

4-H NEWSLETTER

November 2024



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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Thank you to all of the individuals & businesses that donated to the 4-H foundation for awards or donated special awards for Fair & 4-H Achievement!

Ace Hardware Pronghorn Country C/O Seth & Lauren Metcalf, Raymond & Gloria Beedy, Bens Family Pharmacy, Doug and Rhonda Blackwelder, William & Hilary Bledsoe, Richard & Brenda Borders, Brent Cattle Company, Thomas Brown, Buckos Feed N Freight, LLC, Everett Churchwell, CO-ED Cattle Company, Mike & Roxie Devers, Eastern Colorado Veterinary Services, Equitable Savings and Loan, First National Bank Hugo-Limon, Fisher Farms C/O Lee & Betty Jo Fisher, Flagler Cooperative Association, Joe & Cindy Frasier, Emily Golding, Byron & Juana Hajek, Hi Plains Veterinary Clinic, High Plains Bank, High Plains Soil Conservation District, Hitching Post RV Park C/O Stacey Pythian, Hoffman Drug, Honest Oak LLC C/O Ben Ferree, Hugo Liquors, JVK Enterprises/Vern's TV, K.C. Electric Association, Kissel Horses, Limon Stop n Shop LLC, Lincoln County Livestock Sales Committee, Lincoln County Stockmen's Association, Kurt & Shelly Lofdahl, Longshot Distributing C/O Parker Newbanks Jr., Martinis Liquor, Meier Custom Embroidery & More, Mile Saver Shopper / Flagler News, Wilma Mosher, Mountain View Electric Association, Northeast Agri Service, Limited, Osbornes Supermarket, Oscars Bar and Grill, Parmer's Automotive Services, Plains Heating & Airconditioning, Inc., Prairie Soil Conservation District, Reid Cattle Company, Robert & Ellen Safranek, Smithburg Realty, Carl & Cherry Stogsdill, Stone Ag Enterprises C/O Brett & Mckenzie Stone, Stone Oil company Inc, Carla Stone, Len & Nola Stone, Vernon Stone, Nelson & Sandy Taylor, The Insurance Store in Memory of Ellis Allen, Becky Thompson, John Thompson, Transwest Dodge Jeep Ram, VFW Auxiliary Joe Will Post 6612, Denise Williams, Winterberg Oil Co Wrecker Service C/O Theron Perry, WW Enterprises C/O Tony & Carl Wernsman, Harold & Linda Yoder, Yoder Ranch, Gary & Marguerite Yowell



The Extension Office/4-H are on Facebook @

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

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

- ◆ **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 and clubs need to be enrolled and approved chartered clubs and members/volunteers before participating in new 4-H year activities including fall meetings.*
- ◆ **Livestock Sale Committee (Livestock Scholarship Program Beef)** applications are due November 1 for 4-H and FFA members. Goat, swine, and sheep applications are due February 1. 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/. Contact the sale committee or extension office if you would like to donate to a scholarship.
- ◆ **Hunter’s Safety (Shooting Sports)**- Now is a good time to start looking for Hunter’s Safety courses if you are interested in taking shooting sports as a project this next year. Hunter’s Safety certification must be completed by the project add/drop deadline (March 1) for project continuation. Find classes @ cpw.state.co.us/learn/Pages/HunterEducation.aspx.
- ◆ **Shooting Sports Volunteers Opportunity**-We are seeking volunteers to become certified shooting sports instructors in all discipline areas. Please contact christine.schinzel@colostate.edu to learn more about the volunteer training process and opportunities.
- ◆ **4-H Project List is available** @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.
- ◆ **4-H Project Manual Ordering Information** @ 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.

INFORMATION & EVENTS (CONT.)

- ◆ **CSU Extension Live Smart Blog** (Family & Consumer) @ livesmartcolorado.colostate.edu/.
- ◆ **CSU Extension Horticulture Blog** @ cshort.blogspot.com/.
- ◆ **Lincoln County-Noxious Weed Management Pocket Guide** is available @ [Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](http://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ◆ **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 Fabric 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
- ◆ **Denver Foundation Grants and Scholarship** opportunities available @ denverfoundation.org/scholarships/scholarship-opportunities/.
- ◆ **Various Livestock Shows** national listing flyers available @ showman.app/shows#/.
- ◆ **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/.
- ◆ **Advancing Aging Webinar Series** starts in October and runs through May. Register for any or all sessions @ col.st/Vcl2W.
- ◆ **CSU Extension Colorado Grasshopper Webinar** is November 1. Register @ forms.gle/vDSzKrrVxb2CWWuo8.
- ◆ **Cheyenne Livestock Expo** is November 17-December 1. Learn more @ cheyennelivestockexpo.com/.
- ◆ **Colorado GROW Youth Students Informational Webinar** is November 20 @ 5:15pm. Register @ [zoom.us/meeting/register/tjArfu2hrz8jH9dRvy3jYUrnNpv5Juv4Hlq1?utm_source=marketingcloud&utm_medium=email#/registration](https://zoom.us/join/joinMeeting?meetingKey=960151299&meetingID=960151299&meetingName=Colorado%20GROW%20Youth%20Students%20Informational%20Webinar&meetingTopic=Colorado%20GROW%20Youth%20Students%20Informational%20Webinar&meetingURL=https%3A%2F%2Fzoom.us%2Fmeeting%2Fregister%2Ft%2FArfu2hrz8jH9dRvy3jYUrnNpv5Juv4Hlq1?utm_source=marketingcloud&utm_medium=email%2Fregistration). **Colorado GROW Youth Institute** is April 8, 2025 at CSU Spur Campus for high school students. Learn more @ csuspur.org/grow-youth-institute/.
- ◆ **Colorado Conservation Tillage Association Scholarship** is due December 1. Learn more @ highplainsnotill.com/scholarships/.
- ◆ **National Pork Producers Council Scholarships** are due early December. Information and application @ nppc.org/get-involved/education-programs/.
- ◆ **National Western Catch-A-Calf Program** applications are open till December 15. Learn more @ nationalwestern.com/livestock-shows/catch-a-calf-program/.

INFORMATION & EVENTS (CONT.)

- ◆ **Miniature Hereford Breeders Scholarship** applications is Due December 31. Learn more @ miniatureherefordbreeders.org/Scholarships.
- ◆ **American Quarter Horse Association Scholarships** are due January 15. Additional information is available at aqhfoundation.smapply.io/prog/aqhf_scholarship_program/.
- ◆ **NRA Youth Education Summit** Application is open till January 19. High schoolers can learn more @ yes.nra.org.
- ◆ **National Corn Growers Association Scholarship** applications are due January 31. Information is available ncga.com/scholarship.

4-H CLUB INFORMATION:

Heartland 4-H Club
 Club Information: Meets in
 Arriba
 Club Leader: Renae Saffer



Karval 4-H Club
 Club Information: Meets in Karval
 Club Leader: Janet Kravig

Rocking 4-H Club
 Club Information: Meets in
 Limon
 Club Leader: Carla Stone

Kountry Kids 4-H Club
 Club Information: Meets in Hugo
 Club Leader: Mary Solze



Walk's Camp 4-H Club
 Club Information: Meets North of
 Limon
 Club Leader: Elisha Thompson

*The fall is time for members and volunteers to re-enroll in a 4-H club. If you are planning on changing clubs, please be sure to contact the new club leader to talk over individual club requirements and find out their individual meeting schedule to ensure it will be a good fit for your family. *Clubs may only be changed during the re-enrollment period.*

4-H ENROLLMENT INFORMATION:

Enrollment Deadlines:

October- Enrollment Open
February 1-

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

Project Deadlines:

**March 1- 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 participation.*

-Complete the t-shirt size and other release forms.

-Complete emergency contacts (must be different from the parents/guardians in case they are not reachable for some reason.

-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 is the one that will receive 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/
Colorado 4-H- 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/ and then click on "publication order form" to see where to download or order manuals.

4-H PROJECT SPOTLIGHT: HORSE

4-H has many project offerings for youth and one of those includes the Horse Project. Horse or Horseless Horse both provide an opportunity to discover more about all things horse.

The horse project is more hands-on in which a youth owns or leases a horse and learns about taking care of their horse and learning different pieces related to riding including maybe showing or other equine events. Youth will complete a record book with the project. The project encourages youth to continue to learn more each year they own the horse.

Horseless Horse is designed for those who want to dig deeper into the project or may not have the ability to own or lease a horse for the live project. Specific units focus on youth learning about different topics relating to horse including: horse conformation, anatomy, safety, reproduction, and more. They complete a record book and make a demonstration board around a specific topic or focus such as "Rabies in horses".

The horse project can be great for not only learning about horses, but help youth develop financial skills, and engage in health and wellness as well.

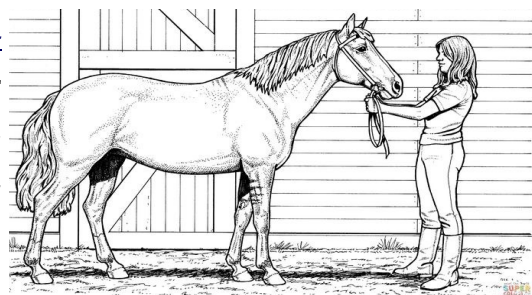
There are many great avenues that the horse project can lead into during and beyond a youth's 4-H involvement. This might include hobby, recreational, or even career activities such as rodeoing, mounted rider events, racing, becoming a farrier, occupational therapy, showing, horse breeding, nutrition, event photography or marketing, trainer, search and rescue, ranching, tourism, and so much more.

Involvement in the horse project can also lead to collegiate opportunities such as participating in the Equestrian team at say Colorado State University or Colby Community College. Many colleges offer academic and extra curricular opportunities around the horse industry. Interested youth should also connect with colleges about potential scholarship opportunities.

The Colorado 4-H website (co4h.colostate.edu/horse-resources/) offers many resources including:

- State 4-H horse rulebook
- Horse levels information
- Horse patterns and scorecard examples
- Common diseases awareness
- Recorded webinars on various equine topics (i.e. reproduction and basics of feeding)

Colorado 4-H Projects page (co4h.colostate.edu/colorado-4-h-project-information/) provides information and resources for each project area including required and supplemental resources. There are also Industry Career Sheets available to explore more about the horse industry.



4-H RESOURCE CORNER: LOCAL LIBRARY

4-H involvement and exploring different project areas means that youth get to learn and expand their intellectual and physical skills. When your working on your 4-H projects whether entomology, beef, or cake decorating remember there are lots of different kinds of resources available to help. One such resource is your local library. The local library provides many values including:

- Computer labs in both Limon and Hugo to work on record books, conduct research, or connect with others for additional learning.
- Meeting space in Limon for smaller project meetings or meeting with mentors or leaders.
- Access to audio and video resources.
- Ability to purchase new or borrow different resources that might help with your project such as a book on entomology.
- Bookmobile to reach rural residents and provide library services besides the main locations.

Discover more and contact your local library to assist you with 4-H projects this year!

lincolncounty.colibraries.org/

Limon Memorial Library: 719-775-2163 or limonlibrary@yahoo.com, 205 E Ave. Limon

Hugo Public Library: 719-743-2325 or hugolibrary@esrta.com, 522 2nd St Hugo

Lincoln County Bookmobile: 719-775-2163 or lcbookmobile@lincolncountyco.us

Flagler Library: Town Hall #719-765-4571 , 311 Main St. Flagler

JUST TO GET YOU THINKIN...

"Everyone must take time to sit and watch the leaves turn." -Elizabeth Lawrence

"Too many people think that the grass is greener somewhere else, but grass is green where you water it. Remember That "-Jody Henderson

4-H SPECIAL AWARD WINNERS

Outstanding 4-H'er: Arianna Lake

Gwendal Leonard Hard Luck Award: Walker Leonard

Hall of Fame Award: Rich Metcalf & Juana Hajek

Partner in Success Award: JVK Enterprises (Vern's TV)

Outstanding 4-H Volunteer: Raejean Palko

November 2024

Events & Information available @ [Lincoln.extension.colostate.edu/events/](https://lincoln.extension.colostate.edu/events/)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Livestock Sale Committee Beef Scholarship Applications Due	2
3	4	5 Election Day	6 Livestock Sale Committee Mtg. 6:30pm @ Extension Office	7	8	9
10	11 Office Closed-Holiday	12 Fairboard Mtg. 7:00pm @ Fair-grounds	13	14	15 D2BY Camp	16 D2BY Camp
17	18	19	20	21	22	23
24	25	26	27	28 Office Closed-Holiday	29 Office Closed-Holiday	30

ACTIVITY PAGE:

Oven Apple Wedges Fries by Nonna Recipes

*Before starting remember to wash your hands and surfaces thoroughly. Always practice kitchen safety especially around knives and make sure to have appropriate adult supervision.

Supplies:

- Larger microwave safe bowl
- Small bowl
- Spatula
- Measuring cups and spoons
- Cutting board
- Knife
- Baking pan or cookie sheet

Ingredients: *Recipe can be adjusted for larger quantities

- 2 Apples
- 1/2 Tbsp Butter
- Pinch of Cinnamon
- 1/2 tsp Cinnamon
- 3 Tbsp Sugar

Steps:

- Preheat the oven to 375°
- Wash apples and cut them into wedges about 1/2" thick (resemble a French fry). You can peel apples if you prefer.
- Melt the butter into a microwave safe bowl.
- Add apples and pinch of cinnamon to the bowl with butter and mix to coat the apples evenly.
- Spread apple slices evenly on baking pan and bake for around 10 minutes (halfway through-turn apples over).
- Mix 1/2 tsp of cinnamon and 3 Tbsp sugar together in small bowl and sprinkle onto the apples once they are out of the oven.
- Serve once they have cooled slightly with your favorite dipping sauce (i.e. caramel or cream cheese)

Monthly Reader

"Fall Mixed Up"

By Robert Raczka

Collecting & Drying Leaves

Leaves are beginning to fall off trees in the area. This is a great chance to get outdoors locally, in another town, or in the lower elevation foothills and collect leaves that usually fall off later season. See how many leaves you can gather up.

Once home, take an old cardboard box and lay it somewhere out of the way. Lay out your leaves and let them dry. Leaves may take a couple of weeks or more to dry out.

You can use the dried leaves for different arts and craft projects; to give to a friend or family member; or to add to your compost pile once you are done with them. This can be a simple science experiment to see how the leaves change as they dry, especially for younger kids.

HEAD-> COTREX

COTREX is a website and app for users of Colorado's Parks trail system. It provides information about different trails in Colorado. It also let's you create your own profile to track or map out your trips and see where trails are at. It provides information on conditions and tips about being prepared and not leaving trash behind. There are also "Challenges" that individuals can track items such as the water fall or wildflower challenge. Some of the challenges also help park staff to know where maintenance is needed as well. Learn more @ trails.colorado.gov/

HEART-> Donate Extra Candy

Did you end up with more Halloween candy in your house than you could possibly eat without getting sick? If you need to offload some of the extra pre-packaged candy or snacks you gathered up during Halloween, then consider making a donation. Check with your local assisted living, nursing home, homeless shelter, orphanage or VFW to see if they could use some for occupants to enjoy, for residents for games such as bingo or for residents to give out when they have visitors.

**HANDS-> KUNC's In the NoCo**

KUNC's In the NoCo airs on 91.5FM to share different insights on news, people, stories, and issues. They are also featuring Colorado Gardening related information from CSU Extension.

This is just one of many ways public radio brings relevant and educational topics to the public.

Tune in live or check out their website for podcast recordings @

kunc.org/podcast/inthenoco

HEALTH-> Immunizations

Immunizations can be important to ones health. They can help prevent serious and life-threatening diseases. Common ones we might think of include the Flu, Tetanus, Whooping Cough, and Measles, but there are many more. It can be hard to understand which ones are needed and when. Talk with your healthcare provider today about different immunizations that are available and what might be beneficial for the family. It's also important to remember that you may need additional immunizations in advance of international travel depending on where you are going. Colorado also has resources to locate free or reduced cost immunizations. Learn more and search for providers @ cdphe.colorado.gov/find-free-low-cost-vaccine-provider.

Colorado State University is an equal access and equal opportunity University. <https://col.st/110t3>.

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