

# 4-H NEWSLETTER

OCTOBER 2022



326 8th St./Box 68  
Hugo, CO 80821  
P: (719) 743-2542  
F: (719) 743-2555  
Web:  
[lincoln.extension.colostate.edu](http://lincoln.extension.colostate.edu)  
Facebook: [Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)  
Robin Halley: Director, 4-H Youth Development/Agriculture  
[robin.halley@colostate.edu](mailto:robin.halley@colostate.edu)  
Christine Schinzel: 4-H Program Assistant  
[christine.schinzel@colostate.edu](mailto:christine.schinzel@colostate.edu)  
Amelia Sharp & Amy Solomon: Extension Program Assistant  
[coopext\\_lincoln@mail.colostate.edu](mailto:coopext_lincoln@mail.colostate.edu)

## National 4-H Week

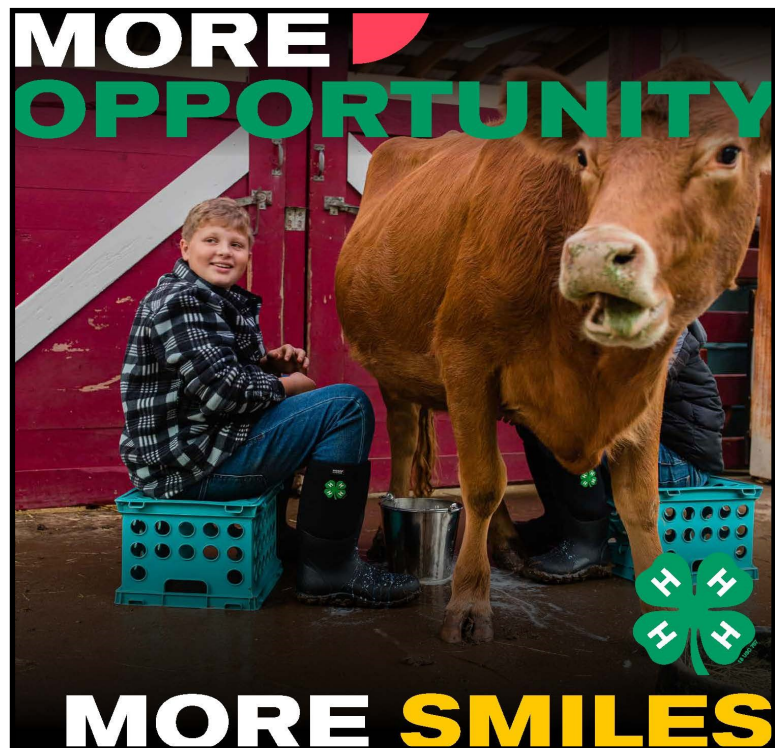
(October 2-8)

#4Hweek

#Opportunity4ALL

### INSIDE

4-H Enrollment-New Year Information	2
4-H Clubs & Just to Get You Thinkin...	3
Activity Page	4
Family & Consumer: Cooking Poultry & Safety StepUP: Pets ID & Travel	5
Information & Events	6-7
Calendar	8
4-H's	9



The Extension Office/4-H are on Facebook @

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

\*Visit the page for additional events and resources for all.



Lincoln County Extension/4-H  
Website @

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

# 4-H ENROLLMENT-NEW YEAR INFORMATION

## Enrollment Deadlines:

October 17-Enrollment Opens

February 1 (Date Change)-

Enrollment closes for returning members, new members, foundation members, & volunteers.

## Project Deadlines:

March 1-Hunter's safety must be completed for all members enrolled in shooting sports that will be participating in live fire activities.

\*\*May 15 (Date Change)- Project add/drop.

\*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 or web calendar.

## 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). The health form is required for event/camp participation.*

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

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

-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 is the one getting 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 contact the office if you have any questions.*

## Resources:

Lincoln County 4-H- [lincoln.extension.colostate.edu/programs/4-h/](http://lincoln.extension.colostate.edu/programs/4-h/)  
Colorado 4-H- [co4h.colostate.edu/](http://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 need to order project books/manuals directly from the supplier. Go to Colorado 4-H @ [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/) and then click on "publication order form" to see where to download or order manuals.

## 4-H CLUB INFORMATION:

***Rocking 4-H Club***  
 Club Information: Meets in  
 Limon  
 Club Leader: Carla Stone

***Karval 4-H Club***  
 Club Information: Meets in Karval  
 Club Leader: Janet Kravig



***Kountry Kids 4-H Club***  
 Club Information: Meets in Hugo  
 Club Leader: Barb Vaughn



***Walk's Camp 4-H Club***  
 Club Information: Meets North  
 of Limon  
 Club Leader: Cheryl Thompson

***Heartland 4-H Club***  
 Club Information:  
 Meets in Arriba  
 Club Leader: Renae  
 Saffer

## JUST TO GET YOU THINKIN...

**"Nature gives to every time and season some beauties  
 of its own."**

**-Charles Dickens**

**"When people try to bury you, remind yourself  
 you are a seed."**

**-Matshona Dhliwayo**

# ACTIVITY PAGE:

## Leaf Pressing Fun!

\*This fall take time to enjoy the great fall weather and go on an adventure collecting leaves to save for other fun activities.

### Steps:

- Go to an area (where allowed) to collect leaves from different types of plants (i.e. trees, flowers, etc.).
- Fold one of the pieces of printer paper in half and place the leaf sample piece inside the folded piece of paper.
- Place the folded paper in one of the pages of your notebook.
- Once home, be sure to help straighten out any curled or bent areas and place the leaf back in the notebook. Allow a couple of pages between samples or utilize some wax paper between plants to help prevent staining.
- Place a heavy book or weight on top of the notebook (should cover the entire book) for a few days to a few weeks until the leaves have completely dried out. The paper should not be damp or cool to the touch.



-Once plants have dried they could be used for other activities including, but not limited to:

- Table decorations (using a clear covering)
- Homemade thanksgiving or fall cards
- Collage or decorations to hang up
- Adding multiple varieties to a clear jar or basket to make a centerpiece item for you or to give as a gift
- Keep an "adventures" notebook and document when and where you collected the leaves and who with

*\*Fun Fact-Leaves turn colors in the fall because there is less daylight. This signals plants to start storing reserves and stop chlorophyll production (which is why leaves are green).*

## Monthly Reader

*"Trees, Leaves & Bark"*

By Diane Burns

### Supplies:

- Basket to carry supplies
- Sturdy bound notebook
- Loose printer paper (can fold in half)
- Scissors
- Pencil or pen
- Scotch tape
- Tree identification book (if wanting to learn more) while out scavenging for leaves
- Basic first aid kit
- Heavy Book

### Safety Reminders

- Watch out for wildlife
- Take an adult and avoid poisonous plants
- Try not to break branches or destroy plants
- Only gather leaves from public locations or on private properties with permission



# FAMILY & CONSUMER: COOKING POULTRY

## WHAT YOU DON'T SEE



### Resources:

Poultry Roasting Charts Resources @

[foodsafety.gov/food-safety-charts/meat-poultry-charts](https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts)

Nutrition & Health of Poultry @ [national-chickencouncil.org/policy/nutrition-health/](https://national-chickencouncil.org/policy/nutrition-health/)

Poultry Food Safety @ [fightbac.org/poultry/](https://fightbac.org/poultry/)

Poultry is a very nutritious meat product for consumers of all ages. It is also very versatile and can be utilized for all types of recipes including breakfast dishes. As you get ready to make your favorite dish using poultry, don't forget about food safety. Raw poultry may have harmful bacteria on it such as salmonella or campylobacter.

### Important Food Safety Tips for Poultry:

-Poultry should not be rinsed off. Use a paper towel to pull off any pieces that you need to dispose of. Rinsing off your poultry cuts moves bacteria to other surfaces.

-Always prepare raw food separately from cooked foods.

-Always wash your hands before and after handling raw poultry.

-Always disinfect surfaces after preparing foods.

-Cook all cuts to at least 165° (internal temperature).

## SAFETY StepUP: PETS ID & TRAVEL

As you consider your fall travel plans, don't forget to do some emergency preparation for your pets. It can be easy for pets to slip away getting out for rest breaks or during hikes. The following can help aid you in finding your pet if something were to happen:

-Take some pictures of your pet (from all sides) and print out a copy.

-Create a description brief of your pet in advance including: name, habits, identifying marks (including spay or neuter surgery tattoos), what they are afraid of, medical conditions, micro-chips, etc.

-Consider adding a micro-chip to your pet or putting a GPS tracker on their collar.

-Make sure there is an identifying tag with a contact on their collar.

-Don't forget to pack a basic first aid kit, medicine, comfort toys, and a leash.



# 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 form sand 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, faxed, or 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](mailto:lincoln.extension@colostate.edu)

-Facebook @ [Lincoln County Colorado Extension](#)

-Colorado 4-H Website @ [co4h.colostate.edu](http://co4h.colostate.edu) & 4H Online @ [v2.4honline.com/#/user/sign-in](http://v2.4honline.com/#/user/sign-in)

- ◆ **Round Robin**-If you were a participant in the overall competition at fair, don't forget to pick up your t-shirt from the office.
- ◆ **National 4-H Week is October 2-8!** Celebrate by wearing your 4-H gear to school and work!
- ◆ **County 4-H Achievement Event & Ice Cream** will be Sunday, October 16 at 2:00pm at the Lincoln County Fairgrounds. Club Rotation-(Rocking)-Arrive at 1:00pm to help set up tables and chairs and to assist with cleanup afterwards. Council members also need to arrive at 1:00pm.
- ◆ **4-H Enrollment** for the new year for new and returning members opens on October 17th in 4H Online. 4-H members and volunteers (including foundation and committee members) will need to enroll by February 1. 4H Online Family Enrollment Resources are available @ [co4h.colostate.edu/program-areas/4honline/](http://co4h.colostate.edu/program-areas/4honline/).
- ◆ **Livestock Sale Committee (Livestock Scholarship Program Beef, Breeding Heifer, & COOP Steer)** applications are due November 1 for 4-H and FFA members. Goat, swine, and sheep applications are due February 1. For specific program information and applications go to "4-H Programs and Applications", and look under the "livestock sale" tab @ [lincoln.extension.colostate.edu/4-h-forms-applications/](http://lincoln.extension.colostate.edu/4-h-forms-applications/).
- ◆ **South Central District-Dare to be You Camp** is November 18-19 in Pueblo, CO. The activity based camp is open to 4-H age members 11-13. Cost will be approximately \$55. Registration will be in 4H online in mid-October. Chaperones will be needed for camp attendance.
- ◆ **Hunter's Safety (Shooting Sports)**- Now is a good time to start looking for Hunter's Safety courses if you are interested in taking shooting sports as a project this next year. Hunter's Safety certification must be completed by the project add/drop deadline for project continuation. Find classes @ [cpw.state.co.us/learn/Pages/HunterEducation.aspx](http://cpw.state.co.us/learn/Pages/HunterEducation.aspx).

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

# INFORMATION & EVENTS

- ◆ **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 for both youth and adults.
- ◆ **CSU Extension Live Smart Blog** (Family & Consumer) @ [livesmartcolorado.colostate.edu/](https://livesmartcolorado.colostate.edu/).
- ◆ **CSU Extension Horticulture Blog** @ [cshort.blogspot.com/](https://cshort.blogspot.com/).
- ◆ **CSU Extension Cottage Foods Producers Trainings** are being offered online in 2022. To sign up for a training go to [cottage-food-safety.eventbrite.com](https://cottage-food-safety.eventbrite.com).
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide** available @ [Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](https://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ◆ **Colorado Stock Horse Association Open Shows** are scheduled for several dates through the fall. More information available @ [coloradostockhorse.com](https://coloradostockhorse.com).
- ◆ **CSU Extension Grow & Give** is encouraging gardeners throughout the fall and winter (if you have a greenhouse) to continue to donate your extra producer to your local community food banks or assistance locations. To learn more about signing up and resources locally and statewide go to [lincoln.extension.colostate.edu/programs/gardening-horticulture/](https://lincoln.extension.colostate.edu/programs/gardening-horticulture/).
- ◆ **Colorado 4-H Horse Leader Training** for Youth 14+ or Certified Adult volunteers is October 28-30 at the fairgrounds in Pueblo, CO. Registration is open till filled or October 14th and costs \$60. Register in 4H Online. For questions contact [kali.benson@colostate.edu](mailto:kali.benson@colostate.edu).
- ◆ **Colorado 4-H Shooting Sports Ambassador** applications are open till October 15th. Information and application available @ [co4h.colostate.edu/program-areas/shooting-sports/](https://co4h.colostate.edu/program-areas/shooting-sports/).
- ◆ **Daniels Scholarship** application is available until October 15th. Learn more @ [danielsfund.org/scholarships/overview](https://danielsfund.org/scholarships/overview).
- ◆ **National Dairy Herd Association Scholarship** is due October 31. Learn more @ [dhia.org/scholarships/](https://dhia.org/scholarships/).
- ◆ **Colorado Farm Show Scholarship** applications are due in the fall. Learn more @ [coloradofarmshow.com/scholarships/](https://coloradofarmshow.com/scholarships/).
- ◆ **Denver Foundation Grants and Scholarship** opportunities available @ [denverfoundation.org/scholarships/scholarship-opportunities/](https://denverfoundation.org/scholarships/scholarship-opportunities/).
- ◆ **Transova Internship** applications are due November 1. Information and application @ [transova.com/youth/](https://transova.com/youth/).
- ◆ **Cheyenne Livestock Expo** is November 13-27 in Cheyenne, WY. Information and schedule available @ [www.cheyennelivestockexpo.com/](https://www.cheyennelivestockexpo.com/).

# October 2022

Events & Information available @ [Lincoln.extension.colostate.edu/events/](http://Lincoln.extension.colostate.edu/events/)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
<b>National 4-H Week (October 2-8)!</b>						
9	10 Office-Closed Holiday	11	12	13	14	15
16 4-H Achievement Event & Ice Cream 2:00pm @ Fairgrounds	17 4-H New Year Enrollment Opens (Members & Volunteers)	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<b>Nov. 1</b> Livestock sale Committee Beef & Heifer Scholarship Applications Due				



## HEAD-> Hunter's Safety

Hunter's Safety is a certification program through Parks & Wildlife Services that allows youth/adults to purchase a hunting license and hunt in the state upon successful completion. The course provides information on conservation, wildlife identification, laws overview, respect of properties, safety (firearm, animal, people, elements, etc.) and more. Courses can be taken as a two day class or by taking the online piece plus one day in the classroom. A certification is good for one's entire lifetime. Learn more @ [cpw.state.co.us/](http://cpw.state.co.us/).

## HEART-> Hello!

You can brighten someone's day by saying a simple "Hello". A quick acknowledgement can make a big difference in another's person's life. We may not always know what's going on in someone else's life, but a quick "Hello" can help give them a glimmer of hope or brighten their day. It can also help them to re-focus their own thoughts for the day and encourage them to pass on the kindness to someone else. So for the next 30 days challenge your self to say "Hello" to someone new everyday!



## HANDS-> Want to See a Bug's Life Cycle?

If you have ever been curious about a bug's life cycle and seeing them move in their habitat up close and personal, then check out *Insect Lore*. Insect Lore is one company that sells kits with live insects and a habitat to help youth observe and understand the life cycles. Youth also learn about taking care of live animals and more about them scientifically. They have some very neat kits that can be ordered for different insect types. If you have an interest in insects this could be a great starter resource to check out for potential use or other resource ideas. Learn more @ [insectlore.com](http://insectlore.com).

## HEALTH-> Gym Clothes

As sports season and gym class are in full-swing it's a good time to talk about cleaning gym clothes. As individuals work out they tend to produce a lot of sweat on their clothes. It's important to change clothes and let them air out at the end of a workout and avoid putting them in the clothes hamper or gym bag. This helps to discourage more bacterial growth and odor capturing. If possible launder your clothes as soon as you are done working out each time. When doing the laundry avoid over-packing the machine to allow ample cleaning of clothes. Adding 1/2 cup of white vinegar to each load can help with lingering clothes odors if you notice they still have a smell after washing.

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.