

# 4-H NEWSLETTER

December/ January 2024



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## THANK YOU'S

Thank you to all of our 4-H volunteers, committee and foundation members, and club leaders who invest your time and energy to help make a positive impact in the lives of youth in Lincoln County. Thank you as well to all our parents who spend countless hours and resources to help their children learn and grow.

We appreciate all that you do each year!

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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)

# FAIR RELATED: BEEF EXHIBITORS (BRAND INSPECTION MANDATORY CHANGES)

\*Exhibitors must read through and comply with updated requirements for participation at weigh-in, fair, and general ownership regarding brand inspections on beef cattle. This is not optional for paperwork to be done at a later date. Please schedule time well in advance of beef weigh-in to ensure you have proper ownership papers on your beef animals and can bring them to weigh-in. Contact the brand inspector for more information.



## 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

# 4-H ENROLLMENT INFORMATION:

## Enrollment Deadlines:

October-Enrollment Opens February 1

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

## Project Deadlines:

\*\*March 1 (Date Change)-  
Project add/drop.

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

\*Other- 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 what is listed in the parents/guardians section).*

*-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 will be the one being sent 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- \$35/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 & YOU->

# VOLUNTEERING IS A SUPERPOWER

We think that superpowers are limited to great nations, presidents of companies, professional athletes, or pop stars. When, in fact, we all have superpower capabilities. Volunteering in 4-H can be a superpower for us all.

### 4-H is...

4-H is a youth development organization that reaches over 110,000 youth in Colorado alone each year. 4-H focuses on four pillars (Head, Heart, Hands, and Health). 4-H partners with volunteers and supporters to provide opportunity and access for all youth. 4-H members learn about different project areas (i.e., Robotics or Home Décor and Design); participate in community service and leadership opportunities; and develop valuable life skills, hobbies or career interests, connections, and life-long friends.

### Superpower Potential

You may think that being a volunteer requires special talents, being a certain age, or providing monetary contributions; but that is just not the case. There are opportunities for everyone to plug in as a 4-H volunteer and help support youth. You can boost your superpower as a 4-H volunteer by:

- Giving your time to foster and encourage youth through engagement.
- Providing resources to help youth be successful in their projects and activities.
- Sharing your knowledge and talents to help 4-H youth develop life skills and encourage life-long learning.
- Providing connections and support for 4-H members and clubs at all levels.

### 4-H & You

Volunteering is a superpower at any capacity and level because it requires you to consciously decide to give of your time, talents, or resources to another person or entity. It's not a requirement in life to volunteer or support others. Volunteering in 4-H creates an ongoing ripple effect when you decide to invest in the lives of others, in particular youth.

As a volunteer you give, but you also receive. Volunteering fosters new and existing relationships and helps volunteers connect socially; this is especially true for older adults or those who live alone. Studies from the *National Library of Medicine* often show that volunteering can lower stress and improve physical and cognitive health. Volunteering can lower depressive symptoms by being purposeful by helping others.

### Getting Started:

Becoming a volunteer is as easy as connecting with your local County Extension Office to learn more about 4-H, what opportunities might exist, and what you are passionate about.

- Lincoln County Extension @ [extension.colostate.edu/staff-directory/?cn-s=&cn-cat=113](http://extension.colostate.edu/staff-directory/?cn-s=&cn-cat=113)
- Learn more about Colorado 4-H @ [co4h.colostate.edu/](http://co4h.colostate.edu/)
- Learn more about 4-H Alumni opportunities @ [4-h.org/resources/alumni/](http://4-h.org/resources/alumni/)

## FAMILY & CONSUMER: DOWN-HOME HOLIDAY PARTY

Our favorite classic holiday movies often remind us of the value of spending time with friends and families throughout the holiday season. The down-home connection provides a good reminder that we don't need a complex or expensive experience to enjoy one another's company and spread goodwill and joy throughout the season. A down-home party focus may also be a way to alleviate additional stress and help us manage our overall wellness better during the holidays. A 2021 survey by the *American Psychiatric Association* suggests that on average over 40% of adults worry about holiday costs including food and gifts. It also suggests other factors such as increased holiday activities, longer work hours, and other factors negatively impact overall health during the holidays. Consider these strategies to help create a positive down-home and less stressful party experience.

### Wellness StepUp

- Encourage physical activity such as tabletop ping-pong or Twister. Have guests bring outdoor winter gear and enjoy backyard activities such as homemade jumbo Scrabble, sack races, and more.
- Set up a thankful or holiday memory jar for guests to write down what they are thankful for or their favorite holiday memory and then read the responses to the group during the event.
- Provide food items that provide some balanced protein, fruits, and vegetables as it can be hard to eat healthily during the holidays.

### Simplicity for the Win

- Less can be more, don't worry about spending a huge amount or having brand-new. Use old decorations or pick up some additional ones at a local yard sale or Goodwill. The theme doesn't have to be in-season. Everyone probably has an ugly shirt or sweater, even if not holiday related.
- Round up all your leftover themed party paperware to utilize for a mismatched theme.
- Use your garage sale box items or dollar store finds as fun gifts for game or challenge winners.
- Offer bulk drinks (i.e. lemonade, coffee, and tea) to reduce expenses.
- Use your best at-home features as part of the event (i.e. backyard BBQ grill or firepit or maybe you have a room large enough to project a movie on the wall or a garage for games or dancing).
- Share the experience->Ask your neighbor with a larger house to host the event while you bring some of the activities or food items. Have guests help bring items. (i.e. one person brings decorations, one brings drinks, one does dessert, etc.).
- Have your kids plan a separate piece to have two parties in one (one area for the adults, and one for the kids). It helps reduce the costs and stress of having to be at two events at different times and places.
- Plan your party earlier in the holiday season or even after to avoid the rush and help you and others spread out the financial expense. This really can be beneficial for extended family events.

(cont.)

## FAMILY & CONSUMER: DOWN-HOME HOLIDAY PARTY (cont.)

### Endless Opportunities-

- Set up a simple picture booth area for everyone to take pictures during the event.
- Drop the gift exchange or have everyone bring an item they already had at home (i.e. canned food, pair of socks, old hat, etc.).
- Have everyone chip in funds and rent your local community building to reduce the stress of preparing and cleaning at home.
- Set up a movie and popcorn event or have everyone bring \$10 and order take-out.
- Set up board game rotations (change places at different board games every 20 minutes or so). You can even set out 100 or 500 piece puzzles for other guests to work on an enjoy more in-depth conversation.

## SHOOTING SPORTS PROJECT INFORMATION:

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

\*Must be signed by both a parent/guardian and the member.

- 1) *4-H Shootings Sports Project Requirements & Signature Form*
- 2) *4-H Shooting Sports Permission to Participate/Liability Release Form*

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

\*The requirements for minimum project completion and requirements to attend the state shoot are both outlined on the "4-H Shooting Sports Project Requirements & Signature" form. Please read carefully to ensure that you understand all requirements of the project. \*Shooting disciplines offered will be subject to certified instructor availability. All participants are required to provide their own ammunition/arrows and safety equipment at shoots.

**Shooting Sports Fees Due:** *\$35/per shooting sports discipline* enrolled in is due by January 31 (ex. enrollment in shotgun and rifle would equal a fee total of \$70). This is in addition the member enrollment fee. A Late Fee of \$10.00 applies after January 31. Fees are payable to the Extension Office.

**Safety Meetings-** \*New project members must attend both safety meetings their first year. Returning members only need to attend one safety meeting. \*Members may not add the shooting project once the 1st safety meeting has passed to participate in range activities.

*(Dates: February 20th @ 6:30pm & February 27th @ 6:30pm @ Lincoln County Fairgrounds.)*

**Hunter's Safety Certification Due March 1:** This must be completed by this date to participate in live fire range activities throughout the year. Tentatively CPW will be offering a local class in early winter. More information will be sent when known. Check out the Colorado Parks and Wildlife site for more information and class availability at: [cpw.state.co.us/learn/Pages/HunterEducation.aspx](http://cpw.state.co.us/learn/Pages/HunterEducation.aspx).

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

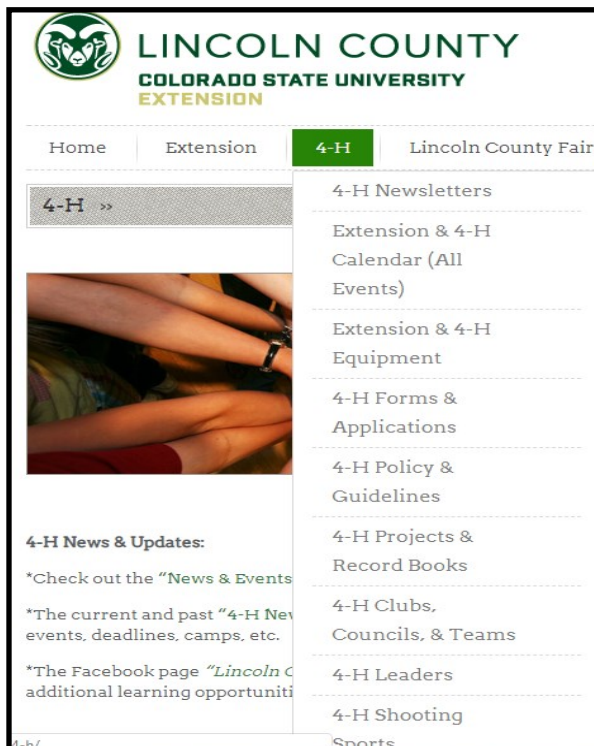
# VOLUNTEER CORNER: SHOOTING SPORTS VOLUNTEER TRAININGS DATES 2024

If you enjoy youth, the outdoors, and shooting or archery activities we encourage you to consider volunteering to become a certified shooting sports instructor (prior experience is not necessary). 4-H members have the opportunity to participate in disciplines in the county if we have certified volunteer instructors. To become certified members must first complete the 4-H enrollment process and then attend and certify at a state sponsored training. Please contact [christine.schinzel@colostate.edu](mailto:christine.schinzel@colostate.edu) to learn more. *Interested volunteers should complete the initial 4-H volunteer process no later than end of January to ensure enough time to become a volunteer and register for a spring training.* Training dates being offered for 2024:

- ◆ March 1-3, Morgan County - (Rifle, Pistol, Archery, Shotgun)
- ◆ March 8-10, Pueblo County - (Rifle, Pistol, Archery, Shotgun, Muzzleloader, Hunting & Outdoor Skills, Western Heritage)
- ◆ March 15-17, Weld County - (Rifle, Pistol, Archery, Shotgun)
- ◆ March 22-24, Garfield County - (Rifle, Pistol, Archery, Shotgun, Muzzleloader, Hunting & Outdoor Skills, Western Heritage)

## WHERE TO FIND FORMS...

Various Forms can be found on our Lincoln County Extension Website @ [lincoln.extension.colostate.edu/](http://lincoln.extension.colostate.edu/). Hover over the 4-H Tab for the drop-down menu to appear.

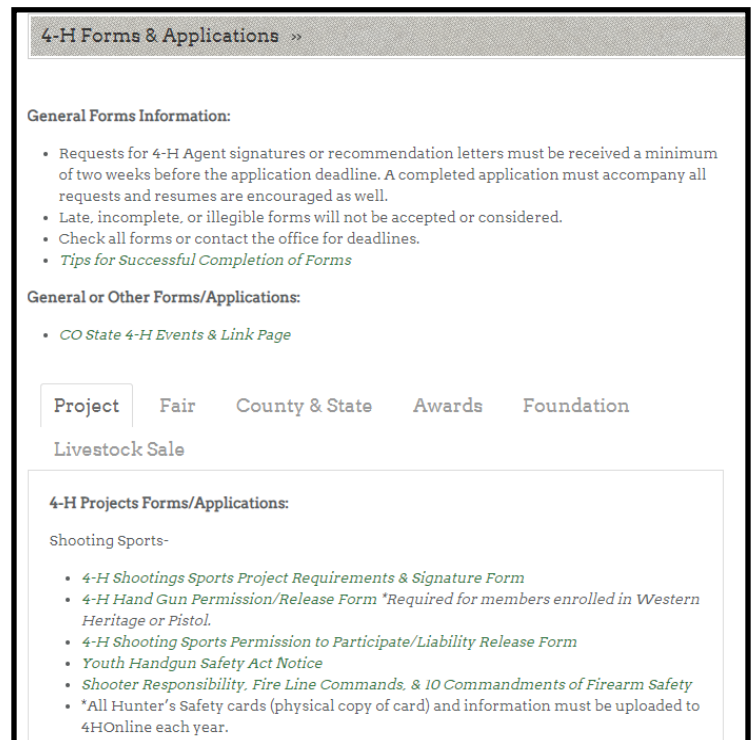


The screenshot shows the Lincoln County Extension website header with the 4-H tab selected. A dropdown menu is visible with the following items:

- 4-H >>
- 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
- 4-H Leaders
- 4-H Shooting Sports

Below the menu, there is a section for "4-H News & Updates" with three bullet points:

- \*Check out the "News & Events"
- \*The current and past "4-H News" events, deadlines, camps, etc.
- \*The Facebook page "Lincoln County Extension" for additional learning opportunities



The screenshot shows the "4-H Forms & Applications" page. It includes the following sections:

- General Forms Information:**
  - Requests for 4-H Agent signatures or recommendation letters must be received a minimum of two weeks before the application deadline. A completed application must accompany all requests and resumes are encouraged as well.
  - Late, incomplete, or illegible forms will not be accepted or considered.
  - Check all forms or contact the office for deadlines.
  - *Tips for Successful Completion of Forms*
- General or Other Forms/Applications:**
  - *CO State 4-H Events & Link Page*
- Navigation:** Project (selected), Fair, County & State, Awards, Foundation
- Livestock Sale**
- 4-H Projects Forms/Applications:**
  - Shooting Sports-
    - *4-H Shootings Sports Project Requirements & Signature Form*
    - *4-H Hand Gun Permission/Release Form \*Required for members enrolled in Western 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*
    - *\*All Hunter's Safety cards (physical copy of card) and information must be uploaded to 4HOnline each year.*

# 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, 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)

- ◆ **Leadership Development Camp** for 4-H members (14+) is scheduled for January 27-28 in Denver. Registration closes in 4H Online January 3. Costs TBD. If you have an interest in attending camp or chaperoning youth, please contact [christine.schinzel@colostate.edu](mailto:christine.schinzel@colostate.edu) or [emily.baylie@colostate.edu](mailto:emily.baylie@colostate.edu).
- ◆ **4-H (New Year) Enrollment** is open for new and returning 4-H members, and returning volunteers including foundation members. Enrollment will close February 1. *\*A reminder that members/volunteers need to be enrolled and approved before participating in new 4-H year activities. Members and volunteers need to add an "Emergency Contact" that is not the parent/custodian to their account.*
- ◆ **Livestock Sale Committee (Livestock Scholarship Program Sheep, Goat, Swine)** applications are due February 1 for 4-H and FFA members. 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/).
- ◆ **Livestock Scholarship Donor Opportunity**- Each year the Livestock Sale Committee provides scholarships to interested 4-H/FFA youth participating in beef, sheep, swine, and goat projects through an application process. If you or your business would have an interest in supporting one of these scholarships financially; then please contact the sale committee or office for more information.
- ◆ **Hunter's Safety (Shooting Sports)**- Hunter's Safety certification must be completed by the project add/drop deadline of March 1 for project continuation. Tentatively CPW will be offering a local class in early winter. More information will be sent when known. Find classes @ [cpw.state.co.us/learn/Pages/HunterEducation.aspx](http://cpw.state.co.us/learn/Pages/HunterEducation.aspx).
- ◆ **Shooting Sports Forms and Fees** (\$35/discipline) are due January 31 to the office. Forms are available @ [lincoln.extension.colostate.edu/programs/4-h/shooting-sports/](http://lincoln.extension.colostate.edu/programs/4-h/shooting-sports/).
- ◆ **Shooting Sports Volunteers Opportunity**-We are seeking volunteers to become certified shooting sports instructors for multiple disciplines. Please contact [christine.schinzel@colostate.edu](mailto:christine.schinzel@colostate.edu) to learn more about the volunteer training process and opportunities.



# INFORMATION & EVENTS (CONT.)

- ◆ **4-H Project List is available** @ [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/). "Natural Resources" will again be piloting this year for interested members. Project Add-Drop deadline is March 1.
- ◆ **4-H Project Manual Ordering Information** @ [co4h.colostate.edu/program-areas/colorado-4-h-project-information/](http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/)

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/](http://livesmartcolorado.colostate.edu/).
- ◆ **CSU Extension Horticulture Blog** @ [cshort.blogspot.com/](http://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/).
- ◆ **Various Livestock Shows** national listing flyers available @ [showman.app/shows#/](http://showman.app/shows#/).
- ◆ **CSU Extension Cottage Foods Safety Trainings** are held throughout the year. Learn more and register for a training @ [foodsmartcolorado.colostate.edu/food-safety/cottage-retail-foods/](http://foodsmartcolorado.colostate.edu/food-safety/cottage-retail-foods/).
- ◆ **CSU College Connection Webinar Series** will take place with different colleges once a month. Learn more about degrees, scholarships, and student organizations. Email [csu\\_online\\_studentsupport@mail.colostate.edu](mailto:csu_online_studentsupport@mail.colostate.edu) for registration and schedule information.
- ◆ **Agrability Workshops** for Agricultural families and providers will be offered in late fall and early winter at multiple locations. Learn more and register @ [agrability.colostate.edu/](http://agrability.colostate.edu/).
- ◆ **NWSS Catch-a-Calf** applications are due December 15. To learn more go to [nationalwestern.com/catch-a-calf-program/](http://nationalwestern.com/catch-a-calf-program/).
- ◆ **BASF National Wheat Foundation Scholarship** application is due December 31. Learn more @ [wheatfoundation.org/leadership-programs/](http://wheatfoundation.org/leadership-programs/).
- ◆ **National Pork Producers Council Neil Dirks & Lois Britt Memorial Scholarships** are due December 31. Information and application @ [nppc.org/get-involved/education-programs/](http://nppc.org/get-involved/education-programs/).
- ◆ **Syngenta Scholarship** application is open through the FFA scholarship portal. **Syngenta Internship** opportunities @ [syngenta-us.com/careers/students/](http://syngenta-us.com/careers/students/).
- ◆ **Future of Agriculture Colorado Farm Bureau Scholarships** application is due January 1. Additional information is available @ [usascholarships.com/colorado-farm-bureau-scholarship-program/](http://usascholarships.com/colorado-farm-bureau-scholarship-program/).

## INFORMATION & EVENTS (CONT.)

- ◆ **National Pork Producers Council Lois Britt Memorial Scholarship** is due January 2. Information and application @ [nppc.org/britt-scholarship/](http://nppc.org/britt-scholarship/).
- ◆ **Dairy Farmers of America Scholarships** application is due January. 12 Information is available @ [dfamilk.com/careers/students-and-graduates](http://dfamilk.com/careers/students-and-graduates). **DFA Internships** are also available.
- ◆ **National Western Stock Show** is January 6-21. 4-H Day is January 12- Promo Code on Tickets is "FOURH" @ [tinyurl.com/nwpromo](http://tinyurl.com/nwpromo). Learn more @ [nationalwestern.com/](http://nationalwestern.com/).
- ◆ **American Quarter Horse Association Scholarships** are due January 15. Additional information is available at [aqhfoundation.smapply.io/prog/aqhf\\_scholarship\\_program/](http://aqhfoundation.smapply.io/prog/aqhf_scholarship_program/).
- ◆ **Colorado Farm Show** exhibits and learning seminars is January 23-25 in Greeley, CO. Learn more @ [coloradofarmshow.com/](http://coloradofarmshow.com/).
- ◆ **National Corn Growers Association Scholarship** applications are due January 31. Information is available [ncga.com/scholarship](http://ncga.com/scholarship).
- ◆ **National Holstein Women's Scholarship** application is due early February and is available @ [nhwsoscholarship.com/scholarship-application/](http://nhwsoscholarship.com/scholarship-application/).
- ◆ **High Plains No-Till Conference** is February 6-7 in Burlington, CO. Learn more @ [highplainsnotill.com/](http://highplainsnotill.com/).
- ◆ **Ag Day Essay** contest entries are due February 9. Learn more @ [agday.org/essay-contest](http://agday.org/essay-contest).
- ◆ **El Pomar Internship** application is due February 9. Learn more @ [elpomar.org/programs/internship/](http://elpomar.org/programs/internship/).
- ◆ **Farm Credit of Southern Colorado Scholarships** application is due February 15. Learn more @ [aglending.com/scholarships/](http://aglending.com/scholarships/). **Internships** are also available.
- ◆ **Dairy Calf and Heifer Association Scholarship** is due February 24. Information available @ <https://calfandheifer.org/scholarship/>.
- ◆ **Colorado 4-H State Scholarships** application is due March 1. Learn more @ [co4h.colostate.edu/about-us/scholarships/](http://co4h.colostate.edu/about-us/scholarships/).

## JUST TO GET YOU THINKIN...

*"The journey is the reward."* -Steve Jobs

*"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."* -Aristotle

# ACTIVITY PAGE:

## Monthly Reader

“The Christmas Owl: Based on the True Story of a Little Owl Named Rockefeller”  
By Gideon Sterer & Ellen Kalish

### **Microwave Smoes**

Microwave Smores is a great way for youth to start exploring cooking in a fun and easy way. It’s also a chance for parents or siblings to spend time together and enjoy a great snack.

Food Safety Reminders: Don’t forget to wash your hands and equipment before you get started and always have permission and work with an adult in the kitchen.

#### Supplies:

- Microwave Safe Dish/Plate (8x8) or smaller
- Graham crackers
- Marshmallows
- Chocolate (Hershey square)

#### Steps:

- Place half a graham cracker in the microwave dish or as many half pieces will fit on the dish in a single layer.
- Add 1/2 of a Hersey bar to each graham cracker.
- Add 1 (regular size) marshmallow on top of each chocolate piece.
- Microwave for 20 sec. or until marshmallow begins to puff.
- Carefully remove from the microwave (as they may be hot) and cover each piece with the other half of the graham cracker and enjoy!



### **Glow Stick Milk Jug Christmas Decoration**

#### Supplies:

- Half gallon or gallon (empty) milk jugs
- Colored glow sticks
- Craft decorating supplies (Markers, felt, cotton balls, eyes, nose, ears, pipe, cleaner, etc.)
- Scissors, tape, and glue

#### Steps:

- Rinse out milk jugs and let the insides dry out. Decorate with pictures or adding accessories to make your holiday jug ornament or figures. Crack glow sticks and place inside the jug for desired lighting. Turn off the lights and enjoy!



## SAFETY StepUP: ELECTRICAL CORD SAFETY

Electrical cords allow users to utilize technology that expands our reach of power to being more mobile and accessible outside of traditional plug-ins. Like any tool though it's important to understand it's proper uses and be aware of potential safety hazards. It's especially important to remember that electrical cords are not the same as using traditional electrical wiring and outlets.

Types & Uses- Cords have a sequence of letters on their insulation. They indicate type and use for cords based on the wiring inside the cord. Check your cord for designations and uses. Some examples include: "S" -> Cord is flexible, designed for general use. "W" -> Cord is rated for outdoor use. "J" -> Cord has 300-volt insulation (general use), no designation means it has (600-volt insulation) which is for heavier use. ->"SRDT" is heavy duty and good for high amperage products.

-Outdoor cords have higher amperage ratings to deliver more power required by outdoor devices. Lower AWG (American wire gauge) equals a thicker wire with a higher capacity (i.e. 10 or 12 gauge vs. 16 gauge).

-A shorter cord will also deliver more power than a longer cord when using the correct amperage rating. Less than 13 amp cords are useful for Christmas or work lights, portable fans, hedge trimmers, etc. Mid-Level (14-15 amps) cords are better suited for lawn mowers, drills, and table saws. Higher amperage (16-20) cords work best for chain saws and air compressors.



### Before You "Plug In"

- Inspect your cord for any cracks or breaks on the cord or ends. Look for bare wires as well.
- Look for signs of darkening or burn marks on the cord or ends.
- Ensure that a cord's "ground pin" has not been cut off or modified. Do not connect a 3-prong plug to a 2-prong plug. \*Ground plugs help reduce electrical shock.
- Ensure that your cords and items do not have any loose connectors or connections before use.

### Good Use Practices

- Never staple or nail electrical cords to walls or other surfaces. Utilize proper cord protectors and hanging pendants to reduce trip hazards.
- Do not run electrical cords through walls, ceilings, or floors.
- Do not use indoor rated cords outdoor. Ensure the power rating is sufficient for the intended use.
- Attach a (GFCI) adapter to your cord (if your outlet doesn't already contain one).
- Do not use extension cords when they are wet or let them lay in wet areas or on snow.
- Power strips are not a permanent solution for plugging in multiple cords. Also do not connect multiple power strips together for additional power use.
- Never connect one extension cord to another.

Resources- OSHA Electrical Safety @ [osha.gov/electrical](https://www.osha.gov/electrical) & Electrical Safety Foundation @ [esfi.org/](https://www.esfi.org/)

## December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Holiday- Office Closed	26	27	28	29	30
31						

Events &amp;

## January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Holiday- Office Closed	2	3 LDC Camp Reg. Due	4	5	6 NWSS 6-21
7	8	9	10	11	12 4-H Day NWSS	13
14	15 Holiday- Office Closed	16	17	18	19	20
21	22	23 Colorado Farm Show 23-25	24	25	26	27
28	29	30	31 Shooting Sports Fees & Forms Due	Feb. 1 -4-H Member Enrollment Closes -Sale Committee Livestock Small Ani- mal Scholarship Applications Due		

## HEAD-> CSU ABM Custom Rates Survey

Each year the CSU Extension Agriculture & Business Management Team conducts a producer and service provider survey to update the Custom Rates information regarding crop production and livestock. These valuable results help producers and providers make informed management decisions for their operations and also assist newer producers and absentee landowners with realistic data when determining hiring contracts for services or leases. To see current and past years copies of the survey results go to

[abm.extension.colostate.edu/custom-rates-survey/](http://abm.extension.colostate.edu/custom-rates-survey/).

## HEART-> Colorado Gives Day December 5

Colorado Gives Day is a reminder for individuals, families, and businesses to make contributions to their favorite causes and charities that are dedicated to helping Coloradoans. Giving back monetarily helps many organizations to function and serve others throughout the year. This is great chance as a family to pick a charity 1x/mth or 1x for the whole year and give a set amount to share the experience of giving. They provide many categories for new givers looking for ideas as well. To learn more or donate to your favorite charity go to [coloradogives.org/](http://coloradogives.org/)



## HANDS-> Dairy Calf & Heifer Association Live Chats

The Dairy Calf & Heifer Association is one of many that serves producers to help them succeed and grow in their agricultural business. Specifically one feature they offer is the *DCHA Calf Chats*. These shorter presentations cover a variety of topics including current industry changes. Producers are able to get their questions answered by the experts. Chats are recorded for viewing use later as well.

To learn more about these chats and other resources in the dairy industry check out their website @ [calfandheifer.org](http://calfandheifer.org) and Facebook page @ [facebook.com/CalfandHeifer](https://www.facebook.com/CalfandHeifer).

## HEALTH-> Gifting Toys

Giving gifts, especially toys to children can bring joy. It is important to remember “Ages and Stages” when gifting toys though. General questions to ask of yourself and the parents before giving gifts:

- Is this toy a choking hazard?
- Does this toy require safety equipment for use (i.e. eye glasses or gloves for a craft or science experiment)?
- Is the construction of the toy sufficient for intended use?
- Does this toy meet ASTM safety standards?
- Do I have the parents permissions to gift this toy?
- Is this toy a potential hazard for younger siblings?
- Does the toy match the child’s abilities?

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