

4-H NEWSLETTER

April 2023



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THANK YOU'S

Beef Weigh-In: Thank you to Meier Feedlot for use of their facility and Marc Hollenbaugh for providing brand inspection services. Thank you to Limon FFA for helping with pre-clean up and thank you to Patricia Patton, Logan Henry, John & Asha Thompson, Justin and Gunner Golding, and Kyle Fox for helping with weigh-in.

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Livestock Scholarship Donors: Thank you Buckos Feed 'N' Freight % Ewing Family, Farm Gas % Luke & Renee Ewing, Andrea Blackwelder & James Harvey, Bledsoe Ranch % James & Will, Brent Welding % Jon Hart, J&A Trucking LLC % Jason & Amy Vice, Colorado Ranch Rodeo, Brad & Traci Weisensee, Thompson Girls' Livestock, Beverly J. Augustine Memorial % Julie Vice, Lindsey Blackwelder & Mikaela Taylor, Ben & Kendra Brent, Jess & Mary Solze, Bruce & Kara Hass, Julie Vice, Karval FFA, Limon FFA, Meier Custom Embroidery % Richard Meier, Rafter 6W Feedlot % Morgan & Casey Wiersma, and Rafter P8 Ranch Services % Morgan & Casey Wiersma for your donations and contributions to the Lincoln County Livestock Sale Committee 4-H/FFA Animal Scholarship Program.

The Extension Office/4-H are on Facebook @

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

Lincoln County Extension/4-H
Website @

lincoln.extension.colostate.edu



4-H PROJECT/FORMS REMINDERS

Project Books/Manuals & Updated Information: 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/ and then click on "publication order form" to see where to download or order manuals.

*Check for updated publications including *Rocketry Unit 1, Leathercraft (all units), and Horseless Horse*. The project list also has, highlighted in yellow, updated project areas in general. *Contact the county if you are enrolling in the pilot project "Natural Resources" for publication information.

Other Deadlines/ Project Requirements:

*Download a general project record book @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/ for completion requirements and to help you determine what information you need to complete and when.

*General project score sheets can be found for review at: co4h.colostate.edu/program-areas/state-fair-information/score-sheets/.

*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/.

*Refer to the fair book for project requirements to show at the county fair. The updated fair-book will be out later spring.

*Watch for information in the newsletter, Facebook page, or web calendar.

Forms & Applications are available on the extension website.

******Make sure to download all forms (regardless of type) and save them to your computer before you begin entering information; otherwise the information may be lost.***

The screenshot shows the website header with the Lincoln County logo and navigation tabs: Home, Extension, 4-H (selected), and Lincoln County. A dropdown menu for 4-H is open, listing: 4-H Newsletters, Extension & 4-H Calendar (All Events), Extension & 4-H Equipment, 4-H Forms & Applications, 4-H Policy & Guidelines, 4-H Projects & Record Books, 4-H Clubs, Councils, & Teams, and 4-H Leaders. Below the menu is a "4-H News & Updates" section with three bullet points.

The screenshot shows the "4-H Forms & Applications" page. It includes a "General Forms Information" section with three bullet points: requests for signatures must be received two weeks before the deadline, late/incomplete/illegible forms are not accepted, and users should check all forms for deadlines. Below this is a "General or Other Forms/Applications" section with a link to "CO State 4-H Events & Link Page". There are tabs for "Project", "Fair", "County & State", "Awards", and "Foundation". Under "Project", there is a "Livestock Sale" section. The "4-H Projects Forms/Applications" section lists "Shooting Sports" forms: 4-H Shootings Sports Project Requirements & Signature Form, 4-H Hand Gun Permission/Release Form (required for members enrolled in Heritage or Pistol), 4-H Shooting Sports Permission to Participate/Liability Release Form, Youth Handgun Safety Act Notice, Shooter Responsibility, Fire Line Commands, & 10 Commandments of Firearm Safety, and All Hunter's Safety cards (physical copy of card) and information must be uploaded online each year.

MEAT QUALITY ASSURANCE (MQA)

Meat Quality Assurance Training for 4-H/FFA members consists of walk-through (at your own pace) learning stations and a test. *The training is required for all members who are enrolled in livestock projects (breeding & market).*

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 10-> 4:00-7:00pm @ Lincoln County Fairgrounds

**If you cannot make the county date it is your responsibility to contact the office, in advance, for another county training that you may attend to complete your requirement. We need to notify other counties before you show up at their MQA training.*

ASK A VET NIGHT!

Ask a Vet Night!

Dr. Leesa McCue with Eastern Colorado Veterinary Services will be available during the MQA training at the fairgrounds for members and parents to come and ask questions. You may come and join in even if you don't need to come for MQA!

Topics of discussion for youth to consider dropping by to discuss might include:

- New antibiotic access laws going into affect
- What is a veterinary-client patient relationship
- Why rabies matters, particularly with 4-H and FFA animals
- Biosecurity and disinfection strategies for your projects
- Medication withdrawals requirements
- Zoonosis

Date: April 10

Time: 4:00pm-7:00pm

Format: Come and Go

Location: Lincoln County Fairgrounds
(during MQA training)



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, 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

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

-Colorado 4-H Website @ co4h.colostate.edu & 4H Online @ v2.4honline.com/#/user/sign-in

- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is *April 10* 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.*
- ◆ **Ask A Vet Night**-Dr. McCue will be available for member and families to ask questions about veterinary topics and concerns. Bring your questions to the MQA training on April 10 from 4-7:00pm at the fairgrounds. It will be a come and go format that evening.
- ◆ **Family STEM Health/Safety Day is April 21 from 9:00am-1:00pm at the La Junta Primary School in La Junta, CO.** There will be free short, fun, hands-on activities around science, technology, engineering, math, or health and safety that families can learn about together.
- ◆ **Shooting Sports**- The first spring practice is (Saturday) April 22 at the Limon Gun Range. Rifle starts @ 7:45, Shotgun @ 9:30, Archery @ 10:00 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. Watch for emails the week of shoots for any changes.
- ◆ **Goat, Sheep, and Swine Nomination Forms** for fair are due May 1. There will be no actual weigh-in for these species. Forms can be accessed from our website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the "fair tab". Plan ahead as pictures will need to be taken for nomination forms. **Members interested in taking (goat, sheep, or swine) animals to state fair will need to notify the office to receive a state fair nomination form. State fair nomination forms are due no later than June 1st to the office for signatures. State Fair DNA procedures and entry information on all species will be available at coloradostatefair.com/livestock/.*
- ◆ **4-H Project Add/Drop is May 15.** Please make those changes as soon as you can in 4H Online. The 4-H Project List is available @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/. There is a new project "Natural Resources" that is piloting this year.

INFORMATION & EVENTS

- ◆ **Fair Related**-> State 4-H deadline (dog and horse ID's are due May 1- this is for youth exhibiting at state fair in these categories). The County deadline is July 1 (dog and horse ID's in 4H Online). Livestock & general project fair entries will be due July 1. The fairbook will be available in hard copy later spring and online @ lincoln.extension.colostate.edu/lincoln-county-fair/.
- ◆ **4-H Project Manual Ordering Information** @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/. *Check for updates or changes to projects and manuals for the new year.
- ◆ **Lincoln County 4-H Foundation Reimbursement Scholarship** form is available to 4-Hmembers 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/.
- ◆ **State 4-H Conference** will be the third week in June. Senior members who are interested in participating in contests at state conference (i.e. speech; parliamentary procedure; horse/livestock judging; quiz bowls;, etc.) should contact the office for more information on participation. Registration information forthcoming.

Other: *** *Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellation 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 for both youth and adults.
- ◆ **CSU Extension Live Smart Blog** (Family & Consumer) @ livesmartcolorado.colostate.edu/.
- ◆ **CSU Extension Horticulture Blog** @ cshort.blogspot.com/.
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide** is available @ [Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](http://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ◆ **Big R Producing Partners**- Livestock 4-H/FFA members can apply for monetary project assistance. Applications are available at your local Big R store March 1-April 15.
- ◆ **American Boer Goat Association Scholarship** is due April 1. Learn more @ abga.org/jabga/scholarship.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org/about-bif/award-forms.
- ◆ **El Paso Beef Blow N Go Show** is April 1 at the El Paso County Fairgrounds. For information contact emily.Green@colostate.edu or forms.gle/MUWHRVqnE9AvPNv59.
- ◆ **Jonathan Marr 4-H Memorial Scholarship** for senior shooting sports member is open until April 1. Learn more and apply @ co4h.colostate.edu/program-areas/shooting-sports/.

INFORMATION & EVENTS (CONT.)

- ◆ **Brush Livestock Exchange Scholarship** application is due April 6. Application information is available @ livestockexchange.org/SCHOLARSHIP.html.
- ◆ **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/youth/#scholar.
- ◆ **Colorado Association of Fairs & Shows** is due April 20. Application information available @ coloradofairs.org/p/convention/scholarship.
- ◆ **Weld County Goat (Dairy/Meat) Extravaganza** show and seminars is April 21-23 at Island Grove Regional Park in Greeley, CO. For information & registration go to weld.gov/Government/Departments/CSU-Extension/Weld-County-Goat-Extravaganza.
- ◆ **CSU Caregiver Workshop Webinar Series** is available monthly throughout 2023. Learn more and register @ colostate.az1.qualtrics.com/jfe/form/SV_cIx4pQdJNETewZM.
- ◆ **American Charolais Association Scholarship** application is due April 30. Information is available at charolaisusa.com/jr-membership.php.
- ◆ **Angus Foundation Scholarships** are due May 1. For information go to angus.org/foundation/WhatWeDo/Youth.
- ◆ **Red & White Dairy Cattle Association Scholarship** application is due May 1. Information is available @ redandwhitecattle.com/juniors.
- ◆ **Maine-Anjou Scholarship** application is due May 1. Information is available @ maine-anjou.org/junior/scholarship.php.
- ◆ **National Junior Swine Association Select Scholarships** application is due May 1st. Information is available @ nationalswine.com/njsa/njsa-scholarships.php.
- ◆ **Shorthorn Association Scholarship** application is due May 1st. Information is available @ juniorshorthorn.org/opportunities/scholarships/.
- ◆ **Mesa County 4-H Rabbit Field Day** is May 6th @ Orchard Mesa Lions Club Park. To learn more or sign up contact Cassidy @ 970-589-0105 or pioneerlee1995@yahoo.com.
- ◆ **CAHC No Frills Horse Show & 4-H Spring Extravaganza** is May 11-14 in Denver, CO. To learn more or register hockeyandhorsemom@gmail.com or coloradoarabianhorseclub.org.
- ◆ **GROWMARK Agricultural Scholarship** application is due May 12. The application is available @ growmark.com/about-us/corporate-commitments.
- ◆ **National Dairy Promotion and Research Board Scholarship** applications are open due May 12. Application is available @ usdairy.com/about-us/dmi/scholarship.
- ◆ **Listing of Livestock Shows-General** @ drive.google.com/drive/folders/131-cPnFYKu8RiG9siMHZslYZX3ahkxua

ANIMAL INFORMATION CORNER:

EAR NOTCHES & SWINE ID

Ear notches are one form of identification used on livestock, most commonly swine. Many cattle herds also incorporate an ear notch as a part of their official ID with their brand as well. The ear notch consists of a Litter Number and Individual Pig Number. Looking behind the pig (their right ear) is used to identify the litter mark. All pigs in the same litter should have the same notch in this ear. It is divided into five sections and each one section can have a numerical value (1, 3, 9, 27, or 81). Each section, except 81, can have 1 or 2 notches only. The pig's left ear is utilized to identify the pig individually in the litter. It can be divided into three sections with values (1, 3, 9). To develop a number you would make notches in different parts of the ear to add up to the desired number. The resources section has great worksheets and examples to practice identifying notches.

Notching Tips:

- Disinfect equipment before and after use on each pig.
- Ensure notches are not too shallow or too deep (depending on age and size of the pig- 1/4"-1/2").
- Keep other pigs away from freshly notched pigs.
- Keep notches separated to avoid confusion with other numbers.
- Take pictures and document numbers at notching.

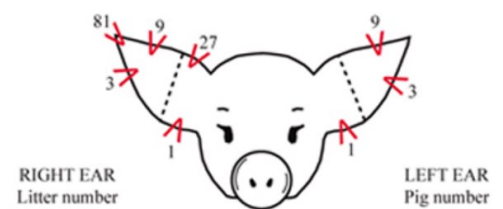
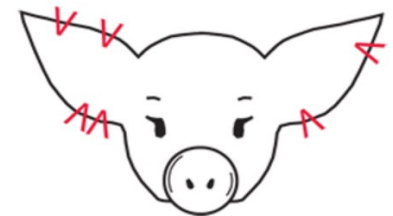


Figure 1. Universal ear notching system



Litter No. $1+1+9+27 = 38$ (pig's right ear)
Pig No. $1+3 = 4$ (pig's left ear)

This pig's identity is 38-4.

USDA APHIS Recognizes Other Forms of Swine ID Including:

- Official USDA ear tags
- USDA backtags (only on swine in slaughter channels)
- Swine tattoos (issued by state or federal health officials) on swine moving in slaughter channels
- Ear notching or tattoos on the ear or inner flank (if it has been recorded in the book of record of a purebred registry association)
- Ear tag or tattoo (with Premises Identification assigned by the state) for slaughter or feeder swine

Resources:

- Colorado Department of Agriculture-Swine Movement- ag.colorado.gov/swine
- National Ag in the Classroom-cdn.agclassroom.org/ok/lessons/upper/ear_notching.pdf
- University of Nebraska- extensionpublications.unl.edu/assets/html/g1880/build/g1880.htm
- USDA APHIS Swine Identification Methods- aphis.usda.gov/aphis/ourfocus/animalhealth/nvap/NVAP-Reference-Guide/Animal-Identification/Swine-Identification

FAMILY STEM & HEALTH/SAFETY DAY

Join CSU Extension/4-H (Lincoln, Otero, Crowley, & Bent Counties) at the Family STEM Day and Health/Safety Fair!

The free event will be held April 21st from 9:00 am-1:00 pm at the La Junta Primary School in La Junta, CO.

Local businesses and agencies will be leading short, fun, hands-on activities around the science, technology, engineering, math, or health and safety of the work they do.

Come and go as you please and enjoy time learning and exploring as a family.

CSU EXTENSION PRESENTS

FAMILY STEM DAY AND HEALTH FAIR

COLORADO STATE UNIVERSITY EXTENSION

April 21
9 am-1 pm

La Junta Primary School

FREE EVENT Open to all!

- Come and go event
- Booths run by local businesses and agencies
- Fun, hands-on STEM activities

An equal access and equal opportunity University. <https://col.st/110t3>

FAIR: SHEEP, GOAT, & SWINE NOMINATIONS

Goat, Sheep, and Swine Nomination Forms for 4-H/FFA Lincoln County Members showing at fair are Due-May 1.

-There will be no actual weigh-in for these species.

-Forms can be accessed from our website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the "fair tab".

-Plan ahead as pictures will need to be taken for nomination forms. Scrapie tags on goats and sheep and ear notches on pigs must be clearly visible. Members are responsible for recording the correct tag numbers and ear notches.

**Members interested in taking (goat, sheep, or swine) 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 June 1st to the office for signatures. State Fair DNA procedures and entry information on all species will be available at coloradostatefair.com/livestock/. State fair entries are different than nomination forms and DNA. Refer to the Colorado state fair website for rules and entry information.*

FAIR: HORSE & DOG ID'S-> 4H ONLINE

For members interested in showing animals at state fair, the deadline to enter Animal ID's for (Horse and Dog is May 1) in 4H Online.

The Lincoln County Fair Deadline is July 1 (Horse & Dog).

We encourage all members to enter ID's by the May 1 deadline as the system will lock for members to enter information directly.

General Instructions:

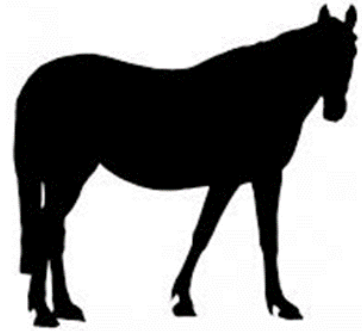
-Log in to 4H Online

-Click "View" next to member's name wanting to add an animal ID to

-Select "Animals" from the left side of the page

-Click "Add an Animal"

-Select animal type and start filling in information for that dog or horse. Clear and complete photos of your animal are required for both. Vaccination records are required for dogs. Be sure to accurately and completely add information. If your dog is not registered, put any combination of numbers to bypass the field. Remember that to show an animal at fair it must be ID'd by the deadline.



JUST TO GET YOU THINKIN...

"Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all."

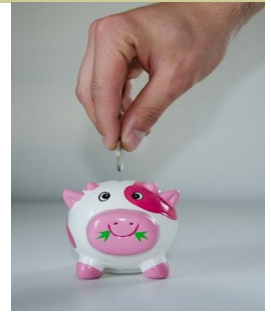
- William Faulkner

"Don't be afraid to give up the good... for the great."

- John D. Rockefeller

FAMILY & CONSUMER: SAVING AT ANY AGE

If we talked about “savings” it would probably initiate a wide range of responses from individuals. Some might think of savings as a passport or roadmap to their future or being more prepared for life’s hiccups. Youth may hear the word savings and wonder what that really means for them; while others may think about savings and feel anxiety or stress. The good news is that savings can be a positive addition to your life at any age. In fact, 78% of Americans already have a savings account according to [The Ascent Survey of 2,000 Americans](#) in early 2022.



Let’s Get Going: Oftentimes we hold onto the false thinking that it’s too late to save money. That just isn’t the case. While we cannot change the past, we can embrace and take hold of our future. Press the “Easy Button” and start putting just \$5 a week in your piggy bank at home. At the end of this year alone, your effort will yield you \$260. Gathering up an additional \$20 a month could be as simple as cutting spending on eating out, buying two fewer lattes per month, or dropping one streaming device service that you don’t use.

What Am I Saving For: When we think about savings, people often get hung up on what they should be saving for. There could so many different priorities, it’s hard to know what to focus on. Your savings goals and/or categories might be simple and less expensive (such as a bike) or more complex such as saving for early retirement. These strategies can help you set up a game plan for savings!

-[Write down your savings priorities](#) to help you see what you need or would like to save for.

-Research the estimated total cost of your savings items or goal.

-Map out a timeline to see when you would like to complete your savings goals or when you will need access to those funds.

Ideas on Where to Get the Money:

-Set up an automatic withdrawal from your paycheck and divert funds into a separate savings account.

-Start contributing funds to an interest-bearing account such as a certificate of deposit or money market account.

-Limit access to your savings account by keeping them off your mobile devices.

-Talk with your tax advisor to learn about potential tax breaks by contributing to designated education, retirement, or medical accounts (i.e. Individual Retirement Account (IRA), Health Savings Account (HSA), or Education 529 account).

-Don’t forget the “Free Money” at work. Many employers offer retirement plans for their employees and will offer a “match” (i.e. If you contribute 3% to your retirement account, they will match that up to 3%). Parents you could also consider doing a savings match with your kids as well.

-Grab a second or part-time job (after-school, a weekend gig, etc.).

VOLUNTEER CORNER: 4-H OPPORTUNITIES

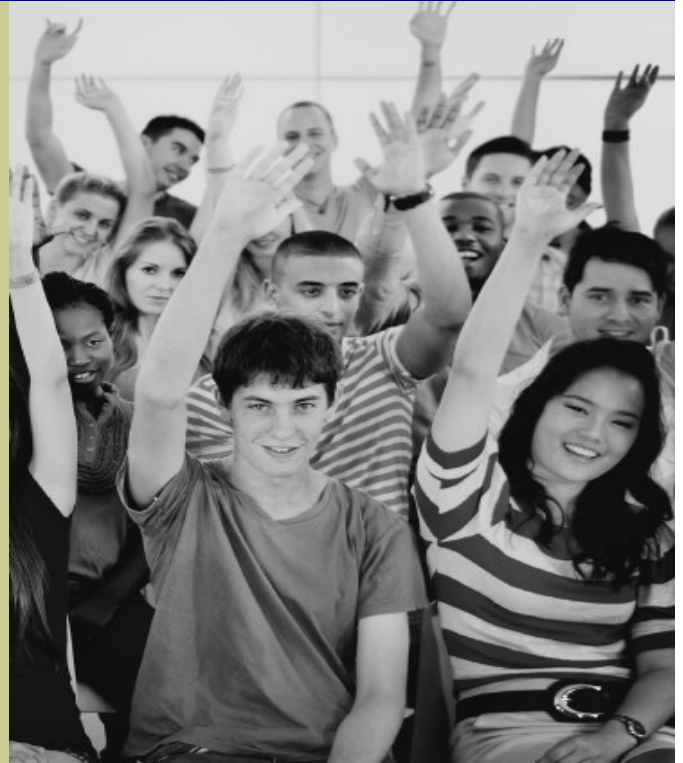
WHAT: 4-H Volunteers can help youth develop life skills by volunteering their time, resources, and knowledge in over 20+ project areas.

OPPORTUNITIES: project instructors, shooting sports, club leaders, camp chaperones, committee members, special events, providing monetary support or equipment, and more!

WHY:

- ◆ Engage With Youth!
- ◆ Teach Valuable Life Skills!
- ◆ Give Back to Others!

HOW: Give the Lincoln County Extension/4-H office a call @ 719-743-2542 or christine.schinzel@colostate.edu to learn more and start the volunteer experience!



4-H FOUNDATION REIMBURSEMENT SCHOLARSHIPS:

The Lincoln County 4-H Foundation offers a “Reimbursement Scholarship” to 4-H 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/.

PILOT PROJECT: NATURAL RESOURCES

For the 2023 4-H project year, *Natural Resources* will be offered as a “pilot project” in select counties including Lincoln. This will count as a regular project for interested members.

Members interested in exhibiting at fair will enter their Natural Resources project in the “County projects” section this year. *It is not currently state fair eligible.

You can sign up for the project through 4H Online. Email christine.schinzel@colostate.edu for more project information.

What is it? The Natural Resources project will provide the opportunity for youth to explore nature and ecosystems through three primary units: Unit 1-Step into Nature, Unit 2-Explore the Natural World, and Unit 3- Blaze the Trail. Youth can learn more about animals and plants; natural resource advocacy and uses; ecosystem interactions, and the different user roles.

ANIMAL INFORMATION CORNER: HPAI



VETERINARY DIAGNOSTIC
LABORATORIES
COLORADO STATE UNIVERSITY

Colorado Avian Health Program
National Poultry Improvement Plan Official State Agency
Phone: 970-297-4008



ATTENTION: HIGHLY PATHOGENIC AVIAN INFLUENZA

Avian influenza (AI) is caused by an influenza type A virus which can infect poultry (such as chickens, turkeys, pheasants, quail, domestic ducks, geese, and guinea fowl) and wild birds (especially waterfowl). Highly pathogenic avian influenza (HPAI) virus strains are extremely infectious, often fatal to chickens and turkeys, and can spread rapidly from flock-to-flock.

With the recent detections (since February 2022) of the Eurasian H5 strain of highly pathogenic avian influenza (HPAI) in wild birds and domestic poultry in the United States, bird owners should review their biosecurity practices and stay vigilant to protect poultry and pet birds from this disease.

How is the disease transmitted?

Foot traffic • Secretions from the bird • Contact with infected droppings • Movement of sick birds • Contaminated clothing and equipment

Poultry with HPAI do not survive the illness. Vaccines for HPAI are not readily available.

Signs of Avian Influenza

- Extreme depression
- Difficulty breathing
- Decrease in feed or water intake
- Swelling or purple discoloration of head, eyelids, comb, wattle, and hocks
- Decrease in egg production
- Sudden unexplained death

Protect your small flock from Avian Influenza

The United States Department of Agriculture's (USDA) Animal and Plant Health Inspection Service (APHIS) has expanded its **Defend the Flock** program to educate all poultry growers about best practices in biosecurity. Please visit for more information on how to protect your flock and for the latest information on HPAI in the US.



Biosecurity is the key to preventing the spread of disease!



Call your veterinarian if your flock shows signs of influenza or you suspect exposure. No Vet? You can also call the CSU Avian Health Hotline 970-297-4008; CO State Vet Office 303-869-9130; USDA Bird Hotline 1-866-536-7593

CDA Website on HPAI @ ag.colorado.gov/hpai

Defend the Flock Resources @ aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program/defend-the-flock-program

CO Dept. of Ag-HPAI Spring '23 Update Webinar Recording @ youtu.be/f_tILbdzHGg

ACTIVITY PAGE:

Homemade Picture Frame:

Supplies:

- Glitter
- Glue (Elmer's or hot glue)
- Popsicle sticks
- String
- Tape
- Small strip magnets
- Pictures (printed-any size)
- Scissors
- Paint
- Markers or colored pencils
- Old newspaper or cookie trays to build project on

Steps:

- Utilize popsicle sticks to make a square shape or any other shape that you need to fit around your picture. *Place the popsicle sticks on your working surface to make a design to fit over your picture.
- Glue your sticks together to form your shape.
- Decorate your frame using your craft supplies.
- Glue on a string or magnets to hang up your design.
- Tape your picture (front facing) onto the backside of your frame so it is visible from the front of your design.



Monthly Reader

"The Muddy Elk"

By Kevin Lovegreen

Easter Egg Dye @ Home

It's fairly simple to make your own Easter Egg Dye at home.

Supplies:

- Liquid measuring cup
- Vinegar
- Food color dye
- Teaspoon
- Small mixing bowl or cup (that can hold hot liquids)

Steps:

- Heat 1/2 cup of water in the liquid measuring cup in the microwave until it boils
- Pour into separate cup or bowl and add 1 tsp of vinegar
- Add several drops of food coloring of your choice. The more drops utilized, the darker the color.
- *Repeat process for as many colors as you would like to use to dye eggs.



Safety First!

**Don't forget to work with a parent when utilizing hot glue to avoid burns.*

**Boiling water can cause burns, utilize caution and a hot pad when handling hot liquids.*

April 2023

Events & Information available @ Lincoln.extension.colostate.edu/events/

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 MQA & Ask a Vet Night 4:00-7:00pm @ fairgrounds	11	12	13	14	15
16	17	18	19	20	21 Family STEM & Health/Safety Fair Day-La Junta @ 9:00am	22 Shoot Prac- tice 1 Setup @ Rifle-7:45am; Shotgun-9:30; Archery @ 10:00
23	24	25	26	27	28	29
30	May 1	<p>Goat, Sheep, & Swine Nominations are Due May 1 by 4:00pm. Forms can be emailed, mailed, dropped off or dropped through the back door slot after hours.</p>				

EVENT ROUNDUP:

Livestock Judging



HEAD-> Colorado Clean Diesel Program

The Colorado Clean Diesel Program under the Federal Diesel Emissions Reduction Act through the Colorado Department of Public Health & Environment is providing support and grant incentives for businesses in Colorado to reduce diesel Emissions. They offer grants to offset the cost of replacing diesel equipment with an all-electric or hybrid alternative. They also have information on newer technologies to provide information on potential equipment changes.

To learn more about the program or to see if the grants may be applicable to you or a friends business check out their site @ co-cleandiesel.org/.

HANDS-> State Capitol

The Colorado State Capitol is located in downtown Denver. It houses the legislature where bills are introduced, modified and passed into law or voted down during the annual session. During the session, the public has access to watch the legislature in action or attend public committee hearings. The capitol also houses year-round staff that provide support and basic functions for the capitol building. They help to provide analytical data and data summarization for bill proposals. They provide non-partisan information about ballot items for voter consideration (aka the "Blue Book" voters receive each year before elections). Learn more about the capitol and operations @ leg.colorado.gov/ and capitol.colorado.gov/.

HEART-> Handmade National Day

Handmade is National Day in April. It celebrates those who make handmade items. This could include baked goods, beauty products (i.e. lotion or soap), woodcraft items, toys, quilts or tea towels, and so much more. For those of you who enjoy making items, consider giving one or more of your handmade items away during April. This could be to help out a fundraiser, lift the spirits of an elderly person, or let your neighbor or friend know that you are thinking about them. This can brighten someone else's day and add value to you as well mentally and physically.

HEALTH-> Protein

Protein is found in plants and animals and is made up of smaller units called amino acids. They fall into two categories. Essential which is required for normal body functions and cannot be made by the body; it must be consumed. Non-essential can be made by the body in the breakdown of food consumed or normal body breakdown. Protein is essential to providing energy; components of cells for growth and development; helping to repair tissue; helping to clot blood; helping with vision and immune response; and a crucial part of our organs. The great news is that protein can be found in a variety of plants and animals including: beef, peas, pork, lamb, poultry, soy, fish, dairy, eggs, beans, and nuts. Protein supplements are also readily available.

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