

4-H NEWSLETTER

March, 2026



THANK YOU'S

Please send a thank you to the Lincoln County Commissioners for contributing substantial funds along with funds out of the Livestock Sale Committee fund (which members contribute to through their sale commissions) for purchasing additional panel sets inside the livestock barn.

The Extension Office/4-H are on Facebook @

[Lincoln County Colorado Extension](#)

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



Lincoln County Extension/4-H Website

@

[lincoln.extension.colostate.edu](#)

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4-H PROJECT ITEMS AVAILABLE TO BORROW:

The Extension office has the following items for general project use:

*Items may be borrowed for up to 2 weeks at a time. A \$50 deposit will be required for use. Call or email in advance to ensure equipment is available.

*Any items that are lost, broken, stolen, etc. will be required to repay the Extension Office for the cost of the item(s).

- Cake pans
- Leather project (basic equipment kits)
- Sewing machine

BUY, SELL, TRADE, OR BORROW

Do you have extra 4-H project (livestock or general) related equipment that you no longer are using or are you looking for equipment for your project? Send your information in and we will post that back in the newsletter for you to connect with other members. Another idea would also be to present your request at your next club meeting (contact your club leader for permission). This can be a great way to utilize equipment at discounted values or to check out equipment before you commit to purchasing something you may not use down the road.

LINCOLN COUNTY 4-H FOUNDATION SCHOLARSHIPS

The Lincoln County 4-H Foundation offers scholarship opportunities as follows to 4-H members:

- Reimbursement Scholarship (funds for attending a 4-H event/camp)
- Project Scholarship (funds to help offset general 4-H project expenses)
- Senior Scholarship (scholarship application for a graduating/senior member)- Due April 11

Learn more and download the applications by going to the Lincoln County Extension website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under the tab "4-H Foundation app".

JUST TO GET YOU THINKIN...

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go." -Irish Blessing

*Q "What season is it when you are on a trampoline?"
A "Spring-time."*

MEAT QUALITY ASSURANCE (MQA)

Meat Quality Assurance Training for 4-H/FFA members consists of walk-through learning stations and a test. The training is required for all members who are enrolled in livestock projects (Market and/or Breeding).

Lincoln County 4-H & FFA Members will be required to complete MQA as follows:

1x-First year taking a livestock project

1x-When the member turns 4-H age of 10

1x-When the member turns 4-H age of 14. *FFA members must attend as well their first livestock project year when showing in FFA.

Lincoln County MQA Date: March 30-> 4:00-6:30pm @ Lincoln County Fairgrounds

**If you cannot make the county date you will need to contact the office in advance for a listing of other county trainings that you may attend to complete your requirement. We need to notify other counties before you show up at their MQA training. Dates for other MQA trainings start as early as March in our part of the state.*

***Senior age members-If you would have an interest in helping with the MQA event and tear-down to earn community service, please contact christine.schinzel@colostate.edu.**

2 IN 1-> Q & A EVENT & MQA TRAINING

Q & A: COMMON DISEASES IN SHOW ANIMALS: HOW TO ID, TREAT, AND PREVENT SPREAD

When: March 30

Time: 4:00-6:00pm

Location: Lincoln County Fairgrounds-33747 CR 2W Hugo, CO 80821

Format: Come & Go (Q & A)

Presenter: Dr. Kathy Whitman, DVM, CSU Extension

Open: To all 4-H & FFA youth. *(Participation is not required to complete MQA training. Youth will have time to attend the Q/A session and complete their MQA training.)*

FAMILY & CONSUMER: '25 IRA Contributions-There's Still Time!

Retirement accounts allow individuals to save funds utilizing earned income now for their benefit in the future. Many employers offer their employees the opportunity to contribute to a retirement account through direct contributions from their paycheck. However, even if you don't have an employer sponsored retirement account, you can still make contributions to a Traditional Individual Retirement Accounts (IRA) and/or Roth Individual Retirement Account. This includes making contributions up to April 15 for the prior year. Self-employed individuals should also talk with their accountant and/or financial advisor about contribution opportunities for SEP and Simple IRA's.

What's the Difference:

Traditional IRA

- Contributions may be deductible (in part or whole) depending on your filing status and income.
- Distributions on pre-tax contributions and earnings are not taxed until withdrawals begin after age 59 ½.
- Withdrawals before 59 ½ will incur taxes plus a penalty tax.
- Required minimum distributions must begin no later than April 1 of the year following the year that one turns 73.

Roth IRA

- Contributions are not tax deductible.
- Qualified distributions are generally tax and penalty free if a 5-year aging period has been met and the individual is over 59 ½.
- Contributions can be withdrawn at any time with no taxes or penalties.
- Required Minimum Distributions are not required.

What's the Same:

Annual Contribution Limits-Total contributions you can make to all your Traditional and Roth IRAs is \$7,000 for 2025 or if less, your taxable compensation for the year. You can contribute an additional \$1,000 if you are aged 50 or older.

Contribution Deadlines- Up to April 15 of the current year (for prior year contributions).

Other Considerations:

- Spouses that do not have taxable compensation may be able to contribute to an IRA if their combined contributions are not more than their taxable compensation (reported on a joint return).
- There are currently no age limits on making contributions to Traditional or Roth IRAs.
- Contributions can be made to an IRA even if you participate in a work retirement plan. However, Traditional IRA contribution deductions may be reduced, and Roth contributions may be limited if income exceeds a certain level.
- Youth may have custodial IRA accounts as well if they have earned income. Speak with your financial advisor and/or tax professional to learn more. **Bonus Idea: Take older youth with you to a financial and/or tax appointment so that they can start learning about taxes and retirement accounts.*

FAMILY & CONSUMER: '25 IRA Contributions-There's Still Time! (cont.)

New Year's Resolutions Ideas:

- Set up account reviews with your financial advisor to ensure diversification in investments and to see if you can reduce fees by consolidating old work retirement or IRA accounts.
- Update your contact and beneficiary information on accounts.
- Set up an automatic withdrawal each month to contribute to your IRA and/or Roth account starting at just \$25/month.

Resources:

Internal Revenue Service: <https://www.irs.gov/retirement-plans/plan-sponsor/types-of-retirement-plans>

Department of Labor Retirement Tool Kit: <https://www.dol.gov/agencies/ebsa/about-ebsa/our-activities/resource-center/publications/retirement-toolkit>

SHEEP/GOAT/SWINE NOMINATIONS:

Nominations for 4-H members will be entered through 4H Online (Animals Section). Families will need to pick up tags from the extension office and tag animals and take pictures and upload information no later than **May 1**. Taggers are available to borrow. Families will need to coordinate pick up of tags and taggers well in advance to ensure availability of equipment and deadline completion. *Mini sheep must be declared at nomination time.

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 through questions on all pages until the animal is completed.

This process should be repeated for all animals the member is nominating/tagging in. *Animals that are not nominated/tagged by the stated deadlines will not be eligible for participation at the county fair.

-(Registration paperwork, bill of sales, county specific forms, pig ear notches, and premise ID are not required).

-All other fields should be completed. **This includes providing a picture of the animal's head so that the tag is clearly visible and two side (closer up) pictures of the animal.** *You will be asked to re-upload pictures if they are not clearly visible.

-A beginning weight should be entered by exhibitors from when they purchased the animal for record keeping purposes for the youth.

*****FFA members (Showing animals in FFA, other than beef this year). You will still need to complete manual nomination forms and submit with pictures as described above by the stated deadlines to coopext_lincoln@mail.colostate.edu. The forms are available on the Extension website @ lincoln.extension.colostate.edu/4-h-forms-applications/ under tab "fair related".

FAIR RELATED:

*The following is information regarding changes and reminders for the upcoming fair. The complete 2026 fairbook and information will be posted later spring on our extension website. It's important that each family read through the fairbook and schedule to be aware of all exhibit guidelines, complete rule changes, deadlines, protests, show locations and times. *Continue to watch your newsletter and email for additional information or changes as we approach fair.*

- ◆ 2026 Fair Theme: *250/150 years of Harvesting America and Colorado Ag Heritage*
- ◆ Any late entry will automatically result in a \$50/late fee per exhibitor.
- ◆ Protests must be in writing, signed, and accompanied by \$25 to be deposited at the fair office. Protests for livestock shows must be submitted to the office within 1 hr. following the show in question. All other protests may be submitted within 7 days following the end of the fair and will be reviewed at the next fairboard meeting.
- ◆ Vet Checks: All animals (4-H/FFA & Open Class) including dogs and horses will require a vet check on site before unloading into barn/arena areas. Any animals taken home and brought back (i.e. Roun Robin) will require another vet check. Procedures and schedule forthcoming.
- ◆ Stall assignments will be posted Tuesday of Fair week. No equipment/shavings may be placed until after 8:00am on Tuesday. *Poultry and Rabbits will be allowed in on Monday per schedule.
- ◆ There will be a designated equipment area. No show boxes in animal pens.
- ◆ Senior exhibitors are expected to care for and fit their own animals. Juniors/Intermediates may have assistance if youth is present and engaged. Assistance may come from another member, family household members, FFA advisor or a 4-H club or project leader. Professional fitters may be in the barn, but cannot physically assist with the project.
- ◆ Dog Show will be Monday afternoon in the livestock show barn.
- ◆ Poultry & Rabbits will be housed in the large metal shed (north end) that is to the south of the livestock fenced main area.
- ◆ Fashion Revue and Royalty speeches will be on Saturday, August 1 in late afternoon.
- ◆ General Project Auction-There will be a general project auction for 4-H members to earn funds off one of their projects exhibited. Projects must be nominated by July 1 through fair entry. Display boards are not eligible. The General project auction will take place on August 1 in the early evening after Fashion Revue. Members must be present to sell. Refer to the fairbook and email correspondence for any additional information.
- ◆ Participants interested in completing a Creative Cooks presentation or Food Demonstration for overall awards criteria consideration need to contact the office by April 1 to notify of entry.

FAIR RELATED (cont.):

- ◆ Horse: (Ranch Horse) Western Level 1 & Beginning Ranch Horse Riding tests must be passed by July 10 (if not already completed). Written tests are optional per the fairbook.
- All horse exhibitors must pass the Horse Safety Test by July 15. This test is required 1x in a member's fair exhibition years and is new starting in 2026.
- Horse Levels 1, 2, 3, & 4 are now classified as (beginner, limited and advanced).
- ◆ Livestock Sale Consignments will no close by Thursday of fair week (8:00pm) (or 1 hr. after Beef show if later). Livestock (Floor) Consignments are due no later than 1hr. after the livestock sale.
- ◆ Round Robin:
- Poultry (except game birds) and Rabbits will now be eligible to participate.
- State Fair Master Showman Qualification-The champion (jr., int., and sr.) round robin contestants will take a written test after the Round Robin competition with the highest test score being selected for the state competition.

Upcoming Deadlines:

- Market Sheep/Goat/Swine Nominations- Must pick up tags, tag animals and submit nominations through 4H Online -May 1
- Dog and Horse ID's- Must be submitted through 4H Online -May 1
- Market Poultry-Must collect leg bands from the office and submit nomination information through fair entries. -July 1
- Market Rabbits-Must be tattooed and submit nomination information through fair entries. -July 1
- Royalty Applications -June 1
- 4-H/FFA Horse, Livestock, Dog, FFA Ag Mechanics, 4-H General Projects, & Fashion Revue Narrative Entries -July 1
- Open Class Livestock & Ranch Horse Entries -July 15
- Open Class Traditional Horse Show Entries -July 24
- Rancher's Pen of 3 Entries -August 1
- Open Class General Projects -August 5

◆ General Project Reminders:

Don't forget to check manual requirements for your project and to see what is required per the record book and score sheet.

Colorado 4-H Website @ co4h.colostate.edu/programs-projects/

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 Livestock Judging** meets on Tuesdays at the extension office. Contact Ronny Pope @ (402) 641-7428 for more information.
- ◆ **4-H Horse Judging** meets on Wednesday at the extension office. Contact Wayne @ wayne.miller@colostate.edu to learn more.
- ◆ **Beef Weigh-In** is March 7 @ Meier Feedlot (48750 Hwy 40/287 Limon, CO) from 8:00-10:00am. The feedlot is partway between Hugo and Limon; across the railroad tracks to the west. Members are required to bring brand/ownership papers and be able to identify which animal belongs to which member (or if a family animal) at weigh-in. Ownership must be transferred before weigh-in. No EXCEPTIONS. Contact your local brand inspector for any questions regarding transfers including within your family (i.e. home-raised). Members interested in taking beef animals to state fair will need to notify the office to receive a **State Fair Nomination Form** and return it for signature no later than April 1. Additional information including DNA packets and entry information is available @ coloradostatefair.com/competitions/livestock/.
- ◆ **Youth Fest State Camp** for (4-H age 11-13) is March 27-29 in Pueblo. Cost is \$115 + Travel. Registration is due in 4H Online by March 11. Chaperones are needed for youth to attend. Please contact the office if interested in being a chaperone. Registration will be paid for chaperones.
- ◆ **Horse Project** open upcoming meetings is March 15. For questions contact wayne.miller@colostate.edu.
- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is March 30 from 4:00-6:30pm at the fairgrounds. Contact christine.schinzel@colostate.edu for a listing of other county available locations if you cannot make this date. **Livestock Members are required to take MQA their first livestock (including breeding) project year, at 4-H age 10, and at 4-H age 14. FFA members must take MQA the first year they are enrolled in FFA with a livestock project.*

& Additional Opportunity->Q/A on Show Diseases (4:00-6:00pm) Come & Go Format at the fairgrounds on March 30.

INFORMATION & EVENTS (CONT.)

- ◆ **Lincoln County 4-H Foundation Project, Reimbursement, and Senior Scholarship** forms are available to 4-H members for some reimbursement or support of 4-H camps, workshops, and general project supplies. The Senior member scholarship is due April 1. Go to the Lincoln County 4-H/Extension website and click under “Foundation” to download the forms and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.
- ◆ Youth interested in completing a *Creative Cooks Presentation* or *Food Demonstration* for overall fair awards criteria consideration need to contact the office by April 1 to notify of entry.
- ◆ **Horse Safety Test (New Requirement)**- All 4-H members enrolled in the horse project going forward will be required to take and pass a written “Safety Test” one time in their 4-H career. The test may be taken at the office by scheduling an appointment and must be completed no later than July 15.
- ◆ **4-H Project List & Manual Ordering Information** @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.
- ◆ **Shooting Sports**-Practice and scored shoots will be scheduled for spring and summer. Continue to follow the newsletter and check your email for updates.
- ◆ **Horse & Dog ID's** are due in 4H Online by May 1. Only newly purchased horses ID's and brand inspection paperwork may be sent to the office from May 2-July 1.
- ◆ **Sheep/Swine/Goat Nominations** for 4-H will be entered through 4H Online (Animals Section). Families will need to pick up tags from the office and tag and take pictures and upload information no later than May 1. FFA members will utilize the paper form.

Other Opportunities*** *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/lincolncountyextension) Facebook page as they become available. Be sure to check the page for additional opportunities and information for both youth and adults.
- ◆ **CSU Extension Cottage Foods Safety Trainings** are held throughout the year. Learn more @ extension.colostate.edu/offering/cottage-food-safety-training/.
- ◆ **CSU Extension Horticulture Blog** @ cshort.blogspot.com/.
- ◆ **CSU Extension Live Smart Blog (Family & Consumer)** @ livesmartcolorado.colostate.edu/.
- ◆ **CSU Extension Pasture to Profit Podcast** @ goldenplains.extension.colostate.edu/programs/agriculture/livestock-production/
- ◆ **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/).

INFORMATION & EVENTS (CONT.)

- ◆ **Agrability Resources (Agriculture producers/families)** @ agrability.colostate.edu/.
- ◆ **Various Livestock Shows** national listing of flyers available @ showman.app/shows#/ or showringmaster.com.
- ◆ **CSU Extension Gardening Topic Webinars** will be monthly on Wednesdays @ noon. Learn more @ planttalk.colostate.edu/webinars.
- ◆ **Denver Foundation Grants and Scholarship** opportunities available @ denverfoundation.org/scholarships/scholarship-opportunities/.
- ◆ **Stalwart Agfinity Scholarship** is due in March. Learn more @ agfinityinc.com/about-us/community-support/.
- ◆ **Agriculture Future of America Scholarship** is due March 5. Learn more @ agfuture.org/scholarships.
- ◆ **1890 Scholars Program** application is open till march 8. Learn more @ national-scholar-program.powerappsportals.us/ and/or by searching “1890 Scholars Program” within USDA.
- ◆ **Lincoln County Extension** is selling seedling trees and shrubs until March 11 or until inventory runs out. Contact coopext_lincoln@mail.colostate.edu for an order form.
- ◆ **Colorado 4-H Scholarship** applications are due March 15. Learn more @ co4h.colostate.edu/scholarships.
- ◆ **Sullivan Show Supply Scholarship** is due March 15. Learn more @ sullivansupply.com/.
- ◆ **Transova Scholarship** applications are due March 15. Learn more @ transova.com/youth/.
- ◆ **Turf and Ornamental Communications Association Scholarship** is due March 15. Learn more @ toca.org/toca-scholarship/.
- ◆ **Colorado GROW Youth Institute** application is due March 17 for youth in grades 9-12. It is a program challenge for students interested in food security issues. Learn more about the required research paper and events, and register @ worldfoodprize.org/Colorado.
- ◆ **CSU Extension Healthy Horses, Healthy Lands Webinar Series** starts March 26 @ 6:00pm. Register for the March webinar @ col.st/6hqwk.
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 27. Learn more @ coloradowheat.org/2026-cawg-scholarships/.
- ◆ **State 4-H Dog Expo** is March 28 in Loveland, CO. Register through 4H Online.

INFORMATION & EVENTS (CONT.)

- ◆ **American Guernsey Association Scholarships** are due starting March 31. Learn more @ us-guernsey.com/agya.
- ◆ **Civilian Marksmanship Program Scholarship** is due March 31. Learn more @ thecmp.org/youth/cmp-scholarship-program/.
- ◆ **Dairy MAX Scholarship** application is due March 31. Learn more @ dairymax.org/dairy/scholarships.
- ◆ **GROWMARK Agricultural Scholarship** application is due March 31. Learn more @ growmark.com/news-center/2026-growmark-foundation-scholarship-applications-now-open.
- ◆ **WinField United Careers in Agriculture Scholarship** is due in April. Application information available through a general search @ scholarshipamerica.org/scholarship/winfield/.
- ◆ **AgFest Workshop Day** for any 5th grader (including home-schooled) is May 4th in Burlington. Contact christine.schinzel@colostate.edu to register by April 1.
- ◆ **American Boer Goat Association Scholarship** is due April 1. Learn more @ abga.org/jabga/scholarship.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Learn more @ beefimprovement.org/resource-center/award-forms/.
- ◆ **Jonathan Marr Memorial 4-H Scholarship** is open till April 1. Learn more @ co4h.colostate.edu/4h-project/4-h-shooting-sports-project/ (scroll down through page).
- ◆ **Colvin Scholarship Fund** applications are due April 1. Learn more @ certifiedangusbeef.com/press/colvin/.
- ◆ **National Farmers Union Foundation Scholarships** are due April 1. Learn more @ nfu.org/scholarships.
- ◆ **Rocky Mountain Farmers Union Scholarships** are due April 1. Learn more @ rmfu.org/scholarships/.
- ◆ **Brush Livestock Exchange Scholarship** application is due April 3. Learn more @ live-stockexchange.org/SCHOLARSHIP.html.
- ◆ **El Paso County Beef Blow N Go Show** is April 4 in Calhan, CO. For questions contact Emily Green @ emily.green@colostate.edu.

INFORMATION & EVENTS (CONT.)

- ◆ **4-H Day @ CSU** (High School 10-12 grades) is April 9-11 in Fort Collins, CO. Register in 4H Online.
- ◆ **National 4-H Youth in Action Awards** application is open till April 13. Learn more @ 4-h.org/parents/4-h-youth-in-action-awards/#!application.
- ◆ **American Herford Association Spring Scholarships** are due April 15. Learn more @ Hereford.org/youth/scholarship-opportunities.
- ◆ **Big R Producing Partners Program**-Livestock members can apply for monetary project assistance till April 15. Learn more in store or online @ bigronline.com/producing-partners/.
- ◆ **Dairy Shrine Scholarships** are due April 15. Learn more @ dairyshrine.org/youth/#scholar.
- ◆ **Heather Hays Stinnett Memorial Scholarship** application is open till April 15. Learn more @ coloradocattlewomen.org/colorado-cattlewomen-legacy-scholarships/.
- ◆ **National Junior Swine Association Scholarships** applications are due April 15. Learn more @ nationalswine.com/njsa/njsa-scholarships.php.
- ◆ **From Practice to the Ring: Market Beef Showmanship Class & Exhibition Class** is April 18 in Calhan, CO. For information contact tlccattle@yahoo.com or El Paso County Extension @ 719-520-7685.
- ◆ **Yuma County Classic (Cattle)** is April 18. Learn more on showman.app or Facebook page.
- ◆ **Purina Giving Greatness Scholarship** is Due April 22. Learn more @ scholarshipamerica.org/scholarship/purina/.
- ◆ **Weld County Goat Extravaganza** is April 24-26 in Greeley, CO. Learn more @ weld.gov/.../Weld-County-Goat-Extravaganza.
- ◆ **Colorado Junior Swine Association Shows** start in April. Learn more @ cjsaswine.com/.
- ◆ **Spring Gather Open Ranch Horse Show & Clinic** is April 25-26 in Grand Junction, CO. Contact Tom Sharpe @ 970-261-3528 or hooftracks@outlook.com to learn more.
- ◆ **Colorado GROW Youth Institute** is April 26, 2026 at CSU Spur Campus for high school students. Learn more about the project and registration @ csuspur.org/grow-youth-institute/.
- ◆ **Lincoln County Stockmen Association Scholarship** is due May 1. Application @ drive.google.com/file/d/1q936EOKjT8zTH23HwKUPAZ_19EXfi6lX/view?usp=sharing or request a copy from the Extension Office. For questions contact James Bledsoe @ 719-740-1911.

ACTIVITY PAGE:

Pen Pal Activity:

**It's important that you have permission from your parents before you work on making connections for a pen pal and to have them review your letters before sending them or any letters that you receive back.*

A Pen pal is a letter exchange between two or more people to talk about what they do in their job, school, or other activities (i.e. wrestling, boy scouts, painting, etc.). It's designed to learn about others and provide social interaction and engagement.

Work with your parents and your local nursing home, elderly neighbors, or local VFW to see if there would be someone or a group of residents interested in being a Pen Pal.

Tips to Consider:

- Be consistent with how often you write letters. Establish up front how often you will be sending letters. Try and send a letter once a month.
- Be courteous and let them know if you will stop sending letters or will be taking a "break".
- Elderly individuals may not be able to write back.
- Use or write in large font and double space lines to make it easier to read.
- Consider sending hand-drawn pictures or pictures of your activities or 4-H projects.
- Talk about a variety of topics including: what you are doing in school, what activities or clubs you might be involved in, what you like most about the weather or season currently, what you are looking forward to, family vacation, see if you can ask them questions about how they grew up and their background, etc. as well.
- Consider also sending special event notes or cards for holidays or their birthday.

Monthly Reader

"Why We Celebrate St. Patrick's Day: Everything to Know about Your Favorite Holiday."

By John O'Brien Jr.

Lime Sherbet Floats:

@ homecookingmemories.com/lime-sherbet-floats-green-recipes-st-patricks-day/

**Don't forget to wash hands and surfaces before you start and always ask for permission before working in the kitchen.*

Equipment:

- Drinking glasses
- Straws and spoons
- Scoop or larger spoon

Ingredients:

- Lime Sherbet
- Lemon Lime Soda

Steps:

- Add 2 scoops of lime sherbet to each glass.
- Add Lemon Lime Soda to each glass until 3/4 full (to prevent overflow)
- Serve immediately with a straw and/or spoon



Calendar-March 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 -Hunter's Safety Certifications Due -4-H Project Add/Drop Deadline	2	3 Livestock Judging	4 Horse Judging	5	6	7 Beef Weigh In 8:00am Meier Feedlot 48750 Hwy 40/287 Limon
8	9	10 Livestock Judging	11 Horse Judging -Reg. Due Youth Fest	12	13	14
15 Horse Project Meeting	16	17 Livestock Judging	18 Horse Judging	19	20	21
22	23	24 Livestock Judging	25 Horse Judging	26	27	28
29	30 -MQA 4-6:30pm @ Fair-grounds -Q/A Show Diseases-4:00-6:00pm @ Fair-grounds	31 Livestock Judging	April 1 -Beef State Fair Nominations Due -County Foundation Senior 4-H Member Scholarship Due -Horse Judging			

HEAD-> National Ag Day

National Ag Day is March 24. The theme this year is "Together We Grow". It's also celebrating America turning 250 years and it's progress in agriculture. Agriculture connects all of us in the everyday items we use, wear, and consume. Even if we are not a farmer, we all have a tie to agriculture and can celebrate the accomplishments and contributions of agriculture. Many careers are connected to agriculture outside of traditional production agriculture. Celebrate the day and consider the possibilities.

HEART-> Wildlife Day

Celebrate "Wildlife Day" by learning more about the different types of wildlife that we have in Colorado. You can also check out your local zoo to learn more about other wildlife types and how you can get involved to support wildlife conservation.

Colorado Wildlife Council @ cowildlifecouncil.org/

Colorado Zoos & Aquariums @ colorado.com/activities/aquariums-zoos

HANDS-> Centennial Farms & Ranches

The Colorado Department of Agriculture Centennial Farms & Ranches program application is open till May 1. The program recognizes Coloradans who have 100 years or more of operation in agriculture in the state. The program is a great way to honor legacies within the state and recognize the deep commitment that families have to agriculture.

Go to hco.org/CentennialFarms or call (303) 866-3392 to learn more about the program and qualifications or learn more about the history of others already recognized.



HEALTH-> National Nutrition Month

March is National Nutrition Month. This is a chance to check out the new food guide pyramid changes that encourages everyone to eat a balanced diet from all food groups.

The Academy of Nutrition and Dietetics recommends that individuals:

- Also eat a variety of foods
- Avoid "one" food group only diets
- Work with a registered dietician or physician when work on diet plans or food changes
- Also consult your physician before any major dietary changes if you are taking medications
- Incorporate exercise and drink plenty of water

Learn more @

-myplate.gov/

-eatright.org/national-nutrition-month