

4-H NEWSLETTER

June 2025



326 8th St./Box 68
Hugo, CO 80821
P: (719) 743-2542
Web:
lincoln.extension.colostate.edu
Facebook: [Lincoln County Colorado Extension](https://www.facebook.com/LincolnCountyColoradoExtension)
Wayne Miller: Director, 4-H Youth Development/ Agriculture
wayne.miller@colostate.edu
Christine Schinzel: 4-H Program Assistant
christine.schinzel@colostate.edu
Tiffany Stewart: Extension Admin.
coopext.lincoln@mail.colostate.edu

THANK YOU!

Thank you to the Stacy Phythian family for donating cake pans and forms for use by the county and youth. Please let us know if you have an interest in using any of them in your project.

Thank you to the following for donating to the Livestock Sale Committee Scholarship Program: Bledsoe Ranch %James & Will, Andrea Blackwelder and James Harvey, Rafter 6W Feedlot % Morgan & Casey Wiersma, Bruce & Kara Hass, 21st Century % Josh Cure, Josh Cure, Jess & Mary Solze, Lindsey Blackwelder & Mikaela Taylor, Karval FFA, Weller Insurance % Dianna Weller & Dana Johnson, Ben & Kendra Brent, Brad & Traci Weisensee, Eastern Colorado Veterinary Services, and Ephron Brent Family.



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

| INSIDE | |
|---|-----|
| Hoof Trim & Scale Use | 2 |
| Activity Page | 3 |
| Information & Events | 4-6 |
| Rabbit & Poultry Nominations | 7 |
| Fair General Information | 8 |
| Dog Project Updates, State Fair General Information & Range & Drought Resources | 9 |
| Livestock Shows & Clipping Experience & Just to Get you Thinkin | 10 |
| Animal Biosecurity & Shows | 11 |
| Calendar | 12 |
| 4-H's | 13 |

HOOF TRIM DAY- Beef & Dairy Cattle

Date: June 27

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

Cost: \$40/Head (No bills larger than \$20 & no checks or credit cards)

Open To: All 4-H & FFA Members

RSVP Due: June 19 to chris-tine.schinzl@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. Space is limited.

*Sponsored in part by Eastern Colorado Veterinary Services

PORTABLE SCALE/TRAILER & FAIRGROUND 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.



ACTIVITY PAGE:

Wind Sock

A wind sock is a fun craft project for kids of all ages to explore. Youth can be creative and experiment with different types of materials to see what works best and test them out against each other. This is also a great activity to do with friends for competition or just for fun.

Materials:

- Half gallon or gallon milk jug
- Streamer Material
- Scissors or utility knife
- Markers or stickers to decorate jug



Steps:

- Remove the milk jug cap and rinse out the milk jug and let it dry fully.
- Cut off a portion of the bottom (leave the handle in tact to make it easier to use).
- Cut slits or slots in the bottom of the milk jug to tie different stringers to.
- Go outside and hold the jug up in the air (small hole/opening forward) and race around to see how well the air moves through the streamers.

***Safety Reminders:**

- Don't play outside when lightening is in the area.
- Make sure your streamers or kite-like material cannot reach power or electrical lines.
- Don't forget to pick up any streamers that fall off and throw away your project once you no longer wish to use to help prevent pollution and keep animals from getting tangled up or swallowing items.

Monthly Reader

"And Then Comes Summer"

By Tom Brenner

Summer Reading Program

Pick up a book this summer to go on new adventures and learn new things. Reading during the summer also helps you retain skills for when you start back up to school in the fall.

Summer Reading programs are a great way to engage with your local library and challenge yourself.

Learn more at

lincolncounty.colibraries.org

Limon: 719-775-2163

Hugo: 719-743-2325

Bookmobile: lcbookmobile@lincolncountyco.us

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, 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](https://www.facebook.com/LincolnCountyColoradoExtension)

-Colorado 4-H Website @ co4h.colostate.edu & 4H Online @ v2.4honline.com/#/user/sign-in

- ◆ **4-H Project List & Manual Ordering Information** is available @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.
- ◆ **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.
- ◆ **Livestock Boot Camp** on June 12 is open to youth ages 8-18 in Lamar, CO. Go to forms.gle/x5EGu8Rcbqj4Bssx to register. The cost to attend is \$18 plus a sack lunch. Payment is due the day of the event. Transportation may be available from the office. Contact christine.schinzel@colostate.edu or wayne.miller@colostate.edu.
- ◆ **Shooting Sports**- The first scored shoot is (Saturday) June 14 at the Limon Gun Range starting at 7:45am. 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 weather cancellations.
- ◆ **Dog Project Practices**- Practice Dates-May 28, June 4, June 11, June 18, June 25 @ 5:30pm at the fairgrounds in Hugo. Contact Raejean (970-946-4130) to let her know you are coming. *Those entering dog classes for an interview will need to sign up for that with fair entries. Those will be on Saturday -August 2. Record books for dog are also due on August 2. Dog Show will be Wednesday, August 6 at 1:30pm or 1 hour following the goat show if longer.
- ◆ **4-H/FFA Hoof Trim (Beef & Dairy Cattle)** is June 27 at Eastern Colorado Veterinary Services in Limon. The cost is \$40/head. Limited spots available. RSVP due by June 19 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.
- ◆ **Fair Related**-> Livestock and general project entries will be due July 1. The fairbook for '25 will be updated online and hard copies will be available mid June tentatively.
- ◆ **Poultry & Rabbit Nominations** for 4-H will be entered through 4H Online (Animals section). Families will need to pick up poultry leg bands from the office and upload nomination information no later than July 1. FFA members will utilize the paper form.

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](https://www.facebook.com/LincolnCountyColoradoExtension) 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/.

INFORMATION & EVENTS (CONT.)

- ♦ **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/.
- ♦ **Various Livestock Shows** national listing of flyers available @ showman.app/shows#/ or showringmaster.com.
- ♦ **Listing of Livestock Shows-General** @ drive.google.com/drive/folders/131-cPnFYKu8RiG9siMHZslYZX3ahkxua
- ♦ **Denver Foundation Grants and Scholarship** opportunities available @ denverfoundation.org/scholarships/scholarship-opportunities/.
- ♦ **Various Livestock Shows** national listing flyers available @ showman.app/shows#/.
- ♦ **Colorado Junior Swine Association Shows** and information available @ cjsaswine.com/.
- ♦ **Colorado Stock Horse Association Open Shows** .More information available @ coloradostockhorse.com.
- ♦ **Colorado Dairy Goat Association Shows** are listed @ colodga.org/.
- ♦ **Nebraska associated Livestock Shows** @ facebook.com/groups/nebraskalivestockshows/.
- ♦ **American Gelbvieh Junior Association Scholarships** opportunities @ gelbvieh.org/juniors/scholarships.
- ♦ **Miniature Hereford Cattle Battle Show Series** has multiple dates. Learn more @ miniatureherefordbreeders.org/Calendar.
- ♦ **CO Statewide 4-H Equine Science Webinar Series** (June 4-Navigating CO State Fair Entries; June 10-Legal & Illegal Tack at Shows; June 12-Farriers/Hoof care). Zoom link @ zoom.us/j/95503829651.
- ♦ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 2. Information and application is available at nafb.com/foundation/scholarship-program.
- ♦ **Colorado Wheat Field Days** is June 4-6 & 10 at multiple locations. Information available @ csucrops.com/wfd.
- ♦ **Fremont County Dog Shows** is June 6 and July 8 in Florence, CO. Call 719-267-7390 for information.
- ♦ **Model Rocketry Launch Extravaganza** is June 7 in Jefferson County. Register @ col.st/iNu7o.
- ♦ **North Park Jackpot** is June 7 in Walden, CO. Register on showman.app/shows#/north-park-jackpot-93ca.
- ♦ **High Altitude Livestock Showdown** is June 7-8 at the Park County Fairgrounds in Fairplay, CO. Learn more @ Facebook Page or email us (highaltitudeshowdown@gmail.com) or register @ showman.app
- ♦ **Rumble in the Rockies Jackpot Show** is June 7-8 in Durango, CO. Learn more @ facebook.com/Rumble.in.the.Rockies/.
- ♦ **Weld County Shooting Sports Invitationals** is June 7-8. Contact keastwood@weld.gov for more information.

INFORMATION & EVENTS (CONT.)

- ◆ **Colorado 4-H Bunny Bonanza** is June 11 at the Boulder County Fairgrounds. Register @ tinyurl.com/BunnyBonanza2025.
- ◆ **Douglas County 4-H Horse Camp** is June 9-12. Register in 4H Online. Contact mercedes.glenn@colostate.edu for questions.
- ◆ **Automated Weeder Demonstration** for agricultural producers will be June 12 in Rocky Ford. Learn more @ coloradoproduce.org/labor-june-12-weeder-demos/.
- ◆ **3C Classic Cattle Camp** is June 12-13 in Cheyenne, WY. Register @ forms.gle/WX6vqpGB1S8UyNh6A. Contact Garrett @ 307-343-6154 for questions.
- ◆ **Douglas County 4-H Camelid Classic & Clinic** is June 14. Open to all youth. Register @ forms.gle/rGJLwEBGwfHtKcz99. Contact mercedes.glenn@colostate.edu.
- ◆ **Teller County Rabbit/Cavy Roundoff** is June 14th. All 4-H members are welcome to participate. Register by June 9th at forms.gle/UwSUuCVwopdVw2NRA.
- ◆ **The Showdown in Cheyenne Livestock Show** is June 14-15 in Cheyenne, WY. For information contact Pam @ 307-630-7489 or facebook.com/The-Showdown-in-Cheyenne.
- ◆ **Massey Show Lamb & Goat Camps** is in Brush June 16-18. Learn more & get other location dates @ masseyshowlambcamp.com/.
- ◆ **Moffat County Jackpot** is June 21 in Craig, CO. Learn more on their Moffat County Facebook page or elkheadwranglers4hclub@gmail.com.
- ◆ **United We Show Jackpot Show** is June 21-22 in Golden, CO. Register tinyurl.com/jeffcojackpot
- ◆ **Feeding & Showing 101** for youth is June 24 in Rocky Ford. Register @ tinyurl.com/5arcshmu or contact Otero County Extension at 719-254-7608 for questions.
- ◆ **Fremont County 4-H Horse Show** is June 28 in Florence, CO. Email kelsey.story@colostate.edu for information.
- ◆ **Boulder County 4-H Last Chance Dog Fun Match** is June 28 in Longmont. Register in 4H Online.
- ◆ **Firecracker Showdown Livestock Show** is June 28-29 in Lamar, CO. Register @ forms.gle/5bYHaayFzzD7gfh59 or call 719-688-7820.
- ◆ **American Jersey Cattle Association Scholarship** applications are due July 1. Information is available @ usjersey.com/AJCA-NAJ-JMS/AJCA/YouthPrograms/YouthScholarshipsandEducationalPrograms.aspx.
- ◆ **Logan Smith Memorial Lamb & Goat Show** is July 5 in La Jara, CO. Learn more @ www.lsmemorialshow.com/ or lsmemorialshow@gmail.com.
- ◆ **Briggsdale Classic Open Jackpot Show** is July 11-13 in Briggsdale, CO. Learn more @ showman.app/shows#/briggsdale-classic-open-jackpot-show/.
- ◆ **Ag Women Connect Scholarships & Internships** are due July 15. Learn more @ agwomen-connect.com/.
- ◆ **Colorado Independent Cattle Growers Association** meeting and tour is July 18-19 in Hugo, CO. Learn more @ coloradoica.com/ or contact Cody Jolly 719-740-1031.
- ◆ **Aksarben Livestock Show** is September 25-28 in Grand Island, NE. Get registration and DNA and nomination information at aksarbenstockshow.com/.

FAIR: RABBIT & POULTRY NOMINATIONS

Market (Rabbits & Poultry) nominations are due July 1 in 4H Online for 4-H members and with a paper form for FFA members. Animals that are not nominated/tattooed by the stated deadlines will not be eligible for participation at the county fair.

*Youth may pick up poultry leg bands from the office by July 1.

*Rabbits will need to have an identifying tattoo in 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. A tattoo is available for use from the office. Please call ahead to ensure availability.

The FFA form is available on the Extension website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under tab "fair related".

4-H Getting Started:

Login to 4H Online Account

Click on the member you wish to add an animal ID to

On Left side of page is listing of selections, select "Animals"

Click "Add an Animal"

Click "Add new Animal"

Then proceed to answer questions on all pages until the animal ID is completed.

*Add in the leg band or tattoo numbers for each "entry/set"

(i.e. rabbits is a pen of 3- add tattoo numbers for all three (R1, R2, R3), etc.). If a second entry will be possibly made-add tattoo numbers for the next set as well.

(i.e. market chickens is a pen of 3- add leg band numbers for each class entry set (201, 202, 203), etc.).

This process should be repeated for all animals the member is nominating/tagging in.

-Pictures are not required for poultry and rabbit nominations.

-Leg bands should not be placed on poultry until the week before fair to ensure a correct fit and avoid circulation issues on legs.

-(Registration paperwork, bill of sales, county specific forms, and premise ID are not required). -All other fields should be completed.

There are pdf guides for 4H Online that help with species entries @ co4h.colostate.edu/4honline/ (Select "Family Resources" Tab) and click on the specific animal if needed. Other animals may be generic in entry, but the basic process is the same.

*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 [colostatefair.com/livestock/](http://coloradostatefair.com/livestock/).

FAIR INFORMATION

A new online entry system will be utilized for fair entries this year. Once the entry system is available, families will be notified via email.

- ◆ The fairbook will be available (hard copy) mid-June as known from the publisher at this time.
- ◆ Be sure to read the schedule carefully for show and event dates & times (some have changed).
- ◆ The County deadline is July 1 for (Rabbit and Poultry Nominations, Livestock & General (all entries) Projects, and Fashion Revue Narratives) fair entries. Late fees will apply to all entry types including narratives. 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.
- ◆ *If you have more than 2 animals of the same species per family, let the office know via email coopext_lincoln@mail.colostate.edu if you will be combining pens or need separate pens. You will need to notify the office as well if you will need stalls for breeding animals. *This information is due no later than July 1.
- ◆ 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.
- ◆ General Projects-> For individuals participating in fair, you must participate in interview judging in person. If you are not available that day your project will not be allowed to place higher than 2nd in it's class. Be sure to read through the fair book for your specific project to ensure you follow the project specifications correctly for exhibition. ***Exhibition of 4-H projects at fair is not required for project completion. However, general projects must participate in county fair judging for consideration for state fair qualification. *If you do not intend to exhibit your livestock or general project at fair, please let the office know as soon as possible.*
- ◆ 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 on a first-come basis-quantity limited.
- ◆ 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/.
- ◆ 4-H Books and Booths will be due on 4-H General Project Judging day by 10:00am to the fairgrounds building.
- ◆ Horse Levels Testing- Members interested in certain fair classes need to review the fairbook for current levels testing requirements. Contact the office for more information. Levels testing study guides are available at: co4h.colostate.edu/program-areas/horse-resources/.

DOG PROJECT HAPPENINGS:

Dog Project Practices

- ◆ Practice Dates-May 28, June 4, June 11, June 18, June 25 @ 5:30pm at the fairgrounds in Hugo. Contact Raejean (970-946-4130) to let her know you are coming or for dog project and fair related questions.
- ◆ Those entering dog classes for an interview will need to sign up for that with fair entries. Refer to your fairbook for class information. Those will be on Saturday –August 2.
- ◆ Record books for dog are also due on August 2.
- ◆ Dog Show will be Wednesday, August 6 at 1:30pm or 1 hour following the goat show if longer).

COLORADO STATE FAIR

-There are multiple state fair opportunities to participate in competitively or socially. Learn more about events and registration @ coloradostatefair.com/.

-Colorado 4-H Online Digital Photo Contest is open to till July 15. Learn more @ co4h.colostate.edu/state-fair-information/. Entries will be submitted via FairEntry.

RANGE & DROUGHT RESOURCES

The summer outlook for moisture is quite varied for Colorado and many locations are expected to be in drought situations again this year. The following are some resources to help with drought planning and general land management. They are great resources for all ages to explore even if you are not in production agriculture or are a youth.

Colorado Ag Mental Health Resources @ ag.colorado.gov/home/about-us/rural-mental-health

CO Forest Service-Home/Property Mitigation Resources @ csfs.colostate.edu/wildfire-mitigation/protect-your-home-property-from-wildfire/

CSU Agriculture Business Management Resources @ abm.extension.colostate.edu/

CSU Drought Planning Resources @ droughtadvisors.org/drought-plan-program/

CSU Range Management Resources @ rangemanagement.extension.colostate.edu/

National Interagency Coordination Center- Wildland Fire outlook @ nifc.gov/nicc/predictive-services/outlooks

NOAA-National Weather Service Climate Prediction Center @ cpc.ncep.noaa.gov/products/forecasts/

UNL Grass Cast App @ grasscast.unl.edu/

USDA Producer Disaster/Other Program Resources @ farmers.gov/

US Drought Monitor @ droughtmonitor.unl.edu/

LIVESTOCK SHOW & CLIPPING EXPERIENCE

Practice is the best way to gain experience and hone your livestock showing and clipping skills whether you are brand new to showing or a seasoned participant. There are many ways to increase your skills and knowledge around showing livestock. Consider the following to get started:

- Work with your animals daily to practice showing and giving them exposure (i.e. loading into the trailer, loud noises, multiple people, using the clipping stand or chute, washing, etc.).
- Practice clipping on a non-project animal if available or in small stages early in the summer so there is time for adequate grow back.
- Enter a local jackpot show to get experience showing for you and your animal (*Check out the newsletter and Facebook page for many opportunities).
- Watch fellow youth as they fit and show at a local jackpot or another fair to see different techniques and better understand what judges may be looking for in market and showmanship classes.
- Take your animals to a fellow 4-Her's house to practice showing with someone else and to expose your animals to different environments and noises (*Remember good biosecurity practices before you visit another location and upon returning home).
- Connect with your project leader or ask for mentor resources from the extension office or club.
- Next Level Livestock (Showmanship & Round Robin Flash Cards) @ shop.nextlevellivestockcamps.com/
- Weaver Livestock (Resources & Animal Clipping Posters) @ weaverlivestock.com/
- Show Rite Stock Show Classroom (Videos) @ go.alltech.com/showrite-stock-show-classroom
- Stock Show U Online (Videos & Resources) @ sullivansupply.com/stock-show-u/
- Google Search "Livestock Show or Clipping Videos" for multiple resources and perspectives

JUST TO GET YOU THINKIN...

"Work ethic is important because unlike intelligence, athleticism, charisma, or any other natural attribute, it's a choice."

-Mike Rowe

Q "Why was the math book sad in June?"

A "It had too many problems."

ANIMAL CORNER: BIOSECURITY & SHOWS

Before Events:

- Ensure required vaccinations are current.
- Check state requirements for brand and health inspections for movement.
- Create a traveling folder to store brand and health papers; pictures of livestock; and contact information including your local veterinarian and state agency contacts.
- Clean and disinfect trailers, equipment, and tack.
- Examine animals for any signs of illness or disease and take their temperature.
- Take clean clothes and shoes so as not to spread contaminants from your place to others.



At Events:

- Tie animals on opposite sides of the trailer from neighbors.
- Use solid barriers or keep an empty stall between livestock.
- Avoid nose to nose contact with other animals.
- Limit access from the public and dogs.
- Avoid sharing equipment or feed.
- Avoid community water tanks and contact on the bucket with the end of the hose.
- Properly dispose of manure and trash.
- Utilize insect repellants.

After Events:

- Disinfect all equipment, tack, and trailers.
- Keep manure and trash disposal away from animals after returning home.
- Isolate returning animals to the home property for a minimum of 14 days.
- Take animals temperature and monitor for illness.
- Create and update a log of all events attended including: locations stopped at (i.e. gas station, fairground,); date; and contact information in case of a disease outbreak.
- Wash all clothing and shoes from the event before working with home animals.

Resources:

Livestock Movement Record Sheet Template @ drive.google.com/file/d/1ykxvuvl6CxRg2IBmmJyesWp5K_qf4Va4/view?usp=sharing

Animal Import Requirements @ colorado.gov/pacific/aganimals/import-requirements

Biosecurity Youth Swine Projects @ porkcheckoff.org/pork-production-management/biosecurity/biosecurity-at-pig-shows/

CSU Animal & Horse Biosecurity @ animalbiosecurity.colostate.edu/

Colorado Dept. of Ag. (Reportable Diseases) @ ag.colorado.gov/animals/reportable-diseases

Colorado Dept. of Public Health (Outbreaks) @ cdphe.colorado.gov/animal-related-diseases

Defend the Flock (Poultry) Resources @ aphis.usda.gov/livestock-poultry-disease/avian/defend-the-flock

Farm Animal Risk Mitigation-PPE Resources @ farmppe.netlify.app/

June 2025

Events & Information available @ Lincoln.extension.colostate.edu/events/

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-------------------------------------|--|--------------------------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 Elevate the Brand Workshop | 12 Livestock Boot Camp | 13 | 14 Shooting Sports Scored Shoot 1 7:45am @ Limon |
| 15 | 16 | 17 State 4-H Conference | 18 State 4-H Conference | 19 State 4-H Conference -RSVP Due Hoof Trim | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 Hoof Trim | 28 |
| 29 | 30 | July 1 Fair Entries Due (General, Livestock, Fashion Re- vue) -State Fair Poultry/ Rabbit Nomi- nations Due | 2 | 3 | 4 Office Closed- Holiday | |

HEAD-> Visit Another County Fair

Take time this summer to learn more about other county fairs in your area to see what events they offer and learn more about all of the volunteers and staff and roles they play in helping to organize such a large event. It's also a great chance to gather additional knowledge for your livestock or general projects by observing others and seeing what they have made or how they show. Search for the neighboring county fair, check out local tourism summer schedules or find some dates and locations at colorado.com/co/festivals-events/fairs-festivals.

HEART-> Clean UP

Summer has started and it's a great time to give back to your local community. Reach out to your local Town Hall to see if there are opportunities for cleaning up at some of the recreational or public spaces in your community (i.e. park, swimming pool, hiking trail, playground, etc.). This can be a great family activity or to gather some friends together for a morning of giving back.

HANDS-> Self Motivation

Summer means you don't have as strict a schedule as during the school year. As such it can sometimes be hard to find motivation to get the day going or stay on task when there isn't a strict timeline. The following are some tips to help keep you going:

- Go to bed at the same time even though it's summer.
- Set an alarm clock and wake up at the same time every day (schedule naps for resting time).
- Write out a list of tasks you want to accomplish for the whole summer and then break that list down into daily tasks.
- Add specific activities to the calendar including vacation fun.
- Have a friend or parent help keep you on track.

HEALTH-> Post Traumatic Stress Disorder (PTSD) Awareness

June is PTSD Awareness Month. PTSD is a mental health disorder caused by traumatic events. PTSD affects millions of individuals (youth and adults) each year and also impacts those around them as well because of the ripple effects of symptoms.

Symptoms might include trouble sleeping, reliving memories of the event, anxiety, inability to do basic daily activities, avoidance of people or items that remind one of the event, etc.

We can all help each other understand the symptoms and support those affected. Learn more from the National Center for PTSD @ ptsd.va.gov/.

