

4-H NEWSLETTER

October 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/Lincoln-County-Colorado-Extension)
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

INSIDE	
4-H New Year Enrollment Information Reminders	2
Safety StepUP: Canning	3
Information & Events & 4-H Club Information	4-6
Activity Page	7
Calendar & Just to Get you Thinkin	8
4-H's	9

National 4-H Week

~ October 5-11 ~



The Extension Office/4-H are on Facebook @
[Lincoln County Colorado Extension](https://www.facebook.com/Lincoln-County-Colorado-Extension)

*Visit the page for additional events and resources for all.



Lincoln County Extension/4-H
Website @
lincoln.extension.colostate.edu

4-H ENROLLMENT INFORMATION:

Enrollment Deadlines:

Mid-October- Enrollment

Opens

December 1-Re-Enrollment closes for returning members, foundation members, & volunteers.

February 1-

Enrollment closes new members only.

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 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. Transfers of currently enrolled members from other counties are on a case-by-case basis.

-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).

-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.*

Resources:

Lincoln County 4-H- lincoln.extension.colostate.edu/programs/4-h/
Colorado 4-H- co4h.colostate.edu/

Enrollment/Project Fees: -Enrollment fee- \$20/ member (Pay fee to the club directly). Late fees of \$50 will apply on member re-enrollment. **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, except shotgun (\$40). (This is in addition to the enrollment fee and is payable to the Extension office directly with forms 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.

SAFETY STEP UP: CANNING

Canning via hot water bath or pressure canning is a great way to preserve produce to enjoy throughout the year. However, it's important to understand that the canning process does have safety challenges. Because of the potential for burns from hot water, injuries from broken jars, slicing a finger, etc. it's important to recognize and help mitigate safety concerns while canning. It's also important to understand proper food preparation during canning and ensuring the recipes and techniques you are using are tested. The following are some tips and resources to help ensure an injury-free canning season.

Safety Reminders for Canning:

- Inspect all canning equipment including seals for wear and tear and cracks.
- Ensure that all recipes are tested and have been adjusted for altitude. Be sure to follow all instructions for pressure, temperature, and time exactly as indicated. Work with an experienced canner your first couple of times to better understand canning processes.
- Wash all surfaces before beginning, wash all produce thoroughly, and be sure that you wash hands every time you come back into the kitchen and in between as needed.
- Don't forget to hydrate and take breaks during canning.
- Small children should be gated off from the kitchen/canning area to prevent injuries. It also might be helpful to bring over a babysitter while canning to watch the younger kids. This helps keep the focus on other helpers in the kitchen and canning processes.
- Having older children help is a great way to introduce them to food preservation and learn valuable life skills. However, it's important to assign them appropriate tasks for different ages and stages to help prevent injury. *Children should never be left unsupervised during canning processes.*
- Closed Toed Shoes with grip/traction help to prevent slips and protect your feet from injuries due to a broken jar or spilled hot water. Pants may feel a bit warm in the kitchen but can again help to prevent burns or other injuries while in the kitchen canning.
- It's a good idea to have the broom or vacuum near the kitchen for any spills or breakages while canning.
- Safety or regular glasses can help prevent eye injuries due to broken jars, splashing hot water, or the temptation to rub eyes when working with spicy foods.
- Oven mitts help to protect the hands and the lower parts of the arm when taking jars in and out of canners.
- A basic canning tool kit including tongs, a jar wrench, a jar lifter, and a lid lifter is beneficial in reducing injuries from the hot water and helping with ergonomics because of repeated tasks.
- Make sure to have a first-aid kit and fire extinguisher handy in the kitchen. Talk with children about what to do if there is an injury and how to call 9-1-1 if an emergency arises.

Resources:

National Center for Home Food Preservation @ nchfp.uga.edu/

CSU Extension Food Smart Colorado @ foodsmartcolorado.colostate.edu/recipes/preservation/

Canning Equipment/Resources- Ball@ ballmasonjars.com/ & Kerr @ kerrcanningjars.com/

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](#)

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

- ◆ **National 4-H Week** is October 5-11! Celebrate by wearing your 4-H gear to School or Work!
- ◆ **County 4-H Achievement Event** will be Saturday, October 25 at 1:00pm at the Lincoln County Fairgrounds. Council Members and Club Help (Heartland) please arrive at 12:30 to set up. All families are encouraged and welcome to attend even if you are not receiving a fair award to support fellow members and there will also be some special other awards announced as well.
- ◆ **4-H (New Year) Enrollment** opens mid-October and closes December 1 for new and returning 4-H Members and returning volunteers including foundation members. Additional information is available in this newsletter. **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 club meetings.*
- ◆ **Livestock Sale Committee (Livestock Scholarship Program Beef Related)** 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.schinzel@colostate.edu to learn more about the volunteer training process and opportunities.
- ◆ **Lincoln County 4-H Foundation** has project assistance scholarships and 4-H event attendance reimbursement opportunities available in addition to a senior member scholarship. Check out the website under "forms and applications" "4-H Foundation app" to learn more @ lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ Please contact the office if you have a request for project assistance or a workshop request.

INFORMATION & EVENTS (CONT.)

- ♦ If you have club events, fundraisers, or pictures you would like to include in the newsletter or post on our Facebook page, please send them in at least two weeks before the beginning of the next month.

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/](#).
- ♦ **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-cPnFYKu8RiG9siMHZsIYZX3ahkxua](#)
- ♦ **Denver Foundation Grants and Scholarship** opportunities available @ [denverfoundation.org/scholarships/scholarship-opportunities/](#).
- ♦ **Colorado Stock Horse Association Open Shows** are scheduled for several dates through the fall. Learn more @ [coloradostockhorse.com](#).
- ♦ **Colorado 4-h Shooting Sports Ambassador** application is open till October 15. Learn more @ [co4h.colostate.edu/shooting-sports/](#).
- ♦ **Daniels Scholarship** application is available until October 17. Learn more @ [danielsfund.org/Scholarships/Daniels-Scholarship-Program/Overview](#).
- ♦ **Colorado Department of Agriculture Business** applications for intern support is open till October 31. Learn more @ [ag.colorado.gov/awdp](#).
- ♦ **National Dairy Herd Association Scholarship** is due October 31. Learn more @ [dhia.org/scholarships/](#).
- ♦ **Transova Internship** applications are due October 31. Scholarships open in January. Information and application @ [transova.com/youth/](#).
- ♦ **Colorado Farm Show Scholarship** is open till November 1. Learn more @ <https://coloradofarmshow.com>.
- ♦ **Stock Show University-2 Day Cattle Grad Program** is Nov 1-2 in Cheyenne, WY. Learn more @ [sullivansupply.com/stock-show-u/schedule/](#).
- ♦ **Fields-Of-Corn (National Corn Growers Association) Photo Contest** is accepting entries until November 17. Learn more and submit your photos @ [fields-of-corn.com/](#).

INFORMATION & EVENTS (CONT.)

- ♦ **Cheyenne Livestock Expo** is November 17-30 in Cheyenne, WY. Learn more @ cheyennelivestockexpo.com.
- ♦ **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 January 1. Learn more @ nationalwestern.com/livestock-shows/catch-a-calf-program/.
- ♦ **NRA Youth Education Summit Leadership & Scholarship Program** Applications are open till January 18. Learn more @ yes.nra.org.

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

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



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

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.

ACTIVITY PAGE:

Q-Tip Halloween Designs

Q-tips are an inexpensive craft supply item that can be utilized for a number of projects. This October utilize Q-tips to make different designs around Halloween or fall related items.

**Don't forget to work with parents when using sharp or hot objects to keep everyone safe.*

Supplies:

- Q-tips
- Construction paper (different colors), cups, or disposable plates
- Liquid glue, hot glue, or tape
- Markers
- Food dye
- Scissors

Steps:

- Utilize scissors to cut up Q-Tip's to make designs such as pumpkins, costumes, scarecrows, skeletons, etc.
- Glue or tape pieces onto construction paper or cardboard or maybe cups or plates to display your design.
- Ends of Q-Tip's could be dipped in food coloring or glitter to add more color to your design. You could also utilize markers to color the shaft on the Q-Tip's.



Monthly Reader

“Many Shapes of Clay: A Story of Healing”

By Kenesha Sneed

Fall Tree Colors

The change in temperature and sunlight causes trees to stop storing chlorophyll (green color we see on leaves). This causes a change in leaf color in the fall before leaves die off and fall. Learn more about national foliage color changes @ explorefall.com/fall-foliage-map.

You can also check out some great viewings for color changes on trees in Colorado @ colorado.com/articles/10-places-see-colorados-fall-color.



October 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
National 4-H Week is October 5-11!						
12	13 Office Closed- Holiday	14	15	16	17	18
4-H New Year Enrollment Opens Mid-October in 4H Online						
19	20	21	22	23	24	25 4-H Achievement 1:00pm @ Fairgrounds
26	27	28	29	30	31	Nov 1 Livestock Sale Committee Beef Related Scholarship Applications Due

JUST TO GET YOU THINKIN...

Q “*Why are trees more honest in the fall?*”

A “*That is when they show their true colors.*”

Q “*Why are trees so easy going?*”

A “*Because they let loose every fall.*”

HEAD-> CSU Extension Live Smart Blog

The Live Smart Blog is a great resource for consumers and families to learn more about different health and nutrition topics as well as other information surrounding general well-being and financial topics.

The Live Smart Blog articles and other resources are available on the website @ livesmartcolorado.colostate.edu/.

HANDS-> YouthBiz Marketplace

The Youth Biz Marketplace is hosting a Holiday Marketplace for youth ages 6-21 on November 15 in Rocky Ford, CO. This is a chance for young entrepreneurs to showcase and sell their own products. Learn more about the showcase and registration information by contacting Mackenzie King @ mking@yacenter.org.

This is a great opportunity for youth to not only market their own products, but it's a great chance to go see what other youth are doing and spark ideas for future endeavors.

HEART-> Breast Cancer Awareness Month

Breast Cancer awareness for women and families is incredibly important. One in eight women will be affected each year by the disease. Cancer just doesn't affect one person it affects everyone around them as well. It's important to get screened and learn how you and your family can support others in their fight against this disease.

Resources & Support

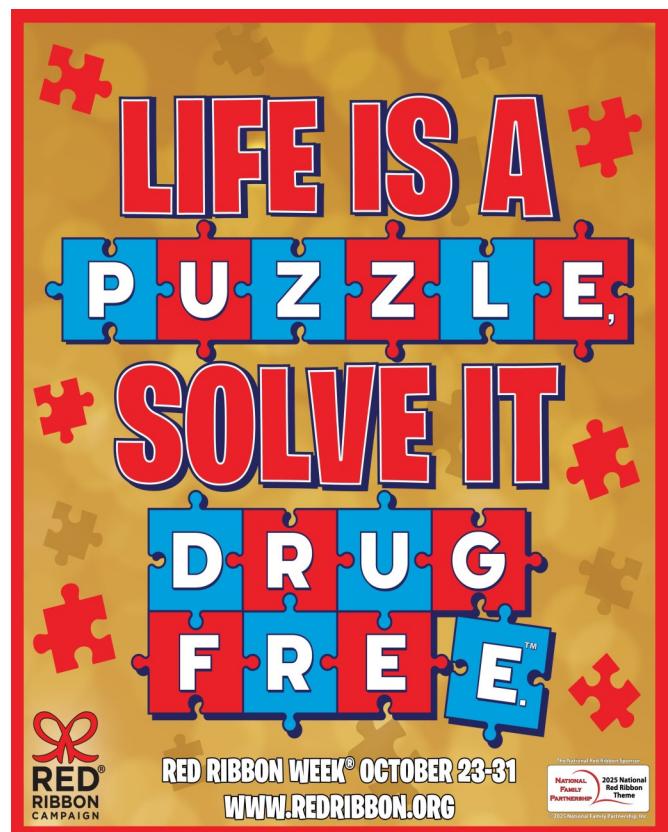
komen.org/

nationalbreastcancer.org

lbbc.org/



HEALTH-> Red Ribbon Week



Colorado State University is an equal access and equal opportunity University. <https://col.st/lloI3>.

Any mention of company names and/or products doesn't imply an endorsement of those entities or their services nor does it imply a criticism of their competitors and products. Items mentioned are strictly for educational or informational purposes.