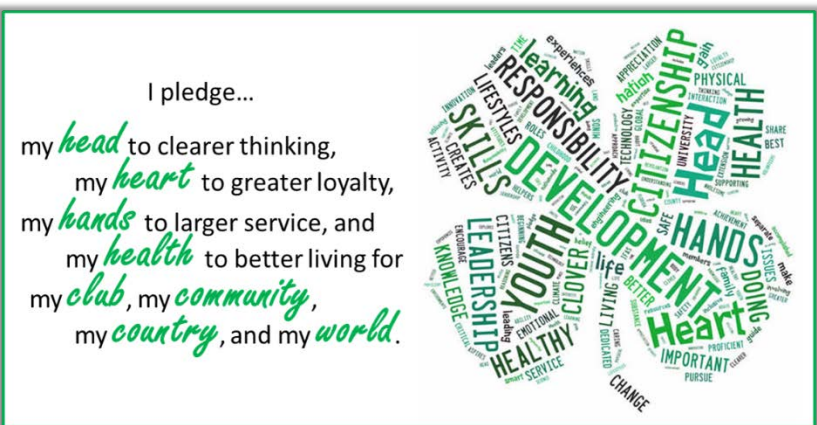


4-WORD

Forward can be a direction of either space or time and implies progress. A forward-thinking person thinks about what will happen in the future.

FEBRUARY 2021

**ELBERT COUNTY
4-H UPDATES**



ADDING ANIMAL ID'S in new version of 4-H ONLINE: <https://v2.4honline.com/>

- 1.) Login your family and select VIEW to the right of your member's name.
- 2.) Choose ANIMALS from the left side menu.
- 3.) Choose ADD AN ANIMAL button to the far right and then proceed according to the drop-down windows, be prepared to upload photos and other documents particular to the species (dog shot record), (beef bill of sale or brand papers), etc.

LET THE 4-H DOG & PONY SHOWS BEGIN!

DOG PROJECT UPDATES 4-H Leader, Sarah Lindauer:

Last year was weird and different, but we stuck it out, and Fair was better than we could have imagined. Congratulations to ALL of you who showed. Starting out this year is also going to be different. Because of Health Department requirements, that does include wearing masks. Once the weather warms up, we can move some practices outside so we can be a bit more flexible.

Thanks to everyone who scheduled dog evaluations. Having multiple days/times this year helped eliminate our usual one marathon evaluation night! **New families: the dog evaluations are mandatory before you can start practices.** We use these evaluations to meet the kids and their dogs, and to make sure that the dog's temperament is appropriate for the program. **If you still need to schedule a dog evaluation, please contact 4-H Leader, Sarah Lindauer. 303-618-9794**

Dog practices will be starting on Monday, February 8th at 6:30 pm in the Ag bay. Practices will be alternating between showmanship, obedience, and rally. This should cut back on some of our practice times. Complete schedules will be ready soon, including Fun Match dates.

Dog ID's with shot records and photos are required BEFORE May 1st. EVERY DOG will need to be completely entered for each member under Version 2 of 4honline. Previous ID's did not transfer!

HORSE PROJECT ANNUAL SCHEDULE OF EVENTS:

Horse Judging / Horse Bowl / Hippology

- Starting Feb 3rd - practice every Wed 6:30-8:30 at the Meeting Room / possibly bay
- Starting May 4th - Through State Conference - every Tues - same time same place

Winter Riding

- 2nd Sundays through April are family Ride afternoons 1:00 - 3:00 at the practice arena
 - Feb 14th
 - Mar 14th
 - April 11th - Main arena

Horse Safety / Educational Class (Attendance at 1 horse safety meeting is required to participate in ride nights)

- Feb 23rd - 6:30-8:30 – Horse Safety
- March 20th - 2:00 - 5:00 – Clinic with Dr. Parent on Horse Chiropractic care, followed by horse safety
- April 8th - 6:30 - 8:30 - Final horse safety

Additional riding clinics TBD

Levels Testing

- Level 1 and 2 Written Test classes - March 20th - 9:00-1:00
- Riding Testing - June 19th - 9:00 a.m.

Ride Nights

- **Regular Riding**
 - May 1st - 1st time riders at Fairgrounds
 - Starting May 5th - ride nights every Wed 6:00-8:30, attendance at 6:30

- | | |
|------------------------------|-------------------------------|
| ○ May 5 | ○ June 23 - English Mini Show |
| ○ May 12 | ○ June 30 - Gymkhana Prep |
| ○ May 19 | ○ July 7 - Gymkhana Mini Show |
| ○ May 26 | ○ July 14 - WRH Prep |
| ○ June 2 - Western Prep | ○ July 21 - WRH Mini Show |
| ○ June 9 - Western Mini Show | ○ July 28th Games Night |
| ○ June 16 - English Prep | |

Shows

- **Free Practice Shows** - open to all 4-H riders, 3 age divisions, show attire - no ribbons, candy for placings.
 - June 9 - Western - Showmanship, Rail Class (Eq or pleasure), Pattern
 - June 23 - English - Showmanship, Rail Class (Eq or pleasure), Pattern
 - July 7 - Gymkhana - Showmanship, Barrels, Poles
 - July 21 - WRH - Showmanship, Ranch Pleasure, Ranch Trail
- **Open Show Series - Full Shows - Halter, Showmanship, 3 English (Eq, Pleas, Control), 3 Western (HMS, Pleasure, Reining), Trail, Barrels, Poles. Daily High Point and series awards offered.**
 - May 23
 - June 20
 - July 24

• **HORSE ID's with photos are required BEFORE May 1st. EVERY HORSE will need to be completely entered for each member under Version 2 of 4honline. Previous ID's did not transfer! PLAN to completely enter every horse under each 4-H member in your family.**



GET STARTED ON YOUR 4-H PROJECT WORK

<http://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>

E=RECORDS Every 4-H project requires members to complete a record book. Download all e-records from state website.

4-H MANUALS FAMILIES PLACE THEIR OWN PUBLICATION ORDERS! Again, you can visit the state website or we attached [Book Order Link Guide](#).

EDIT YOUR 4-H PROJECTS BEFORE APRIL 1ST

Version 2 of 4honline may not allow project editing yet. Meanwhile, if you need to change projects or add a judging group, complete the [PAPER FORM](#) per member, sign & date, and turn into Extension.

2020-2021 LEMBKE SCHOLARSHIP BONUS Opportunities for all ages

Mr. Lembke wanted to find a way to reward those 4-H members who are well-rounded and serious about their 4-H involvement and experience, so he established the \$1000 scholarship for each age group Jr. Int. and Sr. The Lembke Scholarship is point based and designed to encourage the well-rounded 4-H'er. To qualify a member must **compete in 3 areas**: an animal project, a general project, and a specialty contest. In each of these areas an applicant can list up to three classes, 3 animal classes, 3 general classes, and 3 specialty contest classes.

Additionally, **BONUS POINT OPPORTUNITIES** are a way to reward members for their productivity in project areas that have limited opportunity for return on investment.

BONUS BREEDING/SHOW ANIMALS

May count **ONE Class** (for 5 bonus points) from the following Breeding/Show animals:

CHOOSE ONE TO APPLY THE 5 BONUS POINTS: **Breeding Beef, Dairy, Dog, Breeding/Utility Goat, Horse, Poultry Show Birds, Breeding/Show Rabbit, Breeding Sheep, or Breeding Swine.**

BONUS GENERAL PROJECT EXHIBITS

May count up-to **THREE Classes** (5 points per project) of general projects that require investment in supplies to produce an exhibit piece other than a display board:

CHOOSE UP TO THREE PROJECTS (5 POINTS PER PROJECT): **Model Rocketry, Entomology, Ceramics, Leathercraft, Photography/Filmmaking, Scrapbooking, Woodworking, Welding, Visual Arts, Cake Decorating, Clothing Construction, Artistic Clothing, Foods and Nutrition, Specialty Foods, Food Preservation, Heritage Arts.**

SCHOLARSHIPS FOR GRADUATING HIGH SCHOOL SENIORS!

Now is the time to apply for **State 4-H scholarships**. Simply complete the online form once and you have applied for all CSU 4-H foundation scholarships!

The online application is available from January 2 to **April 1, 2021**.

For more information on state scholarships, go to

<http://co4hfoundation.extension.colostate.edu/benefits/Colorado-4-h-foundation-scholarships/>

Scholarship opportunity from Agfinity - Agfinity is offering \$25,000 in scholarship funds to students in 2021. In total, they will be awarding up to three \$5,000 and ten \$1,000 scholarships to students pursuing higher education in Ag related field. Submissions are due by **March 14, 2021** Visit Agfinity for application and eligibility guidelines. <https://feed.agfinityinc.com/news/news-app/detail/id/121>

Hope Springs Eternal... Ready to start doing some 4-H project work? 4-H families please work with your leaders to follow public health guidelines as we begin to participate in person. We may not like some of the restrictions, but please help us focus on what we can do to keep everyone healthy and participating in person long-term. **And a Huge Thank You to All Our Volunteer 4-H Leaders!** We are one of the best 4-H programs in the state because of **volunteers** who continue to dedicate their time, energy, and resources to positively serving our community!

WHAT ARE HIGHLIGHTS COMING UP? *Always check hours before the tentatively scheduled event. Modifications may be made in case of weather, disasters, or public health circumstances.* Check with project specific leaders or calendars, especially for dog, horse, and shooting sports that are beginning. Below are highlights for some county-wide events.

FEBRUARY:

02/07 – Youth Council Meeting – 5 p.m. in person (hybrid), Ag Building, Kiowa.

02/08 – Leaders Council Meeting – 7 p.m. in person (hybrid), Ag Building, Kiowa.

02/21 - BEEF WEIGH-IN 12:00 p.m. – 2:30 p.m. *(28th: Back-up date 1:00 pm)*

Please enter the south entrance off Cheyenne Street.

CATTLE MUST BE BROKE TO LEAD ACROSS SCALES.

All beef to be shown at county fair must weigh-in and be tagged (with county tag).

Bring brand papers or bill of sale.

State Fair nominations require retinal scans (\$2/head), premise ID#, and signatures on nomination forms, available at weigh in. If you need a premise ID, register at

<https://ag.colorado.gov/animals/colorado-location-identification-lid-registration-premises>

Elbert County Fair Junior Market Sale qualifications: minimum weight: 1100# and a maximum sale paid weight of 1400#. Beef Rate of Gain Contest will continue for 2021.

Blow and Go show, 2:00 p.m. start. Open to market beef and breeding heifers of Elbert County 4-H Beef project members only. No sprays, no adhesives; no entry fee, sign up during weigh in. Awards, prizes, and buckles will be offered, classes include breeding females, market, and showmanship. Questions – please contact Rod Kerchal, 719-235-2817.

Beef ID's with photos are required in each 4-H members 4honline profile. <https://v2.4honline.com/>
Add your beef critters as soon after tagging as possible. All Beef ID's are due before April 1.

02/27 - LEADERSHIP DEVELOPMENT CONFERENCE (LDC)

LDC will be held on Saturday, February 27th from 10 a.m. to 4 p.m., virtually! Registration closes on February 12 at 11:50 p.m. You register via 4HOnline. This event is for 4H members 14-18 years old. LDC Virtually is FREE this year!

MARCH:

03/08 & 03/09 Animal Care and MEAT QUALITY ASSURANCE for all Animal Projects – Learn 10 best practices in caring for any animal. Members are required to attend and test for All Breeding/Show and Market projects: beef, sheep, swine, goat, poultry - all birds, and all rabbits.
 7th? *(tentative) - location TBD (hopefully Simla)*

8th, MQA – Meat Quality Assurance, in Kiowa, Fairgrounds Exhibit Hall

9th, MQA - Meat Quality Assurance, in Kiowa, Fairgrounds Exhibit Hall

MARCH: continued...**03/02, 03/04, 04/06 SHOOTING SPORTS MANDATORY ORIENTATION**

We are looking forward to getting shooting sports kicked off for 2021 and hope you are too.

First up will be our mandatory orientations. **Multiple Dates offered in MARCH:**

3/2, 3/4, 4/6 – Kiowa and (3/17 – Simla) (*tentatively adding 3/18 & 3/19 in Kiowa if needed*)

Orientations will be a hybrid of in person & zoom - more details to come out soon.

Target fees will remain at \$30 per shooter / \$120 per family

Make sure that you are receiving information via email or Facebook: EC4HSS.

TENTATIVE HUNTER SAFETY – locally in Kiowa, possibly March 26-28th.

EDIT YOUR 4-H PROJECTS BEFORE APRIL 1ST

Version 2 of 4honline may not allow project editing yet. Meanwhile, if you need to change projects or add a judging group, complete the **PAPER FORM** per member, sign & date, and turn into Extension.

APRIL:

Elbert County 4-H Leaders' Council will not be having the GALA in April. **INSTEAD, for this year, Leaders' Council is planning a PRE-FAIR KICKOFF BBQ ON SUNDAY, JULY 25TH** with a possible small silent auction at the fairgrounds. 4-H Leaders thought this would be a great way to say *thank you to all who support Elbert County 4-H.*

MAY & JUNE:

Hoping for Eastern Slope Livestock Judging contest the first Saturday of May.

Look for **Specialty Contests** like **Creative Cooks, Live Cake Deco, and Speech Arts.**

Cloverbud and Junior Day Camps should be first week in June!

2021 ELBERT COUNTY FAIR**JULY 31st - AUGUST 8TH**

The Elbert County Fair Board is hard at work on the 2021 Elbert County Fair. Exciting changes to the schedule are being finalized and will be announced in March. <https://www.elbertcountyfair.com/>

*COUNTY FAIR MARKET SWINE CHANGE: The Elbert County Fair Board is excited to announce that market swine exhibitors are now able to bring up to **3** market pigs to county fair. Look for an email from the Extension Office describing this change as well as information on upcoming livestock sales.*

Tough Times Don't Last – Tough Teams Do!

*Challenging times show what we are made of, and our team of 4-H volunteers, club leaders, and Extension workforce continue to move forward, staying focused on the great work we do. We continue to "Make the Best Better" and have a positive impact on youth development **thanks** to our dedicated 4-H volunteers and 4-H families like you!*

Our Extension staff, your 4-H friends, and your 4-H leaders are all here for you. Check in on each other, be a friend to all, and reach out if you need to talk.

Self-Care & Mental Health Resources from CSU

Please visit the Prevention Research Center Colorado State University website:

<https://www.chhs.colostate.edu/prc/>

- Using the Relaxation Response to Reduce Stress <https://www.health.harvard.edu/blog/using-the-relaxationresponse-to-reduce-stress-20101110780>
- Healthy Sleep Tips How to Sleep Better - Sleep Foundation
- Chair Yoga Sequence <https://www.yogiapproved.com/yoga-poses-2/yoga-at-work-chair-yoga-poses/>
- Visual Mindful Breathing Techniques <https://dailyburn.com/life/lifestyle/stressed-gifs-breathing-exercises/>
- 5-Minute Mindfulness <https://www.psychologytoday.com/us/blog/anxiety-zen/201504/mindfulness-practices-in-5-minutes-or-less>
- 4-7-8 Breathing Technique <https://www.healthline.com/health/4-7-8-breathing>
- Performing Self-Check-Ins <https://www.realsimple.com/health/mind-mood/emotional-health/self-check-in>
- Coursera 'The Science of Well-Being' Free Course <https://www.coursera.org/learn/the-science-of-well-being>
- Mindfulness Apps <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- Coping with COVID: Lesson Plans for Promoting Mental, Emotional, and Social Health <https://go.osu.edu/CopingWithCOVID>