

4-H NEWSLETTER

October 2024



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

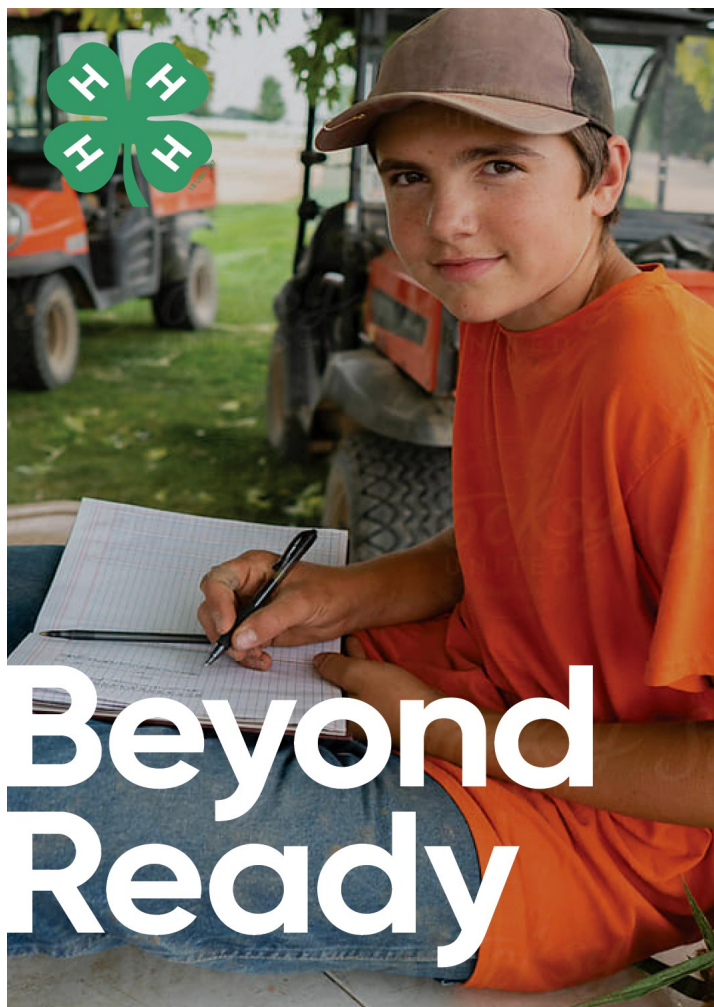
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National 4-H Week

~ October 7-12 ~



Beyond Ready

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

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

- ◆ **National 4-H Week** is October 7-12! Celebrate by wearing your 4-H gear to School or Work!
- ◆ **4-H Achievement Event** will be Sunday, October 20 at 2:00pm at the Lincoln County Fairgrounds. Club Rotation-(Karval)-Arrive at 1:15pm to help set up and to assist with cleanup afterwards. Council members need to arrive at 1:15pm as well. All members and family are encouraged and welcome to attend even if you are not receiving a fair award as there will be some special other awards announced as well.
- ◆ **South Central D2BY Camp** is November 15-16 in Pueblo, CO. This activity based camp is for members 4-H age 10-13. Camp costs \$75 plus travel costs. Registration will close October 23 in 4H Online. *Members must complete 4-H re-enrollment to register.
- ◆ **4-H (New Year) Enrollment** will be open in early October 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. Please contact christine.schinzl@colostate.edu to learn more about the volunteer training process and opportunities.

INFORMATION & EVENTS (CONT.)

Other: *** *Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellation procedures, registration requirements, etc.*

- ♦ **Additional Events-Facebook**– Many events/notices/resources in and out of 4-H are also posted on the [Lincoln County Colorado Extension Facebook](#) page as they become available. Be sure to check the page for additional opportunities and information for both youth and adults.
- ♦ **CSU Extension Live Smart Blog** (Family & Consumer) @ livesmartcolorado.colostate.edu/.
- ♦ **CSU Extension Horticulture Blog** @ cshort.blogspot.com/.
- ♦ **Lincoln County-Noxious Weed Management Pocket Guide** is available @ [Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/](http://lincoln.extension.colostate.edu/programs/agriculture-natural-resources/).
- ♦ **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/131-cPnFYKu8RiG9siMHZsIYZX3ahkxua
- ♦ **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.
- ♦ **Colorado 4-H Shooting Sports Ambassador** applications are open till October 15th. Information is available @ co4h.colostate.edu/program-areas/shooting-sports/.
- ♦ **Daniels Scholarship** application is available until October 18. Learn more @ danielsfund.org/Scholarships/Daniels-Scholarship-Program/Overview.
- ♦ **Women in Agriculture Conference** is October 18-19 in Pueblo, CO. Discounts available to 4-H/FFA youth. Register @ weld.gov/government/departments/csu-extension/colorado-Women-in-ag/registration.
- ♦ **National Dairy Herd Association Scholarship** is due October 31. Learn more @ dhia.org/scholarships/.
- ♦ **Denver Foundation Grants and Scholarship** opportunities available @ denverfoundation.org/scholarships/scholarship-opportunities/.
- ♦ **Colorado Farm Show Scholarships** are due November 1. Learn more @ coloradofarmshow.com/scholarships/.

INFORMATION & EVENTS (CONT.)

- ♦ **Transova Internship** applications are due November 1. Scholarships open in January. Information and application @ transova.com/youth/.
- ♦ **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.
- ♦ **Cheyenne Livestock Expo** is November 18-December 1 in Cheyenne, WY. Learn more @ cheyennelivestockexpo.com.
- ♦ **Colorado Conservation Tillage Association Scholarship** is due December 1. Learn more @ highplainsnotill.com/scholarships/.
- ♦ **National Western Catch-A-Calf Program** applications are open till December 15. Learn more @ nationalwestern.com/livestock-shows/catch-a-calf-program/.
- ♦ **National Pork Producers Council Scholarships** are due early December. Information and application @ nppc.org/get-involved/education-programs/.

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: Barb Vaughn



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:

Early October- Enrollment Opens

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.

ANIMAL INFORMATION CORNER: ANTHRAX

There are many reportable diseases in the United States and abroad. These diseases are ones that usually have the ability to spread rapidly, have significant symptoms that could be debilitating, cause loss of production, or even mass mortality. They also usually create enormous economic devastation to the industry and economy. Anthrax is one such reportable disease that has recently re-surfaced with an outbreak case in Wyoming.

Anthrax (known as Bacillus anthracis) is a naturally occurring spore-forming bacteria. Anthrax has the ability lay dormant in soil for years or even decades until favorable environmental conditions (i.e. heavy rains, disturbed soils, or heavy droughts) allow the spores to become infectious. Most Western states have spores present in them, although outbreaks are rare. Many outbreaks occur in late summer or early fall.

Animals become exposed through consumption of forage or water that is contaminated with spores. Symptoms often include sudden death, weakness, staggering, fever, breathing difficulties, and bloody diarrhea. Anthrax is a zoonotic disease, so it's important for producers to be aware of possible contamination and contraction of the disease. There is a vaccine for animals and humans to prevent Anthrax and it's important to speak with your veterinarian and medial provider about vaccination feasibility related to outbreak risks. Treatment may be possible as well when detected early and depending on severity.

What You Need to Know:

-Any disease or illness regarding livestock should be approached as if it is contagious to humans and vice versa (aka a Zoonotic disease). Any suspicious or unknown illnesses or deaths should immediately be reported to your local veterinarian in conjunction with the USDA field veterinarian.

*Hunter's should report suspected illness or disease deaths to their local Wildlife Officer and avoid harvesting such meat. Ensure that dogs or horses/pack mules do not come in contact with the carcass or graze/drink water in the area as well.

-Always wear Personal Protective Equipment (PPE) when working with animals (i.e. safety glasses, gloves, boots, etc.), create an employee/family protocol, regularly clean and disinfect pens and equipment. Ensure that all employees/family members change out clothes and shoes in a separate area in their home and wash them separately from the rest of the household clothing.

-Establish In/Out procedures onto your property, different species areas, and different production areas including the sick pen to help avoid contamination and exposure at high levels. Share this protocol with family members, employees, delivery drivers, service/repair personnel, etc.

-Establish protocols for viewing and monitoring animals so as to observe and document normal behavior and so awareness when animals become ill. Keep accurate health records and use identification and purchase/sale information to track animals as well.

ANIMAL INFORMATION CORNER: ANTHRAX (cont.)

-Annually schedule a herd-health appointment with your veterinarian to walk through your facilities and talk about your current operation, health risks, vaccination program, and biosecurity plan.

-Create and update your biosecurity plan including contact information for your local and district/federal veterinarian (USDA) and outline emergency procedures including mass mortality and disposal options.

Resources:

- ◆ USDA-APHIS Livestock & Poultry Disease Related Information & Resources @ aphis.usda.gov/livestock-poultry-disease
- ◆ Colorado Department of Agriculture-Animal Health Division-Diseases and Reporting Requirements & Traceability @ ag.colorado.gov/animals
- ◆ Listing of State & Federal Veterinarians (for Disease Outbreak purposes) @ ag.colorado.gov/animal-health/state/federal-field-veterinarians
- ◆ Local Veterinarian- Work with on any potential health and disease issues
- ◆ Farm Animal Risk Mitigation-Biosecurity/PPE Resources @ farmppe.netlify.app

JUST TO GET YOU THINKIN...

"Sticky fingers, tired feet, one last house, trick or treat!" -Rusty Fischer

"How do you fix a broken pumpkin? With a pumpkin patch! "-

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
<p>National 4-H Week is October 7-12!</p> <p>4-H Enrollment Re-Opens Early October in 4H Online</p>						
13	14 Office Closed- Holiday	15	16	17	18	19
20 4-H Achieve- ment 2:00pm @ Fair- grounds	21	22	23 Registra- tion Closes D2BY Camp	24	25	26
27	28	29	30	31	Nov 1 Livestock Sale Com- mittee Beef Scholarship Applications Due	

ACTIVITY PAGE:

Pumpkin Seed Roasting Recipe

*Roasted Pumpkin Seeds by AllRecipes-Rosemary**

Fall means lots and lots of pumpkins. This means you might be getting ready to carve pumpkins for decorations or make some home-made pumpkin pie. While you are cleaning out your pumpkins for different activities you can separate out the seeds and make an easy and quick snack. This recipe is fairly simple, but you can add different flavors and variations to cooking your seeds. Don't forget to wash your hands and surfaces when working with raw produce and always work with an adult when cooking in the kitchen.

Supplies:

Baking Sheet

Measuring Spoons & Cups

Mixing Bowl

Stirring spoons

Ingredients: **Multiply the recipe up or down depending on how many seeds you end up with and would like to cook.

-1 1/2 cups (raw) pumpkin seeds

-2 tsp. melted butter

-1 pinch of salt (or to taste)

Steps:

- 1) Heat oven to 300 degrees
- 2) Remove seeds from pumpkin and place in bowl
- 3) Melt butter and add to bowl
- 4) Add salt and stir the mixture till coated well
- 5) Spread the seeds (single layer) on a baking sheet and cook for 45 minutes or until golden brown. Occasionally stir or move seeds around on the baking sheet while cooking.

Monthly Reader

"Cattle Kids"

By Cat Urbigkit

Fall Leave Cleanup

As leaves begin to dry out and fall down they can clutter up the yard. Have some fun by raking the leaves into giant piles and having a leaf pile jumping party with your friends.

Once you are done playing with the leaves they can be used for other purposes.

Leaves are great for composting. You can pile them in a bare spot in your yard or place them in bags as well.

Bagged leaves can be used as windbreak/snow protection around shorter trees or plants during the winter as well and used as mulch later on.

HEAD-> Share 4-H

Talk to your friends and school-age family members about the value and impact 4-H has had on your life so far. The possibilities with 4-H are endless. Encourage them to become a member and share the value!

Youth who participate in 4-H programs emerge:

3X more likely to participate in community service

2X more likely to report living life with intentionality and purpose

2X more likely to have the goal of being a leader



HANDS-> Hunter's Safety

Hunter's Safety is required for all that wish to go hunting in Colorado. You can also take the class for fun as well. The course provides information on *safety, legal pieces, responsibility, ethical hunting conduct, wildlife management and identification, ethics, firearm safety and handling and laws and regulation*. Hunter's Safety cards are good for the individual's lifetime and you do not have to repeat the training. *Hunter's Safety is also required to participate in Lincoln County 4-H Shooting Sports and must be completed by project add/drop each year. Learn more about Hunter's Safety and search for available classes @ cpw.state.co.us/hunting/education-outreach.

HEART-> Volunteer in 4-H

Volunteers are the life-blood of 4-H and other youth organizations. Throughout the United States there are over 500,000 volunteers and 6 million 4-H members. Volunteers can provide mentorship, project expertise, administrative support, and so much more. Learn more about the impacts of volunteering and how you can get involved locally @ lincoln.extension.colostate.edu/ & nationally @ 4-h.org/support/volunteer/.

HEALTH-> Be There

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.



Find out how this could help save a life at
www.BeThe1To.com

If you're struggling, call the Lifeline at
988