

4-H NEWSLETTER

July/August 2024



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THANK YOU'S

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

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

****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!



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

PORTABLE SCALE/TRAILER & FAIR-GROUND SCALES AVAILABLE FOR USE:

There is a portable (sheep, goat, and swine) scale available for use at the Extension Office. The scale is available for use/pickup on a first-come basis by appointment only during office hours. We also now have a garden trailer to transport the scale on.

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

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

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

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

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



JUST TO GET YOU THINKIN...

"When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself." - Tecumseh

"Education without values, as useful as it is, seems rather to make man a more clever devil." -C.S. Lewis

4-H COUNTY AWARD NOMINATIONS

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

Partner in Success

Award

Hall of Fame
Award

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

Outstanding 4-H

Volunteer

Gwendal Leonard
Hard Luck Award

BEEF ULTRASOUND EVENT

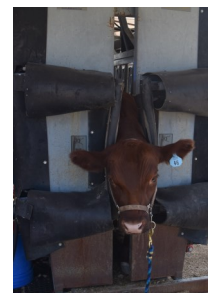
Date & Time: Friday, August 9 @ 9:00am-12:00pm over by the beef scale (Members can rotate in and around the round robin competition).

To Participate:

- 1) Simply Sign up Tuesday at weigh-in on the sheet which market beef animals (tag #'s) you would like scanned. *Breeding Beef may also get an ultrasound. (You must provide appropriate association information if you want information sent off on any breeding animals).
- 2) Provide Payment *Checks payable to Eastern Colorado Veterinary Services or bring exact change on Tuesday at Weigh-IN. **Cost:** \$25/Head

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

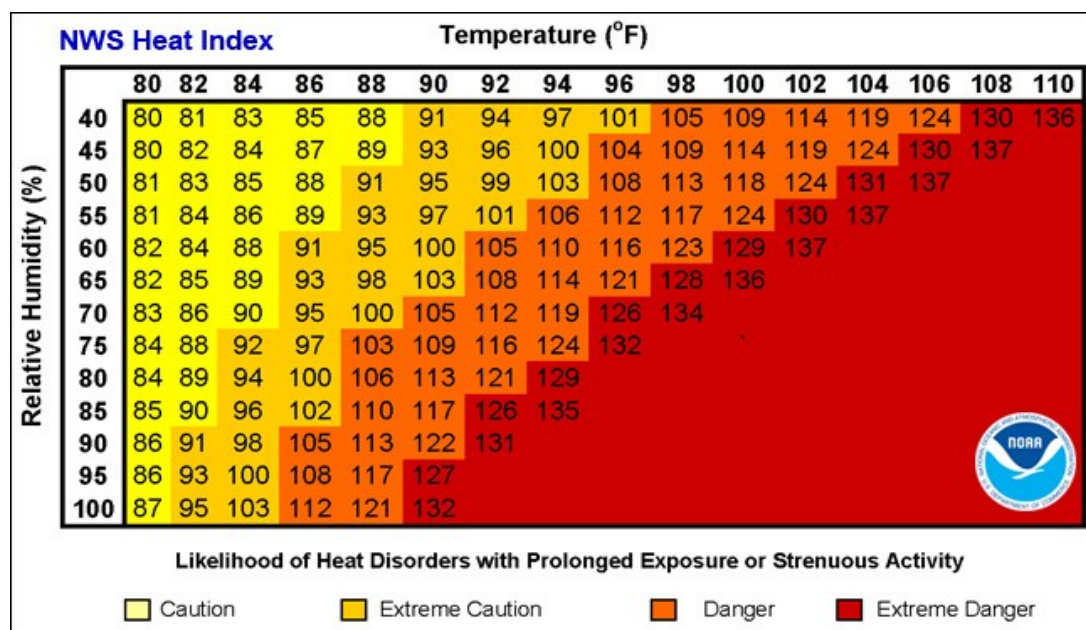
Why: *The ultrasound scan is designed to give members some data information about their animal. Data collected from the ultrasound can be used to *estimate* carcass retail yield and meat quality. Common traits estimated include ribeye area, backfat, intramuscular, and rump fat. *It helps youth learn more about the commercial cattle market and how traits and carcass information impact value received from buyers and packers as well as what the industry standards are regarding consumers consumption habits. Contest results are presented at 4-H achievement



SAFETY STEP-UP: HEAT AWARENESS

Warmer weather can be enjoyable however extreme heat can be detrimental to not only crops and gardens, but to humans and livestock/pets as well. As we move into the hottest part of the year it's important to talk about the heat index and heat safety awareness.

The National Weather Service Heat Index shows what affect temperature and humidity have on the actual "air temperature" as well as showing caution areas around prolonged exposure or strenuous activity while out in the heat. You can see on the chart that on a day with relative humidity at 50% and a temperature of 94° it's actually 103°. We may not have as much humidity in our area as some, but temperatures are still affected by any level of humidity.



Heat Safety Reminders:

- Drink plenty of water (avoid caffeine and other beverages).
- Wear lighter-weight clothing and full-brimmed hats.
- Avoid activity in the hottest parts of the day and take plenty of rest breaks if working outside.
- Ensure that pets, children, and the elderly are not left in vehicles that are shut-off or in rooms that may not have air-conditioning. Cognitive impairments or skill limitations may prevent them from understanding that they are "too hot" or how to turn on the air conditioner.
- Review the Heat graphic to understand the difference between *Heat Exhaustion* and *Heat Stroke*.

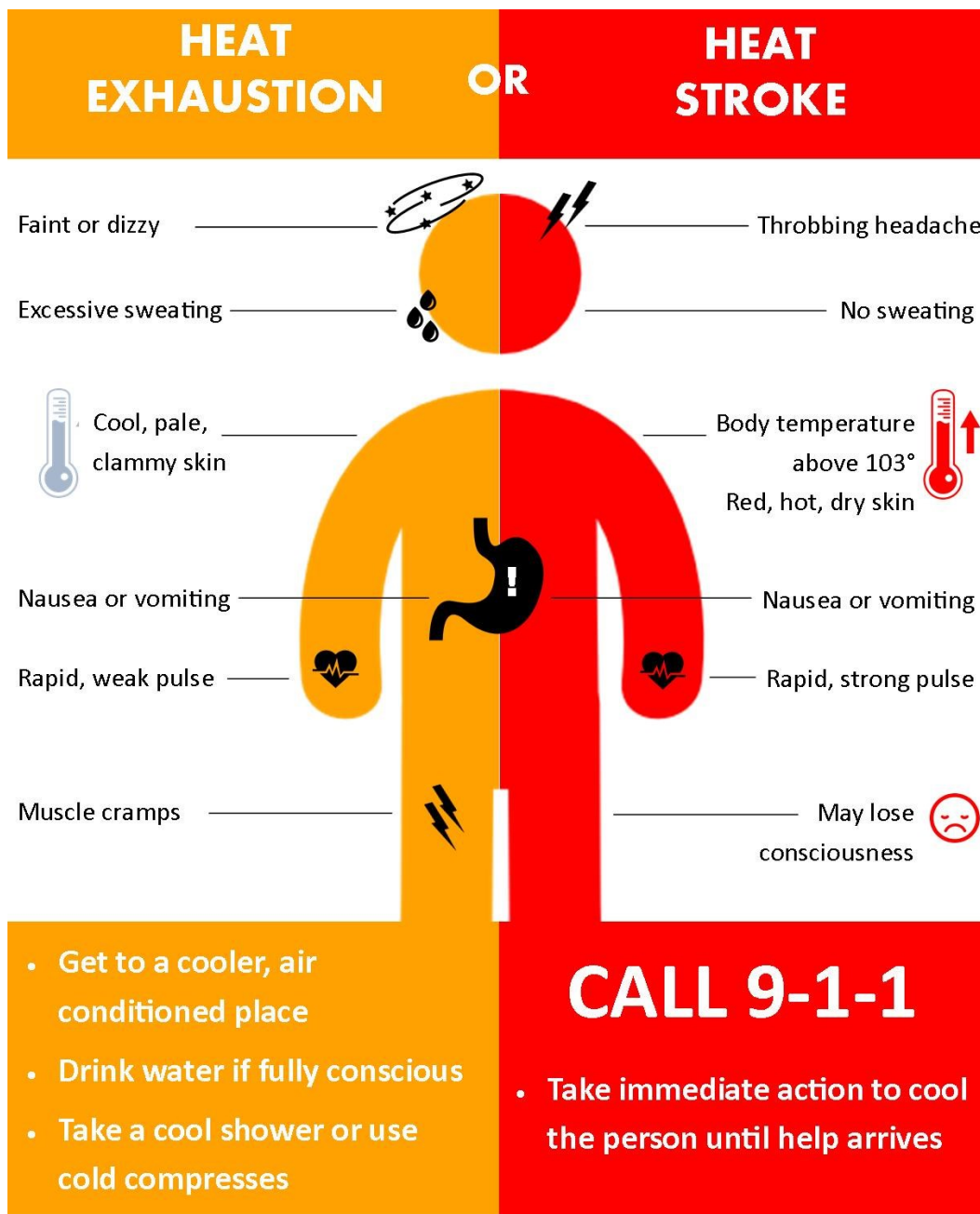
Resources:

Heat Exposure & Reactions (children) @ childrenscolorado.org/conditions-and-advice/conditions-and-symptoms/symptoms/heat-exposure-and-reactions/

Pet resources @ cdc.gov/disasters/extremeheat/pets.html

Worker Resources @ cdc.gov/niosh/topics/heatstress/

SAFETY STEP-UP: HEAT AWARENESS (cont.)



SacramentoReady.org



@SacramentoOES

4-H EQUINE SCIENCE WEBINAR RECORDINGS

There are webinar recording resources available for horse members and those interested in equine. They are available on the Colorado 4-H website under Horse Resources @ co4h.colostate.edu/horse-resources/?utm_source=marketingcloud&utm_medium=email. The series includes presentations for: Basic Equine Reproduction; Basics of Feeding Horses: Equine Nutrition; The Biggest Mistakes Exhibitors Make; Equine, Tack, Gear & Equipment; Miniature Horse Program Overview; Horse Safety 101; and Pillars of Equine Health

COUNTY COUNCIL SPOTLIGHT:



NAME: SAKARA SMITH

WHAT TO KNOW ABOUT LINCOLN COUNTY COUNCIL: IT IS A GREAT WAY TO STEP UP AND TAKE THAT LEADERSHIP ROLE. YOU GET TO PLAN SOME OF THE COUNTY'S EVENTS AND YOU BUILD FRIENDSHIPS WITH THE PEOPLE YOU SERVE WITH.

MY FAVORITE THINGS:

✍ COLOR: TURQUOISE

🎸 SPORT: RODEO

🎬 MOVIE: FLICKA

🎵 MUSIC: COUNTRY

🐾 ANIMAL: HORSE

🍖 FOOD: STEAK

🍹 DRINK: SWEET TEA

SCHOOL AND GRADE:
ARRIBA-FLAGLER/JUNIOR

4-H PROJECTS: HORSE,
VETERINARY SCIENCE,
AND SCRAPBOOKING



NAME: ARIANNA LAKE

WHY I LOVE 4-H

4-H is such a great program, and it taught me so much. I have learned new skills and gained knowledge that will benefit my future. I have made so many new friends and connections over the years. Along with that, 4-H has allowed me to step out of my comfort zone and network with new people improving my leadership and communication skills.

FAVORITES...

Food: Tacos

Movie: She's the Man

Color: Blue

Book: Fault in our Stars

Subject: Plant Science

Animal: Dog

my...

School: Arriba-Flagler

Grade: 12

MY PROJECTS...

Gardening

Cooking

Foreign Cooking

Scrapbooking

my...

Club: Kountry Kids

Year in 4-H: 5

Club Office: Reporter

Year in County Council: 3

Council Office: Treasurer

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-** The second scored shoot is (Saturday) July 13 at the Limon Gun Range from 7:45am-12:00pm. Watch for emails the week of shoots for any changes including cancellations.
- ◆ **State Shoot Entries and fees** are due July 19 to christine.schinzel@colostate.edu. Members must have met all requirements to register for state. Please provide the class type and discipline shooting in and bring or send in fees to the office. The state rule book and class type and fee information is available at co4h.colostate.edu/program-areas/shooting-sports/. Dates are (August 17-18 in Pueblo & Surrounding Areas - .22 Rifle/ Archery) & (August 31 & September 1 in Colorado Springs - Shotgun).
- ◆ **Project Assistance-**If you need assistance with your 4-H Projects, please contact the office or your club leader to help connect you with volunteer project leaders and other resources.
- ◆ **4-H Club & Foundation Chartering** documents must be submitted to the office no later than August 3. Chartering can be completed as soon as the July bank statement arrives.
- ◆ **4-H Club- Member in Good Standing** forms are due by August 30 to the office.
- ◆ **County 4-H Award Nominations** are due August 30 to the office. Consider nominating someone for one of the awards: Outstanding 4-H'er, Outstanding Volunteer, Partner in Success, Hall of Fame and the Gwendal Leonard Hard Luck award. Nomination forms are available under "awards" at lincoln.extension.colostate.edu/4-h-forms-applications/.

Fair Related-> The fairbook will be online @ lincoln.extension.colostate.edu/lincoln-county-fair/. Open Class entries have other deadlines. Refer to the fairbook for exhibition requirements in all areas.

->2024 Fair Theme-> "Country On"

->Fashion Revue (August 5) of Fair (Club Rotation-Kountry Kids)- Duties include: setting up chairs in the Events Building; decorations for the Fashion Revue section of the building; setting up the sound system and podium; providing members to announce participants and read narratives; and cleanup.

INFORMATION & EVENTS (CONT.)

->Breeding Livestock (all species) need to let the Extension Office know by July 10 if they will need a stall/cage during the week of fair. Space is limited and breeding beef and dairy may need to come and go the day of their respective show.

-> Beef exhibitors-You are required to bring your brand inspection certificates to fair as part of the consignment process of your animal to the sale.

->4-H Books and Booths will be due on 4-H General Project Judging day this year by 10:00am to the fairgrounds building.

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

-> 4-H green record books are available at the extension office for \$3.50. *Green binders are not required to hold records-just a notebook of some kind. Display boards and clothing tags are also available for \$3.00.

-> Colorado State Fair information, contests, events, and requirements @ coloradostatefair.com/.

-> 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.

-> 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/.

->Fashion Revue->*The top 3 senior 4-H age members are eligible to attend the State Fashion Revue. You must notify extension staff directly after the contest and pay the registration fee and submit a digital photo of you in your outfit and narration on that Monday of the Revue. Go to the Colorado 4-H State Fair Resources page for more information and dates on the contest @ co4h.colostate.edu/program-areas/state-fair-information/.

->The Beef Ultrasound Opportunity will be on Friday (August 9th). Members that wish to participate will need to sign up during beef weigh-in at fair and bring \$25/head for payment.

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

INFORMATION & EVENTS (CONT.)

Fair Related (cont.)

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

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

-General exhibit 4-H projects that *receive a first in their class* will be eligible to go to state fair. Exhibits are due to the Extension Office by August 12th (no later than noon). Pickup will from September 5-20 (only) from the office. Projects not picked up will be recycled. Notify the superintendent during project check-out on Saturday if you intend to send your project. **Some projects may require members to haul their own project to state fair depending on how fragile they may be and the size.*

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/.
- ◆ **Various Livestock Shows** listing flyers available @ 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/.
- ◆ **JOANN Stores** are providing resources and tools for 4-H members including some discounts. Learn more @ joann.com/4-h/.
- ◆ **Listing of Livestock Shows-General** @ drive.google.com/drive/folders/13l-cPnFYKu8RiG9siMHZsLYZX3ahkxua
- ◆ **Adams County Horse Show Series** runs throughout the summer and early fall. Learn more @ ADCOHorse.com or contact Brendaberlin21@gmail.com or 720-219-8972.
- ◆ **Colorado Stock Horse Association Open Shows** are scheduled for several dates through the fall. More information available @ coloradostockhorse.com.

INFORMATION & EVENTS (CONT.)

- ◆ **American Jersey Cattle Association Scholarship** applications are due July 3. Information is available at usjersey.com/AJCA-NAJ-JMS/AJCA/YouthPrograms/YouthScholarshipsandEducationalPrograms.aspx.
- ◆ **National 4-H Congress** Applications are open till July 1. See information in the newsletter for additional information. For questions contact lisa.sholten@colostate.edu.
- ◆ **Logan Smith Memorial Lamb & Goat Show** is July 6 in La Jara, CO. Learn more @ lsmemorialshow.com/ or lsmemorialshow@gmail.com.
- ◆ **Briggsdale Classic Open Jackpot Show** is July 12-14 in Briggsdale, CO. Learn more @ showman.app/shows#/briggsdale-classic-open-jackpot-show/.
- ◆ **Arthur W. Nesbitt Dairy Scholarship** application is due July 15. Information is available at al-americaandairyfoundation.com/arthur-w-nesbitt-scholarship.html.
- ◆ **Colorado 4-H Digital Photo Contest** entries are due July 15. Learn more @ co4h.colostate.edu/program-areas/state-fair-information/.
- ◆ **American Rabbit Breeders Association (ARBA) Scholarship** application is due July 31. Information is available @ arba.net/arba-youth-scholarship/.
- ◆ **American Southdown Breeders' Association Scholarship** is due August 1. Information is available at southdownsheep.org/juniors/scholarships/.
- ◆ **Colorado State Fair** is August 23-September 2 in Pueblo. Information, contests, and a schedule of events is available at coloradostatefair.com/.
- ◆ **American Hereford Association Fall Scholarships** are due September 1. Information is available at hereford.org/youth/scholarship-opportunities.
- ◆ **Ag Day with 4-H @ CSU** is September 7 (Football game, lunch, campus experience, leadership talk, etc.) Purchase tickets at csurams.com/.
- ◆ **Colorado Make It With Wool Contest** is currently unavailable until they get a new state coordinator. Until then Colorado exhibitors may participate in the **At-Large Make it With Wool Contest** @ makeitwithwool.com/at-large-miww-contest. Entry deadline is October 1 and Garment is due by November 1.

HORSE RULE BOOK-UPDATED VERSION

The Colorado 4-H Horse Rulebook has been updated. There are a few printed copies available at the Extension office for \$16 each. It can also be found online at @ co4h.colostate.edu/horse-resources/?utm_source=marketingcloud&utm_medium=email under Horse Resources on the Colorado 4-H Website.

ACTIVITY PAGE:

Homemade Flower Vases:

Homemade flower vases are a fun way for to make crafts and to display your own flowers or to fill with flowers and give to someone else. Utilize different containers and art to make your own custom-made flower vase!

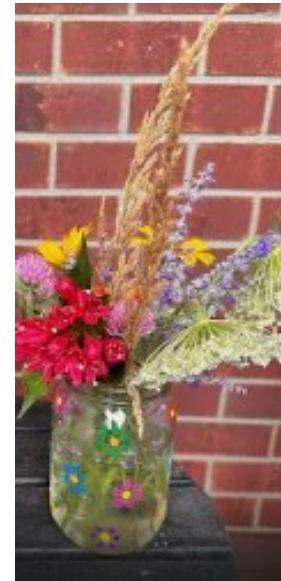
Supply Ideas:

- Construction paper (different colors)
- Popsicle sticks
- Glue (hot glue and/or stick glue)
- Ruler
- Scissors
- Crayons, markers, colored pencils
- Craft paints
- Empty jars/containers (i.e. peanut butter, mayonnaise, soup can, juice bottles, canning jars, etc.)
- Rocks (different sizes-> but small enough to fit into clear containers)
- Stickers
- String

Monthly Reader

"The Soil in Jackie's Garden"

By *Peggy Thomas*



Activity: 4th of July Drink (*Red, White, and Blue Kid's Drink*) by the Worthy Life

Supplies: Glasses, straw, mixing spoons, measuring spoons and cups

Ingredients: (For 1 serving-*multiply for multiple servings)

- Ice (to fill a tall glass)
- Maraschino Cherries
- 1 12oz. Can Cherry 7-Up
- 1oz of Grenadine Syrup
- 1/4 cup of Pina Colada Mix
- 1 cup of a Blue Drink (Kool-Aid, Gatorade, Hawaiian Juice, etc.)

Steps: Fill the glass with ice. Mix the Grenadine syrup and 7-Up and fill up the glass till 1/3 full. Hold a spoon over the glass with the backside slightly facing up. Slowly add the Pina Colada Mix to the glass until it's about 2/3 full. Add the blue drink mixture using the same technique to fill the glass. Add a Maraschino cherry and straw to the glass and enjoy!



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 -County Dead-line (Dog, Cat, Horse, Rabbit, Poultry ID's/ Nominations) -Fair Entries Due 4-H (General Projects, Livestock, Fashion Revue) -State Fair Poultry Rabbit Nominations Due	2	3	4 Holiday- Office Closed	5	6
7	8	9	10	11	12	13 Shoot Scored 2 - Setup 7:45am Royalty Try-Outs (Part 1) 10:00am @ Fairgrounds
14	15 Fair Open Class Livestock/ Horse Entries Due	16	17	18	19 State Shoot Entries Due	20
21	22	23	24	25	26	27
28	29	30	31 Fair Horse Show			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fair Horse Show	2	3 -Club Char- ters Due -4-H General Project Judge Day -4-H Club Books/Boards Due 10:00am
4	5 -Poultry & Rabbit Show - Fashion Revue & Royalty Try- Outs (Part 2)	6 -Other Livestock Allowed on Grounds -Other Ani- mal Shows Start	7 -Open Class Entries Due	8	9 -Beef Ultra- sound Contest -Livestock Sale -Livestock Checkout	10 General Project & Open Class Exhibit Release
Lincoln County Fair (See Schedule & Events @ lincoln.extension.colostate.edu/lincoln-county-fair/)						
11	12 State Fair Project Drop -Off (By Noon)	13	14	15	16	17 State Shoot Weekend 1
18 State Shoot Weekend 1	19	20	21	22	23	24
25	26	27	28	29	30 -Livestock Record Books Due -Member in Good Standing Form Due -4-H Award Nominations Due	31 State Shoot Weekend 2

HEAD-> Stay The Trail

Stay the Trail is non-profit partnering with multiple Colorado agencies to provide education and resources to those who utilize public lands especially regarding motorized vehicle travel (i.e. motorcycle, 4-wheeler, side-by-side, Jeep, or other vehicle). Their focus is on providing education about safe use of trails and how to prevent damage to trails and keeping users out of non-trail areas with motorized travel. They provide trail maps for OHV use as well as other information including information on permits and driving on streets and roads. Learn more @ stay-thetrail.org.

HEART-> Produce/Flower Share

As we jump into July many gardens are starting to produce vegetables and different flowers are blooming in our backyards. Consider helping out a neighbor, friend, or relative by taking some of your extra produce over to their house.

You can also brighten someone's day (i.e. neighbor, nursing home resident, business, etc.) by cutting some fresh flowers and making a simple arrangement to deliver to them.

These are both simple and low-cost ways of giving to others.



HANDS-> RAM Scholars Program

The RAM Scholar Program is for post high school graduation/transition individuals with intellectual disabilities. The program provides an opportunity for individuals to receive peer support from the departments of Agriculture, Occupational Therapy, and Human Development and Family Studies. Students receive career development training to provide skills for future employment through the option of selected CSU classes each semester. They also focus on providing support for academic success, independent living, and career exploration. Currently the program focus on providing career opportunities in the agricultural industry. Learn more about the program @ chhs.colostate.edu/ramsolars/.

HEALTH-> Outdoor Events & Hand Washing Reminder

The summer offers many opportunities including: small town celebration days, 4th of July parties, county fairs, outdoor markets, carnivals, and other fun events.

It's also a good time to remember that when we are out and about at public events that it's important to wash our hands before eating or drinking. This is especially true if you venture to your local county fair or petting zoo that has animals.

Center for Disease Control: About Hand Washing Resource @ [cdc.gov/clean-hands/about/index.html](https://www.cdc.gov/clean-hands/about/index.html)