

4-H NEWSLETTER

May 2023



326 8th St./Box 68
Hugo, CO 80821
P: (719) 743-2542
F: (719) 743-2555
Web:
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
Christine Schinzel: 4-H Program Assistant
christine.schinzel@colostate.edu
Amelia Sharp: Administrative Assistant
coopext_lincoln@mail.colostate.edu

INSIDE

4-H Project Forms & Reminders	2
Information & Events	3-7
4-H Fun Day Workshops & 4-H Speech, Demonstration, Jamboree, and Creative Cooks Contests	7
Babysitting Class	8
Activity Page	9
Volunteer Corner & Foundation Reimbursement Scholarship & Just to Get You Thinkin	10
Fair->Horse & Dog ID's & General 4-H Projects	11
Avian Influenza (HPAI)	12
Beef Brand Inspections	13
Calendar	14
4-H's	15

THANK YOU'S

Eastern Colorado Veterinary Services-Ask a Vet Night
- Thank you for coming and providing take-home resources and items at the MQA Training.

Thank you to the helpers at MQA night-Anage and Sakara Smith, Ariana Lake, Larry, Filamona, and Benny Poss.

Thank you to Janet Kravig and Laurie Sorensen for chaperoning kids for camp.

Thank you to Big R for sponsoring the Producing Partners Program for Livestock Youth.

**Please take the time to write thank you notes individually or even as a club to thank volunteers, sponsors, and helpers throughout the year for support of the 4-H program.

We appreciate all that everyone does to make the program and youth successful!

Extension/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/.

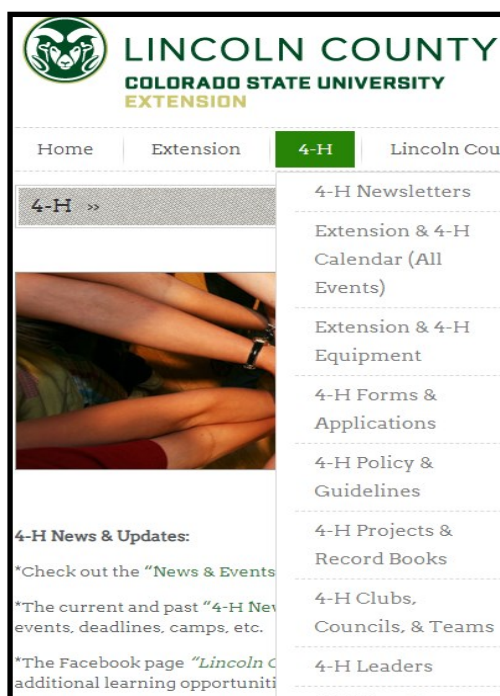
*Livestock record books utilize a county book (not the state livestock record books) that can be found at: lincoln.extension.colostate.edu/4-h-projects-record-books/.

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

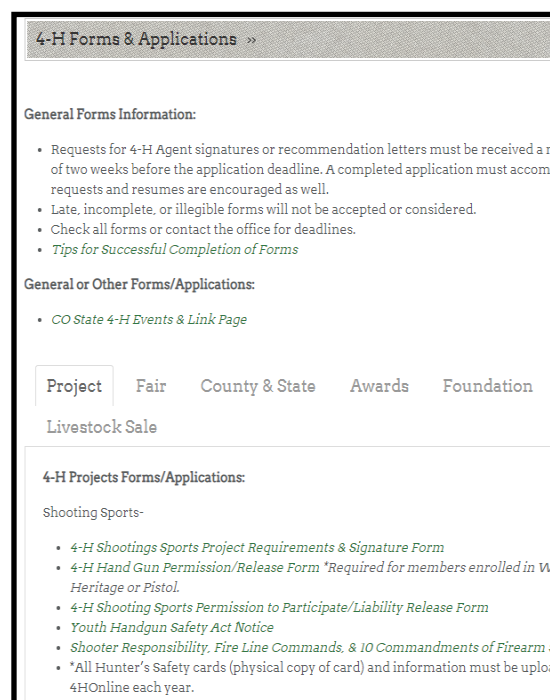
*Watch for information in the newsletter, Facebook page, or web calendar.

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, or illegible forms will not be 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", with "Project" selected. Under "Livestock Sale", there is a "4-H Projects Forms/Applications" section with a "Shooting Sports-" sub-section listing several forms: 4-H Shootings Sports Project Requirements & Signature Form, 4-H Hand Gun Permission/Release Form, 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.

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](#)

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

- ◆ **Shooting Sports-** Next practice is (Saturday) May 13 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.
- ◆ **Lincoln County 4-H Fun Day** is May 31 at the fairgrounds in Hugo from 9:00am-12:00pm. Registration is due for participation by May 15 so adequate supplies can be ordered.
- ◆ **Speech/Jamboree/Demonstration & Creative Cooks Contests** will be May 31 at the fairgrounds starting at 1:00pm. Registration (with speech topic, demonstration title, and music copies) are due to the office by May 15. The registration forms are on the extension website under "county & state" @ lincoln.extension.colostate.edu/4-h-forms-applications/. **Youth who received a Livestock Sale Committee (Non-Beginning) Livestock Scholarship must complete a demonstration as part of their scholarship requirements.*
- ◆ **Babysitting Class** for youth ages 11-15 is June 1 at the Limon Community Building. Registration is due by May 24 to Julie @ 719-775-8622 or julie.cklecc@gmail.com. Cost is \$20 and lunch is provided.

INFORMATION & EVENTS

- ◆ **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-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/.
- ◆ **State 4-H Conference** is June 20-22 (Tuesday-Thursday) for senior age 4-H members. Registration and travel is \$165. Please notify christine.schinzel@colostate.edu to register for state conference to let know workshop preferences (pick 2 per session) and contests. Registration is due by May 16. Please see workshop descriptions @ co4h.colostate.edu/events/state-conference/workshop-descriptions.pdf.
- ◆ **Fair Related->** 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/. Please see the newsletter article regarding 4-H project judging zoom potential option per changes from the fairboard.

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/).
- ◆ **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.

INFORMATION & EVENTS (CONT.)

- ◆ **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 1. Information is available @ junior-shorthorn.org/opportunities/scholarships/.
- ◆ **Little American Royal Livestock/Horse Show** is May 5-6 in Kersey, CO. Register @ showman.app or call 970-336-8741.
- ◆ **Mesa County 4-H Rabbit Field Day** is May 6 @ Orchard Mesa Lions Club Park. To learn more or sign up contact Cassidy @ 970-589-0105 or pioneerlee1995@yahoo.com.
- ◆ **AHC No Frills Horse Show & 4-H Spring Extravaganza** is May 11-14 in Denver, CO. 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 due May 12. Application is available @ usdairy.com/about-us/dmi/scholarship.
- ◆ **Arapahoe County 4-H Spring Dog Fun Match** is May 13 at the Arapahoe County Fairgrounds in Aurora. Questions @ debbie.cuvelier@yahoo.com or 303-261-7037. Registration @ forms.office.com/r/d3z2enf2TA.
- ◆ **Horsemanship Clinic** is May 13-14 at Logan County Fairgrounds in Sterling, CO. Learn more and register by May 1 to emilydayparry@aol.com or 970-520-1069.
- ◆ **Limousin Association Scholarship** application is due May 15th. Information is available @ nalf.org/juniors/scholarships/.
- ◆ **Arapahoe County Red Carpet Prospect Show** is Saturday May 20 at the Arapahoe County Fairgrounds. Enter the day of the event. For questions contact cmeeks@arapahoegov.com.
- ◆ **Colorado Section Society of Range Management Scholarships** are due May 26. For information go to cssrm.org/scholarships.html.
- ◆ **Listing of Livestock Shows-General** @ drive.google.com/drive/folders/131-cPnFYKu8RiG9siMHZslYZX3ahkxua.
- ◆ **American Gelbvieh Junior Association Scholarships** application is due June 1. To learn about scholarship opportunities go to gelbvieh.org/juniors/scholarships.

INFORMATION & EVENTS (CONT.)

- ◆ **American Suffolk Sheep Scholarship** is due June 1. Information is available at suffolks.org/scholarships.html.
- ◆ **National Sorghum Foundation Scholarships** are open till June. For information go to sorghumgrowers.com/foundation-scholarships/.
- ◆ **CSU Livestock Judging Camp is June 1-3**. For information contact Mesa Kutz mesa.kutz@colostate.edu or register @ [forms//forms.gi/GmccpQquiSdaH96Q6](https://forms.gi/GmccpQquiSdaH96Q6).
- ◆ **Breed Bash Jr. Beef Show/Events** is June 3-4 in Fort Morgan, CO. To register go to showman.app/shows#/breed-bash.
- ◆ **Philips County Showdown** (sheep, goat, & swine) is June 3-4 in Holyoke, CO. Information available @ facebook.com/phillipscountysowdown/.
- ◆ **Weld County Shooting Sports Invitationals** are June 3-4. Register @ signupgenius.com/go/20F0A4DAFAC29A2F49-weld2 or signupgenius.com/go/20F0A4DAFAC29A2F49-weld1. Contact Ray Sagehorn @ 720-244-0238 for questions.
- ◆ **Colorado Wheat Field Days** is June 1-2 & 5-6 at multiple locations. Information available @ csucrops.com/wfd.
- ◆ **Douglas County 4-H Horse Camp** is June 5-9. Register through 4H Online. For information contact mercedes.glenn@colostate.edu.
- ◆ **Colorado Junior Swine Association Shows** information is located @ facebook.com/coloradojuniorwine/.
- ◆ **Various Livestock Shows** national listing flyers available @ showman.app/shows#.
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 8. Information and application is available at nafb.com/foundation/scholarship-program.
- ◆ **Mesa County Invitational Shoot** is June 10 in Palisade. Register @ eventbrite.com/e/mesa-county-4-h-invitational-shoot-2023-tickets-579305316797.
- ◆ **Weld County Dairy Extravaganza** is June 11-13 in Greeley, CO. Information and registration available @ weldgov.com/Government/Departments/CSU-Extension/Colorado-Dairy-Youth-Extravaganza.

INFORMATION & EVENTS (CONT.)

- ◆ **The Showdown in Cheyenne Livestock Show** is June 16-18 in Cheyenne, WY. For information contact Pam @ 307-630-7489 or [facebook.com/The-Showdown-in-Cheyenne-282128558904389/](https://www.facebook.com/The-Showdown-in-Cheyenne-282128558904389/).
- ◆ **4-H Fun (Dog) Match** is June 17 at the Archuleta County Fairgrounds in Pagosa Springs, CO. Registration closes June 1 @ forms.gle/jtDmoR2YjjQxJ7iD6.
- ◆ **Rendezvous on the Range Swine Show** is June 17 at the El Paso County Fairgrounds. Register @ docs.google.com/forms/d/e/1FAIpQLSdaQVCX8D1RVvpqEsmMzhd633tWBTDI28g2MeMJx5bTbYLGg/viewform?usp=sf_link. Contact El Paso- Emily Green for questions.

4-H FUN DAY WORKSHOPS

County 4-H Fun Day Workshops

Date: May 31

Open: 4-H age 8-18

Location: Fairgrounds Building

Time: 9:00am-12:00pm

RSVP required by May 15th to ensure adequate supplies

4-H SPEECH, DEMONSTRATION, JAMBOREE, & CREATIVE COOKS CONTEST

Lincoln County Speech/Jamboree/Demonstration & Creative Cooks Contests

Date: May 31

Location: Fairgrounds Building

Time: Begin at 1:00pm

Registrations (with speech topic, demonstration title, and music copies) Due May 15

*Registration forms are available on the extension website under forms ->"county & state" @ lincoln.extension.colostate.edu/4-h-forms-applications/.

**Youth who received a Non-Beginning Livestock Scholarship must complete a demonstration as part of their scholarship requirements.*

BABYSITTING CLASS:



B.L.A.S.T.

Babysitter Lessons and Safety Training Course

Planning on babysitting this summer?
Sign up for the upcoming B.L.A.S.T. Course
and learn basic skills for caring for children and
handling routine babysitting situations.

When: Thursday, June 1st

Where: Limon Community Building
477 D Avenue, Limon, CO 80828

Who: Students ages 11-15

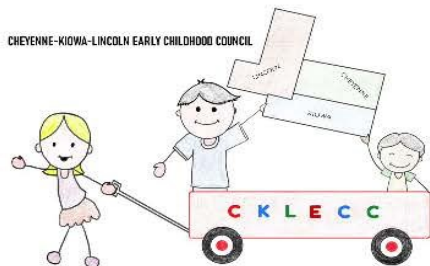
Time: 9:30 a.m. - 2:00 p.m.

Cost: There will be a fee of \$20 to cover cost of snacks, materials,
and a BLAST manual. (Checks should be written to CKLECC)
****Cheyenne, Kiowa, Lincoln Early Childhood Council (CKLECC)**
will provide lunch, drinks & snacks.

RSVPs are appreciated by May 24th.

To register contact Julie Witt at 719-775-8622 or Julie.cklecc@gmail.com

*Sponsored by the Cheyenne, Kiowa, Lincoln Early Childhood Council.
In partnership with the Lincoln County Extension Office.*



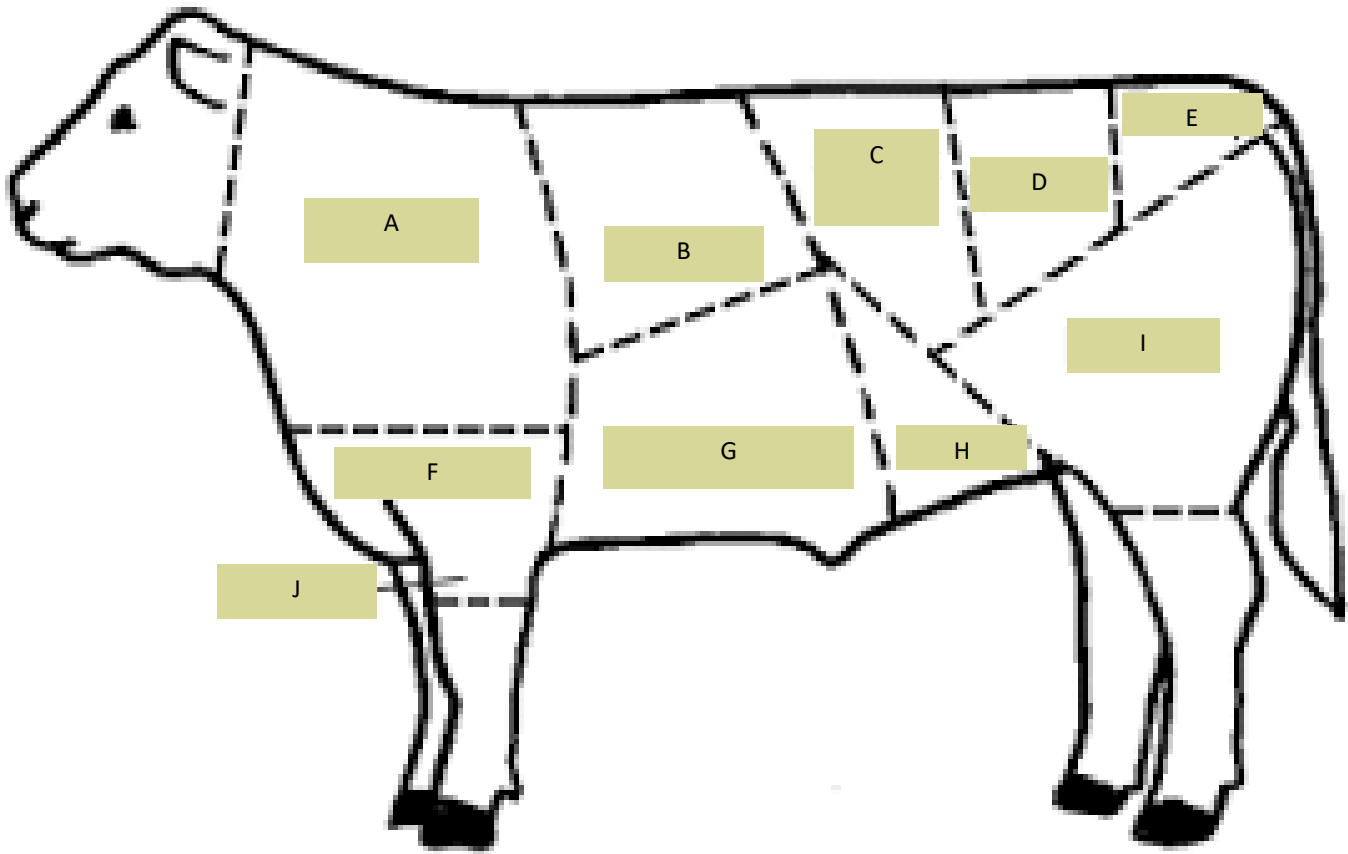
ACTIVITY PAGE:

Monthly Reader

"Farm Boots"

By Lisa H Detlefsen

Label the cuts of beef



Meat Trivia:

- 1) T or F -The lamb chop comes from the pig.
- 2) What are the primary three grades used to label beef quality?
- 3) At what age are turkey's butchered?
- 4) Marbling is the _____ within the muscle.
- 5) T or F- Meat with high levels of marbling is usually considered tough.
- 6) The USDA recommends ground beef be cooked to what minimum temperature?
- 7) Bacon comes from what areas on the pig?

1) F lamb, 2) Prime, Choice, Select, 3) 5mths approx., 4) fat, 5) F-tender, 6) 160F, 7) side or belly

farmer

A) Chuck, B) Rib, C) Short Loin, D) Sirloin, E) Rump, F) Brisket, G) Shortplate, H) Flank, I) Round, J) Shank-diagram by northcountry-

VOLUNTEER CORNER: 4-H OPPORTUNITIES

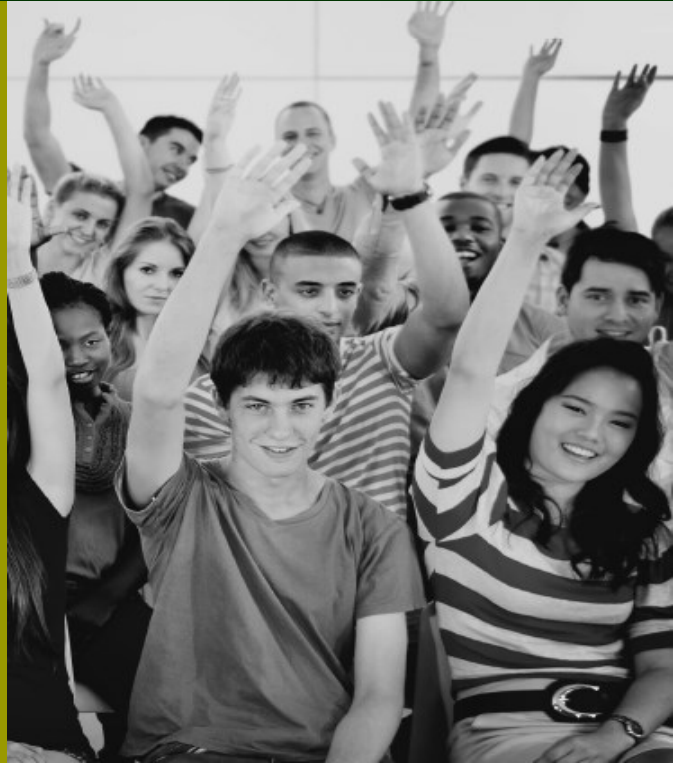
WHAT: 4-H Volunteers can help youth develop life skills by volunteering their time, resources, and knowledge in over 20+ project areas.

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/.

JUST TO GET YOU THINKIN...

“The strength of a nation derives from the integrity of the home.”

-Confucius

“We must find time to stop and thank the people who make a difference in our lives.”

- John F. Kennedy

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:

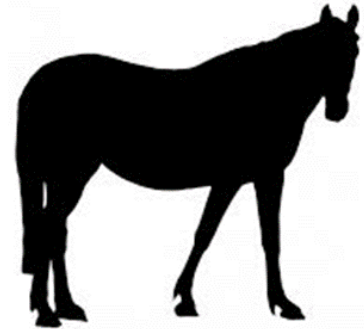
-Log in to 4H Online

-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.



FAIR: 4-H GENERAL PROJECT JUDGING

Per Fairboard rule changes: There is now a potential option for kids exhibiting general 4-h projects to do a zoom interview for fair under the following conditions:

- 1) Parent/child must call and get on the Fairboard Agenda for the July meeting.
- 2) The child and parent must both show up to the fairboard meeting in person in July to explain why they cannot attend fair in-person and need a zoom interview.
- 3) The fairboard will review and approve zoom interviews on an individual basis.
- 4) No special allowances will be made in the scheduling of the zoom interview on general 4-H project judging day. The child must make themselves available whenever they are on the schedule during the day. The child/parent must provide their own technology to participate in the zoom interview.

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

ANIMAL INFORMATION CORNER: BEEF EXHIBITORS (BRAND INSPECTION REMINDER)



ATTENTION ALL LINCOLN COUNTY LIVESTOCK EXHIBITORS

As of 2024, all beef that will be in the market show and sold at the Lincoln County Fair will be required to have a brand inspection (which is a legal bill of sale) in the exhibitor's name. There will be no more "home raised" animals cleared unless the exhibitor is the legal owner of the brand that the animal is wearing. If the animal does not have a brand it must still have a brand inspection in the exhibitors name. As I love to see local ranch raised calves in the show that are wearing a family brand, we must do a change of ownership (brand inspection) from the person selling (gifting) the animal to the exhibitor. Reference Colorado State Statute C.R.S. 35-53-105 (1)-(3) - Failure to Obtain Brand Inspection Prior to Shipment. Please bring your brand inspection with you to weigh in each year. I will mark a new tag number on your certificate. Each August at the fair when you consign your animal to sell, I will need to collect your certificate so please also bring your brand inspection paperwork. If you do not have a brand inspection done by the time the livestock sale starts the money will be held until you get the brand inspection done. Reference Colorado State Statute C.R.S. 35-54-105 (1) - Sale of Livestock Without a Bill of Sale.

If you have any questions, please feel free to contact me at 719-924-3548 or 719-440-1387. Again this will be a requirement starting in the year 2024.

Thank you and I wish you the best of luck with your animals!

A handwritten signature in black ink that reads 'Marc Hollenbaugh'.

Marc Hollenbaugh, Brand Inspector - Limon District

Commissioners: Lorene Bonds from Durango, Kory Kessinger from Akron, David Mendenhall from Rocky Ford, Erik Mohrlang from Fort Morgan & Margrit Parker from Longmont

305 Interlocken Pkwy, Broomfield, CO 80021 P 303.869.9000
Brand Inspection Division: P 303.869.9160 F 303.466.1429 www.colorado.gov/agbrands



May 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Goat, Sheep, & Swine Nominations Due	2	3	4	5	6
7	8	9	10	11	12	13 Shoot Practice 2 Setup Rifle-7:45am; Shotgun-9:30; Archery @ 10:00
14	15 -Fun Day Registration Due -Speech, Demonstration, Jamboree, Creative Cooks Registration Due	16 State 4-H Conference Registration Due	17	18	19	20
21	22	23	24 Babysitting Registration Due	25	26	27
28	29 Holiday- Office Closed	30	31 -4-H Fun Day 9:00am @ Fairgrounds Building -Speech, Demonstration, Jamboree, Creative Cooks Contest 1:00pm @ Fairgrounds Building	June 1 -Babysitting Class-Limon -State Fair Sheep/Goat/Swine Nominations Due to Office		

HEAD-> SMART GOALS

As you work on your 4-H projects for the year, don't forget the goals you set in the fall or winter to help you achieve success in your project and make it more manageable. Goals should be SMART in that they are specific, measurable, achievable, relevant, and time bound. A checklist of your timeline to achieve your goals will make them more manageable. Don't forget to ask for help with your goals and have someone help hold you accountable to complete your goals on time and make the year's project more enjoyable and successful.

HEART-> Orphanage Help

There is a staggering number of children in orphanages here in Colorado and across the U.S. and world. Supporting a local orphanage helps to give youth a secure place to live and resources to survive and grow to become successful adults. The following are ways you could help:

- Provide monetary donations
- In-kind donations or resources
- Volunteer with fundraising events
- Volunteer to help with cleaning, cooking, gardening, library, administrative duties, and more

Contact your local orphanage to learn how your family could make a difference.!



HANDS-> Plant Select

Plant Select is a site offered by CSU, the Denver Botanic Gardens, and area horticulturalists to provide resources to gardening enthusiasts. The resources include plant types, purchase locations, learning modules, and plant/landscape design that is specific to the Rocky Mountain Region. Recommended plants for the region preferably have the following characteristics: non-invasive, lasting beauty, insect and disease resistant, drought tolerant, resilient and able to thrive in many conditions, and habitat friendly.

Check out plantselect.org for great ideas and additional information.

HEALTH-> Eyeglass Sanitation

We often hear about washing our hands properly especially during cold and flu season. What we don't hear much about is how germs, infections, etc. can be spread through our eyeglasses. Those that wear glasses or safety glasses often take their spectacles off during the course of the day or during their work. Good handwashing translates into clean hands. However we get busy working and begin picking up other items that may not be as clean and then often touch or take off our glasses. The transfer of germs can occur and make us more susceptible to getting pink eye or becoming sick or transferring those germs to someone else. Sanitation using disinfectants is a good practice when cleaning your glass lenses; at least once a day.

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