

4-H NEWSLETTER

May, 2026



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
General Extension Email
coopext_lincoln@mail.colostate.edu

Thank You!

Thank you to Dr. Kathy Whitman for presenting on Common Show Diseases.

Thank you for helping with MQA: Filomena & Vince Poss, Kayla Bee, Trina Saffer, Reagan Schinzel, William and Sariah Pellett, and Josey Kravig.

Thank you to the county for gravel for shooting sports.

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

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HOOF TRIM DAY- Beef & Dairy Cattle

Date: June 26

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 17 to christine.schinzl@colostate.edu

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.

*Sponsored in part by Eastern Colorado Veterinary Services



PORTABLE SCALE/TRAILER & FAIRGROUND SCALES AVAILABLE FOR USE:

- ◆ 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. The scale is on a garden trailer for transport.

*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 as well by appointment only during office hours.



4-H FUN DAY:

4-H Fun Day hosted by County Council

Date: June 7

Time: 1-4:00pm

Location: Walk's Camp Park Facilities (63551 CR 27 Limon, CO 80828)

RSVP: June 3 to wayne.miller@colostate.edu

Activity: Softball

*Bring water bottle, sunscreen, bug spray, and clothing for variable summer weather.

*Please bring any baseball equipment you may have (gloves, bats, balls, helmets) to share for the day as well. *Equipment not required to attend.

4-H BUCKS (PRIOR YEARS EXPIRATION) UPDATE:

The Lincoln County 4-H Foundation has updated their redemption policy for 4-H Buck's.

-All 2023 and prior year's 4-H Buck's will need to be redeemed by December 31, 2026.

-A 4 year expiration date will be applied to all 4-H Buck's moving forward.

-Graduating seniors or final eligibility year of 4-H will need to redeem all outstanding (non-expired) 4-H bucks no later than December 31 of that current year.

*Unredeemed 4-H Bucks will be forfeited.

*4-H Buck's may be cashed for half the value or redeemed for the full value if attending a 4-H/project related educational workshop or camp.

*4-H Buck's may be dropped off at the Extension Office and they will be forwarded to the Foundation for redemption.

JUST TO GET YOU THINKIN...

"You may not control all the events that happen to you, but you can decide not to be reduced by them." -Maya Angelou

Q "How do oysters call their friends?"

A "On shell phones."

DROUGHT RELATED RESOURCES: (HOME & FARM)

Drier weather or drought is not uncommon in our area because of the topography and general climate. The following are resources to learn more about our area and how to plan for drier weather or drought. *If you become overwhelmed by drought and it's impact at home or in your business reach out for help @ Colorado Agricultural Addiction and Mental Health Program @ campforhealth.org/ or Colorado Crisis Services at 844-493-TALK (8255) or text TALK to 38255.*

Yard & Garden: Consider long-term strategies to reduce water usage on your lawn, trees, and garden by adding compost or mulch around plants, pairing plants that are more drought tolerant to your landscape; and implementing sprinkler or drip systems that reduce overall water usage.

-Plant Select provides plant information, where to buy, landscaping ideas, etc. @ plantselect.org/

-PlantTalk Colorado has resources topics relating to yards and garden @ planttalk.colostate.edu/

Range Reminders:

-Estimate Carrying Capacity of a Pasture @ extension.colostate.edu/resource/estimating-carrying-capacity-of-a-pasture/ and Productivity with the *Rangeland Analysis Platform* @ jornada-data.shinyapps.io/production-explorer/. In good years don't use all available forage and in bad years reduce usage even further to allow give plants to re-grow.

-Build out your contingency plans (i.g. secure additional acres to lease, stock up on additional feed if additional pasture is not available (this could be true in other severe weather (flooding or hail) events as well).

-Determine projected water needs and costs for pastures that rely on rain water or hauling water including the cost of additional tanks, pump costs, and delivery, including your "time". Resource @ mwiah.com/our-insights/estimating-water-requirements-for-mature-beef-cows.

Learn More

-Colorado Agricultural Drought Advisors Resources @ droughtadvisors.org/drought-planning/#

-CSU Extension ABM Tools to help with financial decisions @ abm.extension.colostate

-U.S. Drought Monitor @ droughtmonitor.unl.edu/

-Colorado Climate Center has state specific information @ climate.colostate.edu/climate_long.html

U.S. Department of Agriculture (USDA) & Internal Revenue Service (IRS)

-Local Service Center Directory (FSA/NRCS) to learn more about current programs including conservation and water project additions and disaster related assistance @ farmers.gov/working-with-us/service-center-locator

-Prevented Planting Insurance Provisions Drought Information @ rma.usda.gov/about-crop-insurance/fact-sheets/prevented-planting-insurance-provisions-drought

-Drought related Livestock Sales-Speak with your tax preparer before selling livestock during drought periods to discuss tax liability and replacement or exchange guidelines where applicable @ Publication 225-Farmer's Tax Guide or irs.gov.

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

- ◆ **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.
- ◆ **Shooting Sports** shoots are May 29, June 13, and July 11. Check your email for updates.
- ◆ **Dog Project Practices-** Contact Raejean (970-946-4130) for dates and location. Bring your dog, dog leash, and vaccination paperwork. Plan on being outdoors.
- ◆ **State Fair Nomination Forms** (sheep, goat, and swine) must be picked up and returned for signature no later than June 1. Additional information including DNA packets and entry information is available @ coloradostatefair.com/competitions/livestock/.
- ◆ **4-H/FFA Hoof Trim (Beef & Dairy Cattle)** is June 26 at Eastern Colorado Veterinary Services in Limon. The cost is \$40/head. Limited spots available. RSVP due by June 17 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.*
- ◆ **Market Poultry Nominations-**Must collect leg bands from the office and submit nomination information through fair entries by July 1. Bands are now available.
- ◆ **Market Rabbits Nominations-**Must be tattooed and submit nomination information through fair entries by July 1.
- ◆ **Fair Entries:** 4-H/FFA Horse, Livestock, Dog, FFA Ag Mechanics, 4-H General Projects, & Fashion Revue Narrative Entries due-July 1. Check the fairbook for all other entry deadlines.
- ◆ **Horse Safety Test (New Requirement)-** All horse project members will be required to take and pass a riding "Safety Test" one time in their 4-H career. The test may be taken by contacting horse council to schedule an appointment and must be completed no later than July 10.
- ◆ **4-H Project List & Manual Ordering** is available @ co4h.colostate.edu/programs-projects/.

INFORMATION & EVENTS (CONT.)

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](#) 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 and register for a training @ 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 Cattle 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/).
- ◆ **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.
- ◆ **Colorado Stock Horse Association Open Shows** available spring into fall. Learn more @ coloradostockhorse.com.
- ◆ **Statewide CO 4-H Equine Science** webinar series is on Thursdays till May 7. Zoom link @ <https://zoom.us/j/98227902145>.
- ◆ **Colorado Boer Goat Association Shows** are listed @ colorado-boer-goat-association.com or Facebook page.
- ◆ **Colorado Dairy Goat Association Shows** are listed @ colodga.org/.
- ◆ **Miniature Hereford Cattle Battle Show Series** has multiple dates. Learn more @ miniature-herefordbreeders.org/Calendar.
- ◆ **4-H Dog Fun Match-Arapahoe County** is May 9 in Aurora, CO. For questions contact cuvelierabriana@gmail.com or 719-491-4933.

INFORMATION & EVENTS (CONT.)

- ◆ **CCC Classic Spring Livestock Show** is May 9 in Colby, KS. Learn more @ Facebook page or ShowRingMaster.com.
- ◆ **Open & 4-H Miniature Horse Show** is May 9 in Calhan, CO. For questions or show bill email emily.green@colostate.edu.
- ◆ **Ring of Success Lamb & Goat Show** is May 9 in Calhan, Co. Learn more @ ringofsuccesslivestockshow.com/shows-events.
- ◆ **Beat The Heat Classic Livestock Show & Fitting/Feed Clinic** is May 9-10 in Pueblo, CO. Learn more @ ShowmanApp.
- ◆ **Best of the West Showdown Livestock Show** is May 10 in Rangely, CO. Learn more @ Facebook page.
- ◆ **AMSJS Cindy Climer and Jim King Memorial Scholarship** is due May 15th. Learn more @ milkingshorthorn.com/juniors/#junior-awards.
- ◆ **National Dairy Promotion & Research Board Scholarships** are open till May 15. Learn more @ dairycheckoff.com/about-us/scholarship.
- ◆ **Red & White Dairy Cattle Association Scholarship** application is due May 15. Learn more @ redandwhitecattle.com/juniors.
- ◆ **Limousin Association Scholarship** application is due May 15th. Learn more @ nalf.org/juniors/scholarships/.
- ◆ **4-H Horse Project Workshop** is May 16 in Keensburg, CO. For questions contact Deb Bokelman @ 970-576-0565.
- ◆ **Rendezvous on the Range-Swine Show** is May 16 in Calhan, CO. Learn more @ ringofsuccesslivestockshow.com/shows-events.
- ◆ **Phillips County Showdown** is May 16-17 in Holyoke, CO. Learn more @ Facebook page or showman app.
- ◆ **Loma Outlaws Livestock Jackpot** is May 23-24 in Grand Junction, CO. Learn more @ Facebook page or showman app.
- ◆ **Pride of the Plains Pig Show** is May 23-24 in Burlington, CO. Learn more @ facebook.com/PrideofthePlainsJackpot/.

INFORMATION & EVENTS (CONT.)

- ◆ **Rumble At The Ranch Livestock Show** is May 23-24 in Loveland, CO. Learn more @ Facebook page.
- ◆ **Health Horses, Healthy Lands-Equine Nutrition Webinar** is May 28 @ col.st/wpd5q.
- ◆ **Diamonds on the Plains Livestock Show** is May 28-31 in Brighton, CO. Learn more @ Facebook page or Megan Miller @ 303-893-3474 or meganvikmiller@gmail.com.
- ◆ **Garfield 4-H Memorial Invitational Shoot** is May 30 in Rifle, CO. Contact car-la.farrand@colostate.edu for more information.
- ◆ **Colorado Breed Bash** is May 30-31 in Brush, CO. Learn more @ Facebook page or showman app.
- ◆ **The 385 Drive (Pig Show)** is May 30-31 in Wray, CO. Learn more @ Facebook page or showman app.
- ◆ **The Showdown in Cheyenne Livestock Show** is May 30-31. Learn more @ Facebook page.
- ◆ **Colorado Section Society of Range Management Scholarships** are due May 31. Learn more @ cssrm.org/scholarships.html.
- ◆ **El Paso County Dog Show** is May 31 in Calhan, CO. For questions contact rboynton15@hotmail.com.
- ◆ **American Gelbvieh Junior Association Scholarships opportunities** @ gelbvieh.org/juniors/scholarships.
- ◆ **National Association Farm Broadcasters (NAFB) Scholarship** is due June 1. Learn more @ nafb.com/foundation/scholarships.
- ◆ **National Sorghum Foundation-BASF Joint Scholarship** is due June 1. Learn more @ sorghumgrowers.com/foundation-scholarships/.
- ◆ **High Altitude Livestock Showdown** is June 5-7 in Fairplay, CO. Register @ showman app.
- ◆ **Mainstreet Mayhem (Pig, Sheep, Goat) Show** is June 5-7 in Estes Park, CO. Learn more @ Facebook page or showman app.
- ◆ **Weld County Shooting Sports Invitational** is June 6-7. Contact Weld County Extension for more information and registration links.

INFORMATION & EVENTS (CONT.)

- ◆ **Colorado Wheat Field Days** is June 10-12 & 16 at multiple locations. Information available @ csucrops.org/wfd/.
- ◆ **North Park Jackpot** is June 13 in Walden, CO. Register on the showman app.
- ◆ **Elbert County Goat Clinic** is June 13 in Kiowa, CO. Register with Elbert County Extension. For questions contact Nikki Lowen @ 303-856-6178 or nikkilown@yahoo.com.
- ◆ **Moffat County Jackpot** is June 13 in Craig, CO. Learn more @ Facebook page.
- ◆ **Plainsmen Preview Livestock Show** is June 13-14 in New Raymer, CO. For questions contact Jessy Barger @ 406-564-2196.
- ◆ **Colorado Dairy Youth Extravaganza** is June 14-16 in Greeley, CO. Learn more @ weld.gov/Government/Departments/CSU-Extension/Colorado-Dairy-Youth-Extravaganza.
- ◆ **Kimball FFA Alumni Father's Day Weekend Progress Show** is June 20-21 in Kimball, NE. For question contact Byron Wilke @ 308-235-8536 or amber@awlaserart.com.
- ◆ **Logan Smith Memorial Lamb & Goat Show** is July 3 in La Jara, CO. Learn more @ www.lsmemorialshow.com/ or lsmemorialshow@gmail.com.
- ◆ **Briggsdale Classic Open Jackpot Show** is July 10-12 in Briggsdale, CO. Learn more @ [showman app](#).

PROJECT RECORD BOOK REMINDERS

Project Books/Manuals & Updated Information: Families will need to order project books/manuals directly from the supplier. Go to Colorado 4-H "Programs & Projects" @ co4h.colostate.edu/programs-projects/ and click on "Project Curricula Order Form" to see where to download or order manuals. *It will also tell you whether the book/manual is required for project completion or supplemental.

Other Deadlines/ Project Requirements: *Download all animal/livestock and general project record books @ co4h.colostate.edu/programs-projects/ and select the project area to download. You can also view project resources and record book score sheets on general projects to give you guidance on the project.

*Refer to the fair book for project requirements to show at the county fair. The updated fairbook will be out early summer.

*Watch for information in the newsletter, Facebook page, or web calendar.

ACTIVITY PAGE:

Mail A Hug:

If you live far from relatives or friends it is often hard to spend time in person. However, everyone still enjoys receiving something in the mail. One way for youth of all ages to brighten someone's day or make them feel valued is to "Mail a Hug".

Supplies:

- White construction paper (roll or sheets of paper taped together)
- Scissors
- Tape
- Washable paint or markers
- Pencil
- Larger envelope

Steps:

- Lay out paper roll or tape together sheets of paper long enough to match the youth's wingspan.
 - Have them lay down on the paper face up and spread their arms out straight away from their body.
 - Draw an outline of their head, arms, and hands.
 - Have youth draw in their facial features (ears, eyes, mouth, and hair).
 - Have them paint or color in the picture of themselves. *Let the drawing dry out for a couple of hours before folding.
 - Write a little note about "mailing a hug" since you can't be there in person and fold and mail.
- *If sending multiple pictures of youth-make sure to label each one for the recipient.

**Make sure to check with your parents or guardians before sending items in the mail.*



Monthly Reader

"One Long Line: Marching Caterpillars and the Scientists Who Followed Them."

By Loree Griffin Burns

Picnics:

Book Picnics:

As the temperature begins to increase take advantage of the nice weather. One way to enjoy the outside is to take a blanket outside and have a "book picnic" by reading books or reading books to others a few times a week. This lets you enjoy the outdoors and keep your reading skills sharp over the summer.

Food Picnics:

Pack up an easy sandwich lunch or grab a few snacks and encourage friends or family to have a picnic with you in the backyard or the local park.

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 -Sheep, Goat, Swine Nomina- tions Due -Horse & Dog ID's Due	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Office Closed Holiday	26	27	28	29 Shooting Sports Practice 2	30 Lincoln Livestock Judging Contest
31	June 1- State Fair Nomination Forms Due (Sheep, Goat, Swine)					

HEAD-> Eastern Colorado Grasslands Coalition

The Eastern Colorado Grasslands Coalition provides the opportunity for landowners, communities, and other partners to voluntarily enhance outdoor rangelands and wildlife habitat, and promoting joint use including tourism opportunities. This in turn also has a focus on supporting rural communities.

They have a bike tour coming up on June 6 throughout the area to showcase local tourism, products, and grasslands.

Learn more @ eastern-grassland-coalition.org/

HEART-> Memorial Day

This Memorial Day you can help remember service members who have given their lives for our freedom and security in the U.S. One way to honor those is to place flags on graves at your local cemetery. You can also give back by reaching out and supporting surviving family members either directly through your local community or through national organizations such as:

-Wounded Warriors Project @ wounded-warriorproject.org

-Tragedy Assistance Program for Survivors @ taps.org/



HANDS-> RecordFlow

Not every farmer in Colorado has access to ditch or canal water for their farming operation. However, if they do one resource they might look at is RecordFlow. This software/app provides information regarding: real-time water flows, custom mapping of your water ways, headgates and more, record keeping of water flows and heights for current and future uses including defending water rights, collaboration abilities, and the ability to share or lock data from others.

Even if your not involved in production agriculture it's a great opportunity to learn about different technology available and how it might be adapted elsewhere. Learn more @ myrecordflow.com/

HEALTH-> Skin Cancer Awareness

As we finish up spring and leap into summer it's a great time to think about skin cancer awareness. Skin cancer can occur for variety of reasons, but exposure to the sun is one major factor. If you spend a lot of time in the sun (whether young or older) consider getting a yearly check up with your dermatologist to take a look at your "spots" or any skin lesions that won't heal. You can help reduce sun exposure by wearing long-sleeve clothing, hats, and shoes while outdoors. Don't forget to apply sunscreen every couple of hours or more (if in the water). Don't forget to wear sunglasses as you can sunburn your eyes as well.

Learn more @ skincancer.org/ and cancer.org/cancer/risk-prevention/sun-and-uv.html

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