:** Friday, August 12th @ 9:00am-12:00pm over by the beef scale (Members can rotate in and around the round robin competition).

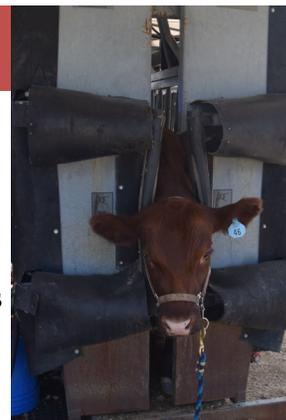
### To Participate:

1) Simply Sign up Tuesday at weigh-in on the sheet which market beef animals (tag #'s) you would like scanned. \*Breeding Beef may also get an ultrasound. (You must provide appropriate association information if you want information sent off on any breeding animals).

2) Provide Payment \*Checks payable to Eastern Colorado Veterinary Services or bring exact change on Tuesday at Weigh-IN. **Cost:** \$20/Head

**What:** The Livestock Sale Committee and Eastern Colorado Veterinary Services are going to be offering ultrasounds on market beef projects for interested members.

**Why:** \*The ultrasound scan is designed to give members some data information about their animal. Data collected from the ultrasound can be used to *estimate* carcass retail yield and meat quality. Common traits estimated include ribeye area, backfat, intramuscular, and rump fat. \*It helps youth learn more about the commercial cattle market and how traits and carcass information impact value received from buyers and packers as well as what the industry standards are regarding consumers consumption habits. Contest results are presented at achievement night in the fall.



## PORTABLE SCALE & FAIRGROUND SCALES

- ◆ There is a portable (sheep, goat, and swine) scale available for use at the Extension Office. The scale is available for use/pickup on a first-come basis by appointment only during office hours. We encourage you to bring a trailer to load the scale into as it is quite heavy.

\*A \$50 deposit is required and an equipment check-out sheet must be completed. \*Please bring cash or check as we do not have a credit card machine.

\*The scale must be disinfected according to the "Disinfectant Protocol Sheet" before it is returned to the office.

\*A \$50 late fee will apply if the scale is not returned on time.

\*Non 4-H/FFA members may also rent the scale for \$25/ per day.

- ◆ The scales at the fairgrounds to weigh cattle and other species are available for use this summer by appointment only during office hours.



# 4-H COUNTY AWARD NOMINATIONS

4-H Award Nominations can be submitted until September 1st! Take some time and nominate an outstanding member, volunteer, and/or business partner for their contributions to Lincoln County 4-H. Nomination forms are available online at [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/) and can be submitted to the Extension office by: mail, email, backdoor slot drop-off, or fax.

**Partner in Success  
Award**

**Gwendal Leonard  
Hard Luck Award**

**Outstanding 4-H  
Volunteer**

**Outstanding 4-H Member  
(Jr., Intermediate, Sr.)**

**Hall of Fame  
Award**

**JUST TO GET YOU THINKIN...**

*"Summertime is always the best of what might be."*

-Charles Bowden

*"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome."*

-Wilma Rudolph

# FAMILY & CONSUMER: HOMEMADE ICE CREAM

There are so many things to enjoy during the summer months. Homemade ice cream is one of them. The unique texture, great taste, and ability to make so many flavors make homemade ice cream worth the extra effort. Ice cream can offer some health value by providing calcium, potassium, vitamins, iodine, and selenium. It also provides energy through carbohydrates and fats and is a low-sodium snack.

There are many ways to make homemade ice cream including: utilizing ice trays, Ziploc bags or jars, the old-style hand-crank ice cream maker, or automated electric ice cream makers. Homemade ice cream is something that anyone can do (regardless of prior experience). The following ideas are some great ways to involve the family and share your homemade ice cream with others:

- Have the kids spend quality time with their grandparents let them learn how to make the family homemade ice cream recipe.
- If you need a babysitting activity then try making homemade ice cream using [Ziploc Bags](#).
- Homemade Ice Cream Recipe Swap-> Pick up a new flavor or method from your friends or family! The [Homemade Peach Ice Cream](#) and [Homemade Vanilla](#) recipes have great flavor!
- Set up a Block Homemade Ice Cream Party and tasting contest! Share you family favorite or try your hand at a [different flavor](#). [Dairy-free](#) options are also available for those with allergies.
- Drop off a pint for one of your elderly neighbors or club meeting.

Homemade ice cream can be a wonderful treat. Different recipes will require different kinds of equipment and ingredients. Be sure to read through the entire recipe before starting. Also, when preparing ice cream do not forget some basic [food safety](#) reminders:

- Temperature Check->Ensure that your freezer is operating at 0° and your refrigerator is below 40° to properly store all ingredients and finished products.
- Wash hands and equipment (before, during, and after the process).
- Keep raw ingredients separate from cooked items.
- Wear serving gloves when hosting others and post a label card on the container with the ingredient list (for guests who might have allergies).

References & Links:

Homemade Peach Ice Cream Recipe @ [drive.google.com/file/d/1xNdiaIy98AcLYfDXDA-yOZ57c9mV6kcd/view?usp=sharing](https://drive.google.com/file/d/1xNdiaIy98AcLYfDXDA-yOZ57c9mV6kcd/view?usp=sharing)

Homemade Vanilla Ice Cream Recipe @ [drive.google.com/file/d/1ztTWldT6cdvA8OmTuuxgd0GFUiYSGubn/view?usp=sharing](https://drive.google.com/file/d/1ztTWldT6cdvA8OmTuuxgd0GFUiYSGubn/view?usp=sharing)

Ice Cream in a Ziploc Bag @ [thebestideasforkids.com/wprm\\_print/9085](https://thebestideasforkids.com/wprm_print/9085)

Homemade Ice Cream Recipes @ [allrecipes.com/recipes/1556/desserts/frozen-desserts/ice-cream/](https://allrecipes.com/recipes/1556/desserts/frozen-desserts/ice-cream/)

Dairy-Free Ice Cream Recipes @ [culinarynutrition.com/20-best-dairy-free-ice-cream-recipes/](https://culinarynutrition.com/20-best-dairy-free-ice-cream-recipes/)

CSU Extension: Food Safety @ [extension.colostate.edu/topic-areas/nutrition-food-safety-health](https://extension.colostate.edu/topic-areas/nutrition-food-safety-health)

## LIVESTOCK SALE BUYER INVITE TIPS:

The Jr. Livestock Sale is generously provided by the Lincoln County Livestock Sales Committee on behalf of the fair each year to support members market projects. The sale provides an opportunity for youth to sell their project at a premium price. \*Market price is what you would receive at the sale barn or from a local buyer reflecting the true value of the market and what that animal is worth. A premium sale price is funds received above and beyond the normal market price for that animal. Essentially members have the opportunity to earn additional funds.

Generating buyer support is a great way for members to help make the sale successful for everyone. Oftentimes buyers will come to specifically bid on a member's project if they have been asked or know the member on a business or personal level. Spend some time talking to potential buyers about the sale and the great benefits of buying member-raised animals!

### Who to Ask to the Sale:

- 1) Family (grandparents, aunts, uncles, cousins, etc.)
- 2) Local businesses in the community in which you live and nearby. (All business types including agriculture, restaurants, insurance offices, hardware, flower shops, etc.)
- 3) Individuals (neighbors, parent's co-workers, acquaintances, and friends).

\*Reminder ->Respect "No soliciting" signs; which means the business or individual is not interested in buyer solicitations.

### Safety Tips When Out Talking to Potential Buyers (Individuals or Businesses):

- Never enter someone's home; always talk to them on the porch or step. If you feel unsafe at a business or home for any reason; leave immediately.
- Never go out alone. Always go in pairs or preferably with an adult.
- If out walking->wear bright and visible clothing, obey traffic laws, and watch for motorists.
- Let someone know of your plan and exactly which locations you will be stopping at. Also avoid carrying cash, purses, or large bags.

### Information for Contact Sheet/Invitation to Leave with the Potential Buyer:

- First and last name and a phone number (parent number preferable).
- General information about your involvement in 4-H/FFA (club/school name; county; how many years involved; what projects you take; why you like the projects; skills learned; etc.).
- General information about the sale and personal invite with your signature to attend.

**Resources:** Lincoln County Jr. Livestock Sale Informational Brochure for Buyers @

[drive.google.com/file/d/1eBRSc0YXU6HDOSD7t6myy7UxZD45RMc/view?usp=sharing](https://drive.google.com/file/d/1eBRSc0YXU6HDOSD7t6myy7UxZD45RMc/view?usp=sharing)

Lincoln County Jr. Livestock Sale Flyer @ [drive.google.com/file/d/1P5jJGleibDrBMAuNTamL7Rf57nveXBzA/view?usp=sharing](https://drive.google.com/file/d/1P5jJGleibDrBMAuNTamL7Rf57nveXBzA/view?usp=sharing)

# GROW & GIVE

GROW FOOD SHARE THE HARVEST

The CSU Extension Grow & Give Project is underway for 2022 again!

If you have a garden or are interested in growing one and like helping others; then this project is for you.

What to do:

- 1) Start growing your garden (this can be a year-round project if you have the ability to grow plants indoors).
- 2) Sign up and learn where to donate locally @ [growgive.extension.colostate.edu/give/register/](https://growgive.extension.colostate.edu/give/register/)
- 3) Donate your excess produce to your local food bank or community need center.
- 4) Enter your donations on the Grow and Give site.
- 5) Enjoy the benefits of sharing and helping to fight food insecurity in your local community!

\*The Grow & Give site also has great gardening resources and will help keep you up-to-date on the giving project throughout the year.

## OUTDOOR CORNER: AVOIDING THE “MUSSELS”

Many families will spend their free-time during the summer at different lakes and reservoirs not only here in Colorado but in neighboring states as well. Colorado Parks and Wildlife wants to remind everyone of “Leave no Trace”. This means that you leave nothing behind and you take nothing with you. This is important to remember for those that have boats or other water toys (innertubes, jet-skis, etc.). One thing that may tag along unknowingly to boat owners are Mussels. Mussels are considered an invasive aquatic species. Mussels are destructive to aquatic habitats, they can damage equipment, and cause damage to the infrastructure on reservoirs. Colorado now actively inspects boats coming and going to help prevent the spread of mussels into the state’s aquatic systems.

How You Can Help:

- Drain all water from boats or other equipment before leaving including the engine.
- Ensure everything has dried out before going to the next lake.
- Remove visible plants, fragments, mud, and debris from all equipment and vehicles. This also includes checking under, in, and around equipment and on shoes as well.
- Empty bait and other dispose items directly into the trash system and not the water.



Resources @

Boater’s Guide to Aquatic Nuisance Species (ANS) Inspections- [cpw.state.co.us/Documents/ANS/BoatersGuideToANS.pdf](https://cpw.state.co.us/Documents/ANS/BoatersGuideToANS.pdf)

Statewide Watercraft Inspection and Decontamination Sites- [cpw.maps.arcgis.com/apps/webappviewer/index.html?id=af73d36861534d64ba5d040c0d83a6a4](https://cpw.maps.arcgis.com/apps/webappviewer/index.html?id=af73d36861534d64ba5d040c0d83a6a4)

# 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/)

-Lincoln County Colorado Extension Facebook

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

- ◆ **Fairgrounds Pen Set-Up** will be July 6th at the fairgrounds from 8:30am to noon. The Livestock Sale Committee is requesting Intermediate and Senior Age (only) members to help if available.
- ◆ **Shooting Sports-** The second scored/county shoot is (Saturday) July 9 at the Limon Gun Range. Rifle starts @ 7:45am, Shotgun @ 9:15, and Archery @ 9:45 for setup and to be ready to shoot. Please make sure you are purchasing ammunition well ahead of each scheduled shoot to ensure enough rounds. Don't forget extra arrows as well. Watch for emails the week of shoots for any changes.
- ◆ **State Shoot Entries and fees** are due July 15 to [christine.schinzl@colostate.edu](mailto:christine.schinzl@colostate.edu). Members must have met all requirements to register for state. Please provide the class type and discipline shooting in and bring or send in fees to the office. The state rule book and class type information is available at [co4h.colostate.edu/program-areas/shooting-sports/](http://co4h.colostate.edu/program-areas/shooting-sports/). (Cost is \$20/per individual + (\$5/class for rifle or archery or \$15/class shotgun). Dates are (August 20-21 in Pueblo & Surrounding Areas - .22 Rifle/ Archery) & (September 3-4 in Colorado Springs - Shotgun).
- ◆ **Fair Related->**
  - >Breeding Beef & Dairy Members need to let the Extension Office know by July 15th if they will need a stall during the week of fair. Space is limited and breeding beef and dairy may need to come and go the day of their respective show.
  - >The Poultry Show for 4-H/Open Class is cancelled for 2022. Poultry members may still complete their project by turning in a record book to the extension office by August 31st.
  - >The fairbook is available online @ [lincoln.extension.colostate.edu/lincoln-county-fair/](http://lincoln.extension.colostate.edu/lincoln-county-fair/). \*Be sure to read through the fair book for your specific project to ensure you follow the project specifications correctly for exhibition. \*Exhibition of 4-H projects at fair is not required for project completion. However, general projects must participate in county fair judging for consideration for state fair qualification. *If you do not intend to exhibit your livestock or general project at fair, please let the office know as soon as possible.*
- ◆ 2022 Fair Theme-> "Ag Through the Decades"

# INFORMATION & EVENTS

Fair Related Continued...

->4-H Project Livestock Records (Lincoln County Specific) are located @ [lincoln.extension.colostate.edu/4-h-projects-record-books/](http://lincoln.extension.colostate.edu/4-h-projects-record-books/). \*Livestock record books must be turned in by August 31 to the office for project completion.

->4-H Project Information and 4-H General Project Record Books available @ [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/). \*To see score sheets for each project go to [co4h.colostate.edu/program-areas/state-fair-information/score-sheets/](http://co4h.colostate.edu/program-areas/state-fair-information/score-sheets/).

->A general reminder to download all forms and sheets before typing into forms to ensure that you can save your work. Test the save button on the document as you begin and remember to save frequently.

->Display Boards, Record Book Covers, and Clothing Tags are available if a member needs one (you may utilize a non-green record book cover or purchase a display board elsewhere as long as it meets the size requirements). Please plan ahead on picking any of those items up from the office to ensure availability for pickup and quantity desired. A reminder that we can only accept checks or cash. Record Books Covers- \$3.50; Display Boards- \$3.00; Clothing Tags- \$3.00

->Fashion Revue Entries are due July 15 to the extension office. The entry form is available on the fair page @ [lincoln.extension.colostate.edu/lincoln-county-fair/](http://lincoln.extension.colostate.edu/lincoln-county-fair/). \*The top 3 senior 4-H age members are eligible to attend the State Fashion Revue. You must notify extension staff directly after the contest and pay the registration fee and submit a digital photo of you in your outfit and narration on that Monday of the Revue. Go to the Colorado 4-H State Fair Resources page for more information and dates on the contest @ [co4h.colostate.edu/program-areas/state-fair-information/](http://co4h.colostate.edu/program-areas/state-fair-information/).

->Fashion Revue (August 8) of Fair (Club Rotation-Heartland)- Duties include: setting up chairs in the Events Building; decorations for the Fashion Revue section of the building; setting up the sound system and podium; providing members to announce participants and read narratives; and cleanup.

->The Beef Ultrasound Opportunity will be on Friday (August 12th). Members that wish to participate will need to sign up during beef weigh-in at fair and bring \$20/head for payment.

->All members need to be aware of weight minimum and maximums on animals for showing purposes and regarding the livestock sale under "4-H/FFA Livestock & Sale Rules" in the fairbook. Also be aware of information regarding extra animals being sold on the floor, sale consignment deadlines and other requirements.

->All livestock may be released after their respective shows, with the exception of round robin (till round robin is over), market sale animals, and any buy back animals. All livestock exhibitors must check out with superintendents by 4:00pm on Friday evening. All livestock and equipment must be removed no later than end of day on Saturday.

# INFORMATION & EVENTS

Fair Related Continued...

-Class Premiums earned for 4-H/FFA & Open Class projects will be mailed out as a check. (Fair premiums will no longer be given out as a voucher on Saturday of fair).

-General exhibit 4-H projects that *receive a first in their class* will be eligible to go to state fair. Exhibits are due to the Extension Office no later than Noon on August 16th. Pickup will from September 8-22 (only) from the office. Projects not picked up will be recycled. Notify the superintendent during project check-out on Saturday if you intend to send your project. \*Some projects may require members to haul their own project to state fair depending on how fragile they may be and the size.

- ◆ **4-H Club & Foundation Chartering** documents must be submitted to the office no later than August 15. Chartering can be completed as soon as the July bank statement arrives.
- ◆ **4-H Club- Member in Good Standing** forms are due by September 1 to the office.
- ◆ **County 4-H Award Nominations** are due September 1 to the office. Consider nominating someone for one of the awards: Outstanding 4-H'er, Outstanding Volunteer, Partner in Success, Hall of Fame and the Gwendal Leonard Hard Luck award. Nomination forms are available under "awards" 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).
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide available** @ [lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](http://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ◆ **Colorado Junior Swine Association Shows** information is located at @ [facebook.com/coloradojuniorswine/](https://facebook.com/coloradojuniorswine/).
- ◆ **Various Livestock Shows** national listing flyers available @ [showman.app/shows#/](http://showman.app/shows#/).
- ◆ **Colorado Stock Horse Association Open Shows** are scheduled for several dates through the fall. More information available @ [coloradostockhorse.com](http://coloradostockhorse.com).

# INFORMATION & EVENTS

- ◆ **Briggsdale Classic Open Jackpot Show** is July 8-10 in Briggsdale, CO. Information and registration is available at [briggsdaleclassic.wordpress.com/entry-forms/](http://briggsdaleclassic.wordpress.com/entry-forms/) or [facebook.com/BriggsdaleClassicLivestockShow](https://www.facebook.com/BriggsdaleClassicLivestockShow).
- ◆ **Arthur W. Nesbitt Dairy Scholarship** application is due July 15. Information is available at [al-americaandairyfoundation.com/arthur-w-nesbitt-scholarship.html](http://al-americaandairyfoundation.com/arthur-w-nesbitt-scholarship.html).
- ◆ **American Rabbit Breeders Association (ARBA) Scholarship** application is due July 31. Information is available @ [arba.net/arba-youth-scholarship/](http://arba.net/arba-youth-scholarship/).
- ◆ **American Southdown Breeders' Association Scholarship** is due August 1. Information is available at [southdownsheep.org/juniors/scholarships/](http://southdownsheep.org/juniors/scholarships/).
- ◆ **Colorado State Fair** is August 26-September 5 in Pueblo. Information, contests, and a schedule of events is available at [coloradostatefair.com/](http://coloradostatefair.com/).
- ◆ **American Hereford Association Fall Scholarships** are due September 1. Information is available at [hereford.org/youth/scholarship-opportunities](http://hereford.org/youth/scholarship-opportunities).
- ◆ **Ag Day with 4-H @ CSU** is September 24th (Football game, lunch, campus experience, leadership talk, etc.) \$35 package includes parking for \$10. Purchase tickets at [csurams.com/](http://csurams.com/) (use code: 4H2022).
- ◆ **Colorado Make it With Wool** contest is in November. Registration is due September 25. Information is available at [Colorado-Make It With Wool Facebook Page](https://www.facebook.com/Colorado-Make-It-With-Wool) or contact Gloria Cundall 303-659-5559 or [gacundall@outlook.com](mailto:gacundall@outlook.com).
- ◆ **Lallemand Animal Nutrition Forward Scholarship** application is due September 30. For information go to [lallemandanimalnutrition.com/en/united-states/whats-new/lallemand-animal-nutrition-forward-scholarship-guidelines-2022/](http://lallemandanimalnutrition.com/en/united-states/whats-new/lallemand-animal-nutrition-forward-scholarship-guidelines-2022/).
- ◆ **Colorado Simmental Youth Herd Builder; Education; & Fair Grants & Scholarships** applications are due October 1. Information is available at [coloradosimmental.com](http://coloradosimmental.com).

## Event Round Up->State 4-H Conference



## Shooting Sports



## ACTIVITY PAGE:

Summer is in full swing and so are summer concerts. Get out this summer and explore different towns and summer concert activities going on locally and around the state.

Summer Concerts offer up many opportunities for youth and families including:

- Learning about different genres and lifestyles
- Exploring career opportunities around concerts and events
- Engaging socially in different environments
- Adding new musical artists or songs to your collection
- Enjoying time spent with friends and family
- Enjoying additional activities at the concerts
- Seeing new places and venues
- Often a lower cost activity as many summer concerts (especially locally) are often sponsored by towns and tourism boards

Potential Concerts to Check Out and Resource Links:

- ◆ Broomfield, CO Summer Concert series – [broomfield.org/3441/Summer-Concerts-Series-2022](http://broomfield.org/3441/Summer-Concerts-Series-2022)
- ◆ Colorado Events & Festivals- [colorado.com/events](http://colorado.com/events)
- ◆ Colorado Prairie Music Festival (Hugo)- [coloradoprairiemusicfest.com/](http://coloradoprairiemusicfest.com/)
- ◆ Colorado State Fair Concerts (Pueblo)- [coloradostatefair.com/events/](http://coloradostatefair.com/events/)
- ◆ Cultural Calendar for Pikes Peak Region (Concerts)- [peakradar.com/categories/outdoor-summer-concert-guide/](http://peakradar.com/categories/outdoor-summer-concert-guide/)
- ◆ Denver (Free Events/Concerts)- [denver.org/events/free-events](http://denver.org/events/free-events)
- ◆ Lagoon Summer Concert Series (CSU Fort Collins)- [lagoon-series.com/](http://lagoon-series.com/)
- ◆ Lincoln County Events- [seelincolncounty.com/events/](http://seelincolncounty.com/events/)
- ◆ Local fairs- Most have a concert during their fair
- ◆ Pioneer Days & Concert (Burlington)- [coloradoboxoffice.com/organizations/old-town-museum-burlington-colorado](http://coloradoboxoffice.com/organizations/old-town-museum-burlington-colorado)

### Monthly Reader:

*"If A Farmer Gets A Pickup"*

By Lee J. Friesen

### Concert Going Tips:

- Check out event times and any updates
- Verify address and parking access
- See if you are able to bring in food and water items or if there are vendors on site
- Pack some shade, sunscreen, portable chairs or blankets
- Bring along ear plugs for everyone as some concerts can be quite loud
- Don't forget an umbrella and rain jacket for variable summer weather



# July 2022

| Sun                                       | Mon   | Tue   | Wed   | Thu       | Fri   | Sat   |
|---|---|---|---|-----------|---|---|
|   |   |   |   |           | <b>1</b> -Hoof Trim<br>RSVP Due<br>-County Deadline<br>(cat, dog, and<br>horse IDs)<br>-Fair Entries Due<br>all animals | <b>2</b>  |
| <b>3</b>                                  | <b>4</b> Office<br>Closed-<br>Holiday             | <b>5</b>  | <b>6</b> Fair pen<br>setup 8:30 @<br>Fairgrounds<br>(Int./Sr.<br>Members) | <b>7</b>  | <b>8</b> Hoof Trim Day  | <b>9</b> Scored<br>Shoot 2 Ri-<br>fle @ 7:45,<br>Shotgun @<br>9:15, Ar-<br>chery @ 9:45 |
| <b>10</b>                                 | <b>11</b>   | <b>12</b> Fair-<br>board<br>7:30pm @<br>Fairgrounds | <b>13</b>   | <b>14</b> | <b>15</b> -State Shoot<br>Entries Due<br>-Fashion Revue, &<br>Open Class Live-<br>stock & Ranch<br>Horse Entries Due    | <b>16</b>   |
| <b>17</b>                                 | <b>18</b> Fair Roy-<br>alty Applica-<br>tions Due | <b>19</b>   | <b>20</b>   | <b>21</b> | <b>22</b>   | <b>23</b>   |
| <b>24</b> Royalty<br>Try-Outs<br>(Part 1) | <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b> | <b>29</b>   | <b>30</b>   |
| <b>31</b>                                 |   |   |   |           |   |   |

# August 2022

| Sun   | Mon  | Tue  | Wed   | Thu   | Fri   | Sat  |
|---|--|--|---|---|---|--|
|   | <b>1</b> -Ranchers<br>Pen of 3 &<br>Open Class<br>Horse Entries<br>Due | <b>2</b>   | <b>3</b> Fair Horse<br>Show                                 | <b>4</b> Fair Horse<br>Show   | <b>5</b>  | <b>6</b> -General<br>Projects<br>Judging Day                         |
| <b>7</b>  | <b>8</b> Fashion Re-<br>vue & Royal-<br>ty Try-outs<br>(Part 2)        | <b>9</b>   | <b>10</b> Open<br>Class Gen-<br>eral Exhibit<br>Entries Due | <b>11</b>   | <b>12</b> -Beef Ul-<br>trasound Con-<br>test<br><br>-Jr. Market<br>Livestock Sale<br><br>-Livestock<br>Checkout | <b>13</b> General<br>Project &<br>Open Class<br>Exhibit Re-<br>lease |
| <b>Lincoln County Fair (Aug. 3-4, 6, &amp; 8-13)-See Schedule &amp; Events @ <a href="http://lincoln.extension.colostate.edu/lincoln-county-fair/">lincoln.extension.colostate.edu/lincoln-county-fair/</a></b> |  |  |   |   |   |  |
| <b>14</b>   | <b>15</b> 4-H Club<br>Charters Due                                     | <b>16</b> State Fair<br>Projects Due<br>to Office by<br>Noon | <b>17</b>   | <b>18</b>   | <b>19</b>   | <b>20</b> State<br>Shoot Week-<br>end 1                              |
| <b>21</b> State<br>Shoot<br>Weekend 1   | <b>22</b>  | <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>  |
| Colorado State Fair<br>(August 26-September 5)  |  |  |   |   |   |  |
| <b>28</b>   | <b>29</b>  | <b>30</b>  | <b>31</b> -<br>Livestock<br>Record<br>Books Due             | <b>September 2</b><br><br><b>1</b> -Club<br>Member in<br>Good Stand-<br>ing Form<br>Due<br><br>-4-H Award<br>Nomina-<br>tions Due | <b>3</b>  | State Shoot<br>Weekend 2<br>(3-4)                                    |

## Head-> Poultry Production Webinar Series & Resources

The Poultry Production Webinar Series wrapped up this month for 4-H and backyard producers. However, the great news is that the recordings for all of the webinars and additional resources are available @ [rangemanagement.extension.colostate.edu/poultry\\_production/](http://rangemanagement.extension.colostate.edu/poultry_production/).

The series covered: Ownership; Getting Started; Biosecurity/Health; Marketing/Business; Regulation; Breeding/Market Birds; Slaughter/Food Safety; Career Opportunities and Showing.

## ● Heart-> Postcard Exchange

● While we have many advancements in technology, people still really enjoy getting good old-fashioned letters and postcards. This summer while you are on vacation, visiting the local ice cream shop in another town, or just out for an adventure; considering mailing a postcard. You can buy postcards in the town or area you are visiting or purchase them ahead of time. Write on the card what you did for the day and send to a local friend or family member or maybe even to your local nursing home or neighbor. Encourage them to mail one back to you. It's a great way to brighten someone else's day.



## Hands-> Stop Fraud Colorado

The Colorado Attorney General's Office has a site dedicated to reducing and stopping fraud for it's residents.

They provide an informational guide for consumers, along with specific information about insurance fraud, consumer protection (i.e. spam calls), and how consumer credit issues work as well. There is also specific topic information on different types of fraud (i.e. mail vs. charity fraud). Reporting fraud is important not only for you, but to help others from becoming victims as well.

To learn more about the resources available and filing a claim if needed go to [stopfraudcolorado.gov/how-we-work.html](http://stopfraudcolorado.gov/how-we-work.html).

## Health-> Sunscreen

The sun is with us year-round, but we tend to spend more days out in the sun during the summer months and for longer periods of time than the winter. Protecting your skin against harmful UVA/UVB rays is important to reducing chances for skin cancer and providing overall health to your skin. Chose a sunscreen with a Sun Protection Factor (SPF) greater than 15 that blocks both UVA/UVB rays. Reapply every two hours and after swimming, toweling off, or sweating.

\*Don't forget that you are getting exposed to the sun even on cloudy days; when sitting in the shade; or from the reflection of sun rays off glass or water. So always put on the sunscreen!

For more sun safety tips go to [cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](http://cdc.gov/cancer/skin/basic_info/sun-safety.htm).

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.