

4-H NEWSLETTER

May 2024



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THANK YOU'S

Thank you to Big R for sponsoring the Producing Partners Program for youth with livestock projects.

Thank you to Kurt Thompson for donating bales for Archery & the Shooting Range.

Thank you to Lincoln County Livestock Sale Committee Livestock Scholarship Sponsors: Josh Cure, Andrea Blackwelder, Bruce & Kara Hass, Treat Insurance (Troy Treat), 21st Century (Josh & Scott), Rafter 6W Feedlot (Casey & Morgan Weirsma), and Bledsoe Ranch (Will Bledsoe).

**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.



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

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Lincoln County Speech/Jamboree/Demonstration & Creative Cooks Contests:

Registrations (with speech topic, demonstration title, and music copies) are Due May 13 to emily.baylie@colostate.edu. *Registration forms are available on the extension website under forms -> "county & state" @ lincoln.extension.colostate.edu/4-h-forms-applications/.

**Youth who received a Livestock Scholarship must complete a demonstration on this day as part of their scholarship requirements or make other prior arrangements with the Livestock Sale Committee to complete.*

4-H Fun Day & Jamboree

LEADERSHIP · HANDS ON
LEARNING · DEMONSTRATION
CONTEST · CREATIVE COOKS

FEATURING

CSU STEM, Toby Swaford
Computer Scientist, James Martin
4-H County Council Members
And MORE!!!

RSVP Due
May 13

P: 719-743-2542

May 29th, 2024

Fun Day- 8am to 12pm
Lunch
Jamboree Competitions- 1pm to 3pm

AT LINCOLN COUNTY
FAIRGOURNDS, HUGO, CO

Open to all
Lincoln
County Youth!
(Ages 8-18)



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

FAMILY & CONSUMER: PAYING DOWN DEBT IS A FORM OF SAVINGS

One penny, two penny, three penny.... Often paying down debt feels like an arduous process that goes on forever. It feels like all we can put down is one penny at a time, so why bother? However, we can change our mindset by thinking about paying down debt as a form of savings.

What do We Mean?

We traditionally think of saving as putting \$5 into our piggy bank or contributing to our retirement account. However, if we shift our mindset on debt, we can start to see that reducing debt is one way we can “save” money. This is because if we have less debt to pay, then those are funds that can be utilized elsewhere.

Most debts or loan payments involve two parts that we refer to as the principal portion and the interest portion. The principal portion is the amount you spent (i.e. credit card purchase of \$25 at Walmart) or took out as a loan (i.e. mortgage loan of \$365,000). Interest is essentially the cost of “borrowing or using” someone else’s money.

For example, your monthly credit card statement shows all your purchases for that month and the total or balance owed. However, if you do not pay off your credit card each month then you would not only have the balance originally owed, plus any new month charges, but you also are now accruing interest daily on the loan balance. A mortgage would start with a total amount of principal owed and then require a corresponding interest cost on the loan depending on the length of your loan and what your interest rate is.

Every Penny Counts...



Every penny (literally) that we pay towards the principal balance of our debt reduces the overall loan balance. This in turn also reduces the amount of interest we owe on each additional loan payment after that because the balance keeps getting smaller. The following examples showcase how additional funds paid towards the balance can affect the overall outcome of when loan balances are paid off and the corresponding reduction in interest expense to us the “consumer”.

FAMILY & CONSUMER: PAYING DOWN DEBT IS A FORM OF SAVINGS (cont.)

Credit Card Example:

- Balance Owed: \$500
- Payment: Monthly till paid off
- Interest: 18%
- Required Minimum Monthly Payment: \$35
- If we make payments of \$35/month (with no new charges) it will take 17 months to pay off the balance and will cost us \$68 in interest expense.

If we increase our payments to \$50/month (with no new charges) it will take only 11 months to pay off the balance and cost us just \$48 in interest expense.



Mortgage Loan Example:

- Original Loan Balance: \$365,000
- Loan Payments: Monthly for 30 years
- Interest: 4.8%
- Required Monthly Payment: \$1,915/month (includes principal and interest)
- If we add an extra \$20/month to our payment we could pay off the loan in approximately 8 fewer monthly payments and reduce the overall interest expense paid by \$8,613.

If we add an extra \$100/month to our payment we could pay off the loan in approximately 37 fewer monthly payments and reduce the overall interest expense by \$38,583.

Penny Saved...

It might sound silly, but adding just a few pennies, quarters, or dollars extra to your loan balance each month will reduce the overall amount you pay on the loan and reduce the length of the loan over time. Simple changes to one's approach to debt can increase our savings by simply making more than the minimum payment each month (even if only a few pennies more) to pay off debts sooner; examining our spending habits to make sure we are not spending more than we make each month; reducing interest on current loans by consolidating debt or reducing interest rates by working with our lenders; and using that paid off debt payment (i.e. the \$25 payment you were making to the credit card) and turning around and investing or saving that money.

JUST TO GET YOU THINKIN...

"To improve is to change; to be perfect is to change often."

- Winston Churchill

Q "What vegetable has the best rhythm?"

A "A beet."

PROJECT RECORD BOOK 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 fairbook will be out later spring.

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. You must submit your Id's directly to coopext.lincoln@mail.colostate.edu after May 1 as 4H Online will lock).

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: RABBIT & POULTRY NOMINATIONS

Market (Rabbits & Poultry) will need to be nominated similar to other livestock species per the sale committee. This form will be due July 1.

The form can be found on the website under “forms and applications” “fair” tab @ lincoln.extension.colostate.edu/4-h-forms-applications/ .

*Rabbits will need to have an identifying tattoo on their ear. Rabbits need to be tattooed by the nomination form deadline. Fresh tattoos at the fair will result in the disqualification of the animal being shown.

*All market poultry must be nominated and have a leg band (with a number) placed on them. Poultry leg bands must be picked up from the Extension Office in time to submit nomination forms. There is a tool available to borrow to apply the leg bands.

GIVING TO 4-H FOUNDATION & SPECIAL AWARDS

Giving to Lincoln County 4-H

Thank you for your consideration of giving to the youth of Lincoln County who are engaged in 4-H and FFA activities and competitions. There are two ways for you to give to Lincoln County youth in agriculture, and we appreciate your partnership in making the best better.

Ways to Give:

- **Lincoln County 4-H Foundation**
 - The Foundation has specific giving goals including champion and reserve champion awards, camp/conference scholarships, and project scholarships.
- **Special Awards & Giving**
 - These awards are awards that are not given by the 4-H Foundation and specific to a giving need or donor mission.

Need more information?

Please contact the Lincoln County Extension Office at 719-743-2542.

Lincoln County 4-H Foundation:
Mail Checks to
Lincoln County 4-H Foundation
PO Box 68
Hugo, CO 80821

Special Awards & Giving:

Contact Emily Baylie at the Lincoln County Extension Office to hear needs that best match your mission.
719-743-2542
emily.baylie@colostate.edu



HOOF TRIM DAY- Beef & Dairy Cattle

Date: June 28

Time: 7:00-11:30am (Limited time specific slots available on a first-registered basis)

Cost: \$40/Head (No bills larger than \$20)

Open To: All 4-H & FFA Members

RSVP Due: June 21 to christine.schinzel@colostate.edu or 719-743-2542



Location: Eastern Colorado Veterinary Services (474 1st Ave. Limon, CO)

*Event Day Phone: 719-775-8166

*Animals must be halter broke and able to lead. *Cancellations after the deadline will still require payment to the hoof trimmer.

Sponsored by Eastern Colorado Veterinary Services



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.



COUNTY COUNCIL SPOTLIGHT:



Hello I'm

EVAN BRENT

Vice President of
Walks Camp 4-H Club

Age: 13

8th Grade
Homeschooled

Projects: Market
Steers and Swine

ABOUT ME

4-H is teaching me a lot of life skills like responsibility, leadership, hardwork, commitment and respect. I am learning how to set goals and have more confidence in myself.

Being a part of the Livestock Judging Team and County Council has given me a lot of knowledge and helped build my self confidence too.

MY FAVORITES...

- Food: Hamburger Steak
- Color: Lime Green
- Movie: God's Not Dead
- Sport: Baseball
- Candy: Hi Chew
- Song: Gratitude by Brandon Lake

MY ADVICE...

- Remember the 4-H motto: "To make the Best Better" because we can always be or do better.
- Ask for help! 4-H people love it when you ask for help or advice.
- Be a good role model.
- Have fun and make friends!



My favorites

Food: French fries

Color: Blue

4-H project: Horse
Hobby: Showing my
horse

Movie: Pirates of the
Caribbean

4-H camp: Youth Fest

Season: Summer

Sport: Basketball

Hi my name is Shirley Jo Thompson, and I am a 2024 County Council member. I have been in 4-H for 10 years, and I have completed many projects like shooting sports, horse, swine, and market beef. I have done 4-H since I was eight years old and have loved it every year. I have learned so many skills through 4-H like record keeping, responsibility, and public speaking. One thing I want people to know about County Council is that we are willing and able to help people in more ways than they think. I am very passionate about my horses, and I love spending any time I have with them. I am always willing to help and educate younger kids about horses and the equine industry.

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

- ◆ **Goat, Sheep, and Swine weigh-in** is May 4 at the fairgrounds from 8-11:00am. All Sheep, goats, and swine will be required to get tagged & weighed (if participating in the rate of gain contests). This replaces the nomination process and forms utilized the past couple of years. Animals do not have to get off the trailer to be weighed, but they do have to be tagged that day to be eligible for entry at fair.
- ◆ **4-H State 4-H Conference** is June 18-20 (Tuesday-Thursday) for senior age 4-H members. General registration is \$150. Please notify christine.schinzl@colostate.edu or emily.baylie@colostate.edu to register for state conference to let us know workshop preferences (pick 3 per session) and contests. *The livestock and horse workshop tracks are only available on Thursday. Registration is due by May 15. Please see workshop descriptions @ co4h.colostate.edu/events/state-conference/workshop-descriptions.pdf.
- ◆ **Shooting Sports-** The second spring practice is (Saturday) May 18 at the Limon Gun Range from 7:45am-12:00pm. Individual discipline start times will be emailed out to participants. 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 including cancellations.
- ◆ **Lincoln County 4-H Fun Day** is May 29 at the fairgrounds in Hugo from 8:00am-12:00pm. Registration is due for participation by May 13 so adequate supplies can be ordered. Open to all Lincoln County Youth (8-18).
- ◆ **Speech/Jamboree/Demonstration & Creative Cooks Contests** will be May 29 at the fairgrounds starting at 1:00pm. Registration (with speech topic, demonstration title, and music copies) are due to the office by May 13. The registration forms are on the extension website under "county & state" @ lincoln.extension.colostate.edu/4-h-forms-applications/. *All youth who received a Livestock Scholarship must complete a demonstration on this day as part of their scholarship requirements or make other prior arrangements with the Livestock Sale Committee to complete.

INFORMATION & EVENTS (CONT.)

- ◆ **The fairbook** will be available in hard copy later spring and online @ lincoln.extension.colostate.edu/lincoln-county-fair/.
- ◆ **Fair Entry Forms**-All entry forms for 4-H and FFA will be done online via the Blue Ribbon program, so those forms will be turned in that way and not on paper forms at all. We just got access to Blue Ribbon that was updated. We will have days that 4-H families can come into the office and fill out their online entry forms with help from Kendra in June or to utilize the internet. Families can still fill out the form to make it easier to make entries once in the program, but we will not accept the printed version for entry purposes.
- ◆ **State Fair Sheep, Goat, Swine Nominations**-Members interested in taking animals to state fair will need to notify the office to receive a state fair nomination form and turn it back in no later than June 1. DNA packets must be ordered online @ coloradostatefair.com/livestock/ in time to receive and ship back to state fair by their stated deadlines. An actual entry form must also be submitted to state fair online (this is not the same as the nomination form or DNA packet). Refer to the Colorado State Fair for all policies and deadlines.
- ◆ **4-H/FFA Hoof Trim (Beef & Dairy Cattle)** is June 28 at Eastern Colorado Veterinary Services in Limon. The cost is \$40/head. Limited spots available. RSVP due by June 21 to christine.schinzel@colostate.edu for a time-specific slot. *A reminder that you are responsible for paying for hoof trimming slots even if you no-show on the RSVP after the deadline.
- ◆ **Market (Poultry & Rabbit) Fair Nomination Forms** for fair are due July 1. Forms can be accessed from our website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the "fair tab". *Members interested in taking (poultry and rabbit) 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 July 1 to the office for signatures. State Fair entry information on all species will be available at coloradostatefair.com/livestock/.
- ◆ **Dog and horse ID's for county fair are due** July 1 (You must submit your Id's to coopext_lincoln@mail.colostate.edu after May 1 as 4H Online locks for this). Livestock & general project fair entries will be due July 1.

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/.

INFORMATION & EVENTS (CONT.)

- ◆ **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** 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/.
- ◆ **The Denver Foundation** houses multiple scholarship opportunities for high school and college applicants @ denverfoundation.org/scholarships/scholarship-opportunities/. Check their website for opportunities and corresponding deadlines.
- ◆ **JOANN Stores** are providing resources and tools for 4-H members including some discounts. Learn more @ joann.com/4-h/.
- ◆ **Lincoln County Fair Help Needed:** The Lincoln County Fair is looking for community members who would be interested in helping at the fair for general open class (superintendents and day help) August 7-10. Please contact emily.baylie@colostate.edu if you have an interest or know of someone whom we might contact for the positions.
- ◆ **Listing of Livestock Shows-General** @ drive.google.com/drive/folders/131-cPnFYKu8RiG9siMHZsIYZX3ahkxua
- ◆ **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 available @ redandwhitecattle.com/juniors.
- ◆ **Maine-Anjou Scholarship** application is due May 1. Information available @ maine-anjou.org/junior/scholarship.php.
- ◆ **National Junior Swine Association Select Scholarships** application is due May 1st. Information available @ nationalswine.com/njsa/njsa-scholarships.php.
- ◆ **Shorthorn Association Scholarship** application is due May 1st. Information available @ junior-shorthorn.org/opportunities/scholarships/.
- ◆ **Little American Royal Livestock & Horse Show** is May 3-4 in Kersey, CO. Learn more @ facebook.com/p/Little-American-Royal-Livestock-and-Horse-Show-100068885834731/.
- ◆ **El Paso County Rabbit and Cavy Rally** is May 4 in Calhan. Contact Samantha Taylor at rabit_luver_5@hotmail.com for questions.
- ◆ **Phillips County Showdown (Livestock Show)** is May 4-5 in Holyoke, CO. Learn more @ facebook.com/phillipscountyshowdown.com.

INFORMATION & EVENTS (CONT.)

- ◆ **Arapahoe County Dog Show** is May 11 at the Arapahoe County Fairgrounds. Contact Debbie Cuvelier @ debbie.cuvelier@yahoo.com or 303-261-7037 for questions.
- ◆ **Jules Jackpot Livestock Show** is May 11-12 in Eagle, CO. Learn more @ showman.app/shows#/jules-jackpot/.
- ◆ **Ring of Success Lamb & Goat Show** is May 11-12 in Calhan, Co. Learn more @ ringofsuccesslivestockshow.com/shows-events.
- ◆ **Stan Brehon Pig Show** is May 11-12 in Greeley, CO. Learn more @ facebook.com/p/Stan-Brehon-Memorial-Swine-Show.
- ◆ **National Dairy Promotion and Research Board Scholarship** applications are open till May 13. Application is available @ usdairy.com/about-us/dmi/scholarship.
- ◆ **AMSJS Cindy Climer and Jim King Memorial Scholarship** Application is due May 15th. Information available @ milkingshorthorn.com/juniors/#junior-awards.
- ◆ **Limousin Association Scholarship** application is due May 15th. Information available @ nalf.org/juniors/scholarships/.
- ◆ **CSU Ag ED 110 (Agriculture Production Systems)** class open to 4-H members for registration. Learn more @ online.colostate.edu/courses/AGED/AGED110.dot. Registration Closes May 17.
- ◆ **Arapahoe County Red Carpet Livestock Show** is May 18 (register day of) at the Arapahoe County Fairgrounds. Contact Hannah Henderson @ HHenderson@arapahoegov.com for more information.
- ◆ **Rendezvous on the Range Swine Show** is May 18 at the El Paso County Fairgrounds. Register @ eventbrite.com/e/2024-rendezvous-on-the-range-swine.
- ◆ **Colorado Boer Goat Memorial Day Show** is May 24-26 in Sterling, CO. Learn more @ showman.app/shows#/cbga-memorial-day-show/.
- ◆ **Legends in the Making Livestock Show** is May 25 in Sidney, NE. More information @ facebook.com/legendsinthemakingshowdown/.
- ◆ **Loma Outlaws Livestock Jackpot** is May 25-26 in Grand Junction, CO. Register Day of. For questions contact Melissa Stocking 970-778-2485 or lomaoutlawshclub@gmail.com.
- ◆ **Pride of the Plains Pig Show** is May 25-26 in Burlington, CO. Learn more @ facebook.com/PrideofthePlainsJackpot/.
- ◆ **All American Beef Bash** is May 26 in Meeker, CO. Contact Jess Harrison for questions and entries @ 970-620-1015 or houndsnhorses@outlook.com.

INFORMATION & EVENTS (CONT.)

- ◆ **Colorado Section Society of Range Management Scholarships** are due May 26. For information go to cssrm.org/scholarships.html.
- ◆ **Mainstreet Mayhem Jackpot Livestock Show** is May 31-June 2 in Loveland, CO. Learn more @ showman.app/shows#/mainstreet-mayhem-jackpot-show-1c01/.
- ◆ **Miniature Hereford Cattle Battle Show Series** has multiple dates. Learn more @ miniature-herefordbreeders.org/Calendar or facebook.com/p/Colorado-Miniature-Hereford-Shows-100063686154654.
- ◆ **National Sorghum Foundation Scholarships** are open till June. For information go to sorghumgrowers.com/foundation-scholarships/.
- ◆ **American Gelbvieh Junior Association Scholarships** application is due June 1. To learn about scholarship opportunities go to gelbvieh.org/juniors/scholarships.
- ◆ **Moffat County Livestock Jackpot** is June 1 in Craig, CO. Learn more @ showman.app/shows#/2024-moffat-county-livestock-jackpot-0271/.
- ◆ **Breed Bash Cattle Show** is June 1-2 in Brush, CO. Learn more @ facebook.com/coloradobreedbash.
- ◆ **El Paso 4-H County Dog Show** is June 1-2 in Calhan, CO. Register by May 12 @ forms.gle/98cwDaUEEvUzw3Mt7. For questions contact Alicia Christie @ allnatural74@gmail.com or (719)351-6098.
- ◆ **High Altitude Livestock Showdown** is June 1-2 at the Park County Fairgrounds in Fairplay, CO. Learn more @ Facebook Page or email us (highaltitudeshowdown@gmail.com) or register @ showman.app.
- ◆ **Gold Rush Classic Livestock Show** is June 3-4 in Durango, CO. Register Day of. For questions contact Leon Hanhardt @ 970-553-0809.
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 5. Information and application is available at nafb.com/foundation/scholarship-program.
- ◆ **Colorado Wheat Field Days** is June 6-7 & 11-12 at multiple locations. Information available @ csucrops.com/wfd.
- ◆ **Colorado Summer Showdown (Dairy Goat)** is June 7-8 in Brighton, CO. Learn more @ showman.app/shows#/colorado-summer-showdown-2b84/.
- ◆ **Beat the Heat Classic (Livestock Show)** is June 8 in Pueblo, CO. Register day of. For questions Contact Riley Faris @ 719-240-2648.

INFORMATION & EVENTS (CONT.)

- ◆ **Fremont County Dog Shows** are June 9 & July 6. For entries contact Verena @ horsedharma12@gmail.com or 719-248-8093. For general show questions contact Margie @ 719-458-5762.
- ◆ **Weld County Dairy Extravaganza** is June 9-11 in Greeley, CO. Information and registration available @ weldgov.com/Government/Departments/CSU-Extension/Colorado-Dairy-Youth-Extravaganza.
- ◆ **Stierwalt Cattle Clinic** is June 14-16 in Calhan, CO. Contact El Paso County Extension for more details and to register @ emily.green@colostate.edu.
- ◆ **Rumble in the Rockies Jackpot Show** is June 15-16 in Durango, CO. Learn more @ facebook.com/Rumble.in.the.Rockies/.
- ◆ **The Showdown in Cheyenne Livestock Show** is June 15-16 in Cheyenne, WY. For information contact Pam @ 307-630-7489 or facebook.com/The-Showdown-in-Cheyenne.
- ◆ **Ray Hinton Memorial Jackpot** is June 22-23 in Monte Vista, CO. Learn more on their Facebook page.
- ◆ **Logan Smith Memorial Lamb & Goat Show** is July 6 in La Jara, CO. Learn more @ www.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/.

SEEDS AVAILABLE (GARDEN & FLOWER)

Westfall Ranch Joint Venture out of Genoa has some seed packets that they put together and are donating to area groups including the 4-H.

Seed packets will be available (no charge) to pick up from the Extension Office. Email christine.schinzl@colostate.edu to reserve packets and verify quantity available.

Seeds Being Provided:

(Vegetables) Peas, beans, squash, pumpkin, peppers (sweet), carrots, cucumbers, lettuce.

(Herbs) Parsley, Basil, Cilantro, Dill, Lavender.

(Flowers) Sunflowers (edible and ornamental), marigolds, zinnias, morning glories, sweet peas (not edible), nasturtium, 4 o'clocks, daisy's, and cosmos

ACTIVITY PAGE:

Be Seen In Green Challenge!

May is Mental Health Awareness Month. *Be Seen in Green Challenge* is a chance for all of us to shine a light on hope and support around mental health. Green is the official color for mental health and represents renewal, hope, and vitality. Wearing green helps increase awareness and shows support of others going through a difficult time.

So during the month of May-WEAR GREEN and talk with others about what GREEN means to you!

If you are looking for a community service opportunity, go to mhanational.org/mental-health-month/fundraise. They are offering some fundraising challenges to support mental health awareness and on-going efforts.



Monthly Reader

*“The Emotions Book:
A Little Story About
Big Emotions”*

By Liz Fletcher

Vegetable Pita Pizza-Lilly-Young Chefs Recipe Challenge

This is a simple and health recipe for youth of all ages to help with. Youth make sure to work with a parent when getting started and don't forget to wash your hands before and after and wash surfaces as well. This is also a good time to talk about knife safety with youth. Remember a lot vegetables can be cut up with a butter knife or scissors once they have been peeled. Ingredients can be multiplied to match servings needed. This recipe is for one serving.

Supplies:

- | | |
|-----------------------|--|
| -Cookie Baking Sheet | -Aluminum foil (makes less clean-up work) |
| -Cooking Spray | -Kitchen knives and/or scissors, and spoon |
| -1tbsp. Basil | -1tbsp. Oregano |
| -1 Pita | -1/4 cup Shredded cheese (mozzarella or other) |
| -2 tbsp. Tomato sauce | -5 Black Olives |

1/8 Green pepper & yellow pepper ->*or other colors/varieties

Steps:

-Preheat the oven to 350°. Cover the baking sheet with aluminum foil, and lightly spray with cooking spray

-Gently scrub and wash all vegetables and herbs (if fresh) and dry on a clean towel. Cut the peppers and olives into 1/4 inch strips or small chunks.

-Place the pita on the baking sheet and spread tomato sauce over top with a spoon. Spread cheese, peppers, and olives over the pita. Place the pan in the oven and bake for 10-15 minutes.

May 2024

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

HEAD-> AgPlan

There are many different business plan resources available for individuals and businesses to utilize. *AgPlan* from the University of Minnesota Center for Financial Management is one resource available. It is a free business planning app. It provides customization options for different businesses including agritourism. It has sample plans and easy edit features. It also allows you to share your plan with others for review or additional use.

Explore the resources @

agplan.umn.edu/

HEART-> Cancer Treatment Support

Do you know of someone in your family or community that is undergoing cancer treatment? Treatment can often last weeks or months at a time and involve a lot of travel and missed time at work. The following are some ways you and your family could support someone going through treatment by:

- Provide gift cards for (gas, hotel, food, etc.)
- Send along a weekly/monthly “thinking of you” package (i.e. card or quick note, a small gift or something of comfort)
- Send a customized water bottle, blanket, zip-up sweater, etc.
- Provide on-the go activity items (hand-held games, activity books, cards, etc.)



HANDS-> Companion Plant Guide

Spring means that it will soon be time to plant flower and vegetable gardens. It's a great time to check out one's seed supply and map out where to put vegetables in our garden. The Farmer's Almanac offers many resources for growers. One of these includes the *Companion Plant Guide* which helps one know what plants grow best together and which ones should be separated. Some plants grown together share mutual benefits including space saving, insect repellent, and enhanced growth or flavor.

Check out the guide and other resources @ farmersalmanac.com/companion-planting-guide

HEALTH-> May is Mental Health Awareness Month!

Being able to maintain good mental health is essential to each and every individual's overall health and well-being. Mental health conditions are common, manageable, and treatable. *One in five people will experience a mental health condition in any given year.*

Mental Health America offers many great resources and contacts for help including the “Where to Start-Decision Map” for asking for help. Check out the Map and other resources @ mhanational.org/where-to-get-help.

Text 988 or chat @ 988lifeline.org for Help!