# GARFIELD COUNTY EXTENSION "IN THE LOOP" NEWSLETTER

## IN THIS ISSUE

VOLUNTEER THANK YOU
4-H COUNCIL OFFICER
GARFIELD COUNTY MASK PROJECT
4-H GENERAL PROJECTS
RECORD BOOK TIPS
4-H SHOOTING SPORTS
HOW TO USE THE 4-H EMBLEM
DEMONSTRATIONS
FAIR JR SUPERINTENDENTS
APRIL CALENDAR

## ATTACHED TO THIS EMAIL

4-H COUNCIL OFFICER APPLICATION
JR. SUPERINTENDENT APP

In a effort to stay in touch with our CSU Extension community more effectively, we will be emailing "topic" oriented newsletters each week. This first newsletter will cover 4-H Livestock projects.

In following weeks, you will receive newsletters covering:

- Week 1: STEM related events;
- Week 2: all other 4-H projects information and County Council activities;
- Week3: Agriculture/Horticulture/Family Consumer Science events and opportunities;
- Week 4: Livestock project news

We hope that this will be an easier format for all of you to receive the information that you need.

# Shining a Light on our Volunteers

## April 19-25

We are sending a shining light to all of the volunteers for Garfield County 4-H. Thank you for your continued service to the youth to help grow leaders for the future.

Alanna Fitzsimmons
Alice Smith
Alison Teter
Amber Gose
Andrea Murr
Andrew Self
Angela Miller Roe
Ann Loman
Ashley Scarlett
Bernardo Roybal
Brenda Brand
Brett Vander mark
Brooke Barbata
Bryan Dexter
Callie Duncan
Candie Vander Mark
Carla Farrand
Cassie Oger
Chad Johnson
Charles Lewis
Cheri Brown
Clint Whitley
Courtney Jenkins
Craig Gose
Cynthia Murr
Dana Niles
Danny Niles
Desiree Attebury
Diana Casey
Dianne Senechal
Fil Meraz
Gloria Elliott
Gregorio Rios Aguilar
Heather Scott
Heather Tucksen
Holly Gardner
Jackie Stuart
Jacob Bergener
Jacque Burris
Jacqueline Bernier-Gieselman
Jacqueline Self
Jana Farris
Janet Sheridan
Jason Arthur
Jason Neil
Jason Shoup
Jennifer Burris
Jennifer Glynn
Jennifer Shepherd
Jillene Christianson
Jim Hancock
JoAnn Watson
Johanna Ball
John Farnham
Julie Hurst-Farnham
Karly Manuppella
Karna Potter
Kate Jocelyn
Katie Snode
Kaycee Manuppella
Kerrie Melby
Kim Brand
Kim O'Neill
Kimberly Murchison
Kristopher Melby
Leah Frink
Leia Sober
Levy Burris
Lisa Nieslanik
Lori Mentink
Luz Valencia
Lydia Rios LaBelle
Lynda Costanzo
Lynn Shackelford
Mandy Tiffany
Melinda Lewis
Melissa Sever
Meredith Burke
Michael Capraro
Michael Glynn
Michael Goscha
Michael Kuhn
Michelle Coker
Miranda Bosler
Misty Briscoe-Garcia
Molly Mendoza
Nick Croy
Nikl Mackey
Patricia Coombs
Paul Gieselman
Paul Grange
Peter Stewart
Rachael Elder
Ragina Shoup
Richard Oger
Richard Rhinaman
Rick Ettles
Robert Cuevas
Robert Perigo
Roger Coombs
Rosa Granados
Ryan Erpestad
Ryan Frink
Sabree Coombs
Scott Corbett
Sheri Jewell
Stacey Ellibee
Stephanie Hinkley
Tammy Miernicki
Terran Hurst-Farnham
Terrasa Meraz
Tia Hancock
Tiffany Bevan
Tina McCray
Tom Barbata
Tom Slappey
Trey Fonner
Trisha Worley
Veronica Capraro
Wendi Olson
Wendy Chapman
Zebulon Roe

# Garfield County 4-H Council

## Officer Application Deadline April 15th

Garfield County 4-H Council will be accepting applications for officer positions until April 15th. Please consider submitting your application to be a part of Garfield County 4-H Council.

Serving as a 4-H council officer is a privilege and a big responsibility. Members and volunteers of the 4-H Council will depend on you to help lead and guide the club through the year. You will need to be committed to working together to carry out the goals of the council. Review the officer duties below and make a commitment to do your very best!

## President

The president is the head of the 4-H council. He/she should preside in such a manner that all members will feel free to take part. A properly conducted 4-H meeting is an excellent example of true democracy. (Must be a Sr. 4-H Member)

## Vice President

The vice president is the key to good council meetings! He/she should work very closely with the president in planning and preparing for meetings. (Must be a Sr. 4-H Member)

## Secretary

The secretary is important because he/she keeps a lasting record of council meetings, decisions, activities and involvement.

## Treasurer

The treasurer is important because he/she keeps a financial record of council spending and fundraising.

## Reporter

People in your community are interested in what the 4-H council is doing. A reporter is responsible for seeing that they and clubs are informed about council activities.

## Historian

The historian is responsible for keeping a record typically as a scrapbook of the 4-H Council activities for review by future 4-H Council and club members.

## Senator/Alternate Senator

Garfield County elects 2 alternate senators yearly. This is a 2 year position. This position represents Garfield County as part of District 9 at regional and state level meetings. Senators are part of the planning committee for District 9 4-H Retreat. They also attend LDC and State 4-H Conference.
(Must be a Sr. 4-H Member)

# Garfield County Mask Project

## Community Service Project

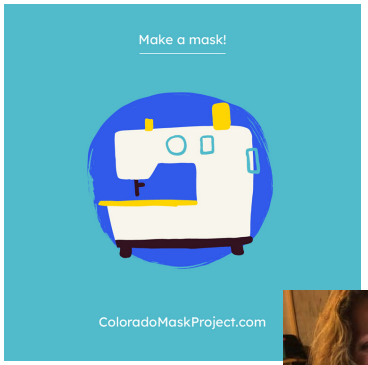
Garfield County 4-H, CSU Extension and GarCo Design Works are participants in the Garfield County Mask Project using patterns from the Colorado Mask Project. This is a great community service project, if you can help us sew masks.

We need your help making masks. We have uploaded one pattern, however there are more patterns located on Colorado Mask Project.

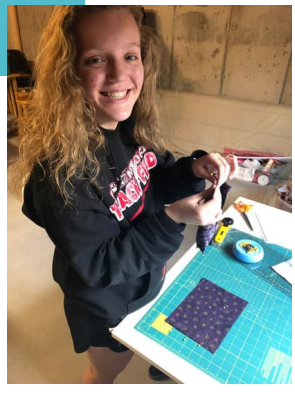
Necesitamos tu ayuda para hacer máscaras. Hemos subido un patrón, sin embargo hay más patrones ubicados en Colorado Mask Project.

Check out the the Facebook page at https://www.facebook.com/GarCoMaskEffort/.

Please post your photos on this page or CSU Extension page, https://www.facebook.com/CSUEGarfieldCounty4H/, so that business and essential workers can say thank you!



4-H Families who know of organizations or businesses who are essential at this time, please let them know that they may request masks at bit.ly/GarCOMaskRequest



Gracie and Madison Stewart making masks at home for the Mask Project!

WARNING: These masks have not been scientifically tested and are not FDA approved. These masks are intended to reduce the spread of COVID-19. These masks can block respiratory droplets of coughing of sneezing patients - the principal way the virus is spread. However, they are not guaranteed to prevent the wearer from contracting COVID-19.

# Garfield County
# 4-H General Projects

## Contests & Events Dates:

- Fashion Revue & Cake Decorating Contest - July 16th
- Exhibit Day Judging - July 25th
- Robotics & Rocketry Contest - July 26th

## Resources:

- Record Book
  - http://co4h.colostate.edu/program-areas/projects/e-records-general/
- State Fair
  - Contest & Exhibit Requirements
    - http://co4h.colostate.edu/program-areas/state-fair-information/
  - Score Sheets
    - http://co4h.colostate.edu/program-areas/state-fair-information/score-sheets/
  - Judging Guides
    - http://co4h.colostate.edu/program-areas/state-fair-information/judging-guides/

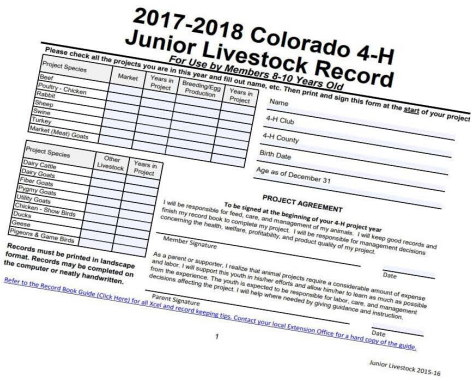
## Project Tips:

1. Review the exhibit requirements to make sure that your project meets these requirements.
2. Complete the pages required in your project manual.
3. Read to see if you need to write a page of research for your project and complete if needed.
4. Start to work on your record book.
5. Practice writing your story.
6. Display manual and record book in the same 3-ring binder.
7. Ask your parent, leader, or 4-H Agent for help if needed.

# Record Book Tips

## Cover

This is the easiest page in the record book! Complete this page soon after you download your record book.


2017-2018 Colorado 4-H
Junior Livestock Record
For Use by Members 8-10 Years Old

Please check all the projects you are in this year and fill out name, etc. Then print and sign this form at the start of your project

| Project Species | Market | Years in Project | Breeding/Egg Production | Years in Project |
|---|---|---|---|---|
| Beef | | | | |
| Poultry - Chicken | | | | |
| Rabbit | | | | |
| Sheep | | | | |
| Swine | | | | |
| Turkey | | | | |
| Market (Meat) Goats | | | | |

| Project Species | Other Livestock | Years in Project |
|---|---|---|
| Dairy Cattle | | |
| Dairy Goats | | |
| Other Goats | | |
| Pygmy Goats | | |
| Utility Goats | | |
| Chicken - Show Birds | | |
| Ducks | | |
| Geese | | |
| Pigeons & Game Birds | | |

Records must be printed in landscape format. Records may be completed on the computer or neatly handwritten.

Refer to the Record Book Guide (Click Here) for all 4Cat and record keeping tips. Contact your local Extension Office for a hard copy of the guide.

Name
4-H Club
4-H County
Birth Date
Age as of December 31

PROJECT AGREEMENT

To be signed at the beginning of your 4-H project year

I will be responsible for feed, care, and management of my animals. I will keep good records and finish my record book to complete my project. I will be responsible for management decisions concerning the health, welfare, profitability, and product quality of my project.

Member Signature _____ Date _____

As a parent or supporter, I realize that animal projects require a considerable amount of expense and labor. I will support this youth in his/her efforts and allow him/her to learn as much as possible from the experience. The youth is expected to be responsible for labor, care, and management decisions affecting the project. I will help where needed by giving guidance and instruction.

Parent Signature _____ Date _____

1

Junior Livestock 2015-16

4-H Project Record
Cake Decorating – All Units
2017-2018
Colorado State University Extension

Project Unit Number and/or Title:
Year in this Project: (include current year)
Age Group (check one):
❒ Junior (8-10)
❒ Intermediate (11-13)
❒ Senior (14-18)
Birthdate: (mm/dd/yy)
Age (As of December 31, 2017)
Name:
4-H Club:
County:

Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at www.colorado-4h.org

I declare that the information in this book is correct and all 4-H requirements have been completed to the best of my knowledge.

Member's Signature date
Leader's Signature date
Parent/Guardian Signature date

1

Juniors have a list of questions relating to their project. Answer the questions.

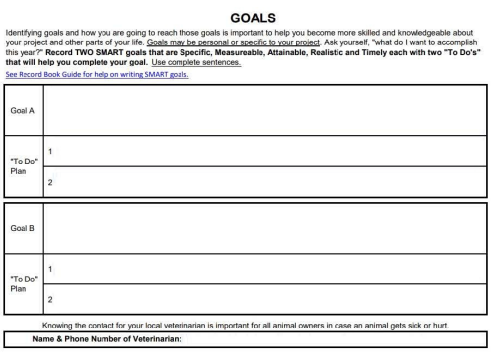
Intermediate and Seniors are asked to develop SMART goals and To Do's.

Tips for goal writing:

- Choose goals that fit your interest or plans that you already have for your project.
- Thoughtfully develop your action plan (To Do's) to help you meet your goal.
- Display your goals some where you will see them regularly. Reflect on your progress regularly and check to see if you are completing your To Do's.

## Goals

Members are encouraged to develop goals that are focus on life skills and are related to their project. Examples of life skills include decision making, record keeping, working with different types of people, respecting animals and people, using a computer, completing a project successful, responsibility, and work ethic.


GOALS

Identifying goals and how you are going to reach those goals is important to help you become more skilled and knowledgeable about your project and other parts of your life. Goals may be personal or specific to your project. Ask yourself, "what do I want to accomplish this year?" **Record TWO SMART goals that are Specific, Measureable, Attainable, Realistic and Timely each with two "To Do's" that will help you complete your goal.** Use complete sentences.

See Record Book Guide for help on writing SMART goals.

| | | |
|---|---|---|
| Goal A | | |
| "To Do" Plan | 1 | |
| | 2 | |
| Goal B | | |
| "To Do" Plan | 1 | |
| | 2 | |

Knowing the contact for your local veterinarian is important for all animal owners in case an animal gets sick or hurt.

Name & Phone Number of Veterinarian:

2

Senior Livestock 2015-16

**SMART GOALS: Don't know how to write a SMART goal?**

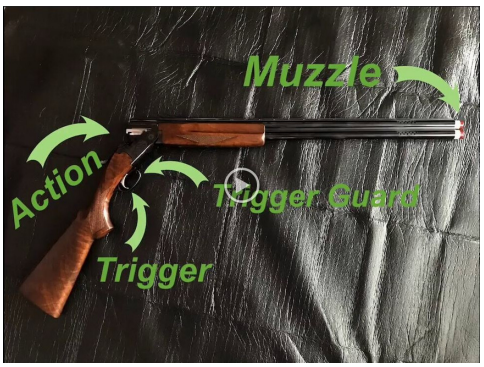
Follow the worksheet on the next page or answer the following questions for help.

- ***Specific***: Is this goal detailed enough so someone who doesn't know the club would understand what the goal is about?
- ***Measureable***: How will you know the club has reached this goal? Is there a clear way to measure success?
- ***Attainable***: Do you have complete control over accomplishing this goal?
- ***Realistic***: Does the club have the resource they need to meet this goal?
- ***Timely***: When do you want to have your goal accomplished?

# Garfield County
# 4-H Shooting Sports

## Virtual Learning

Colorado 4-H and the Colorado 4-H Ambassadors have created two videos to assist 4-H Shooting Sports members with 4-H Shooting Sports Exhibits and and an educational video on MAT (muzzle, action & trigger).




https://drive.google.com/file/d/1MaXw4cTR2mbkdX2eOVoomOwU4_TaAN55/view

Join Caitlin and learn about 4-H Shooting Sports Exhibits at https://drive.google.com/file/d/14hmV3Jx7blysMUAE3QBnS3lCObla-6m7/view

## Resources

- Shooting Sports Record Book
  - http://co4h.colostate.edu/program-areas/projects/e-records-general/
- Shooting Sports Rule Book & Handgun Forms
  - http://co4h.colostate.edu/program-areas/shooting-sports/
- Garfield County Member Reference Guide
  - https://garfield.extension.colostate.edu/programs/4-h/garfield-county-4-h-programs/

## Hunter's Education Card

HUNTER EDUCATION CERTIFICATE
This is to certify that
NAME
has successfully completed a Hunter Education Course as described by C. R. S. 33-6-107(8)
DATE OF BIRTH
DATE OF ISSUE
COLORADO DIVISION OF WILDLIFE
Department of Natural Resources
If card is altered it is no longer valid
COLORADO DIVISION OF WILDLIFE

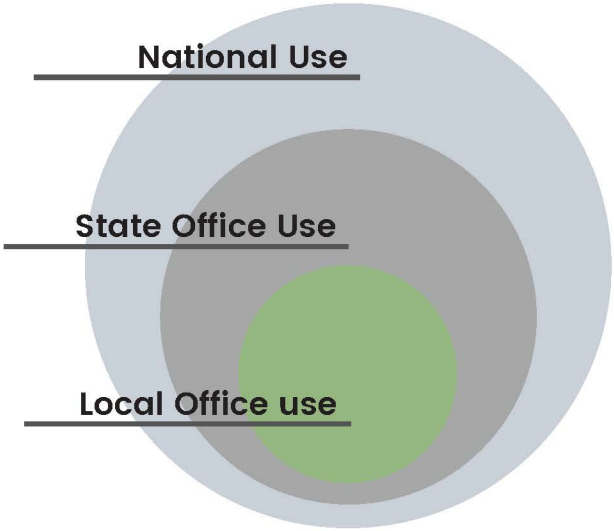
All active shooting sports members who may wish to participate in county shoot will need to have their Hunter's Education card uploaded into 4-H online.

Currently 4-H members who do not have a card may sign up for an online class and conclusion class at https://cpw.state.co.us/learn/Pages/HE-Online-Classes.aspx

# How to Use the 4-H Name and Emblem

## FACTS

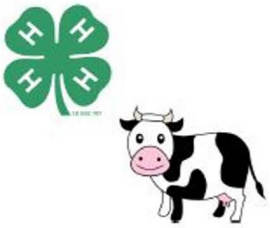
- It is a Federal mark – protections and standards exceed that of trademarks and copyrights
- Using the 4-H Name and Emblem is a privilege and authorization of use can be revoked for misuse
- There are National Standards for the use of the 4-H name and emblem
- CES and USDA give each Land Grant University the authority and that is passed to the State 4-H Office and then to the Local Extension Offices.




## TEXT USE

NOT Acceptable: 4H, 4h, 4 H, 4 h

Using 4-H is to be written as numeral "4" separated from a capital "H" with a hyphen (not a dash, slash or space)

| Appropriate Use | Inappropriate Use |
|---|---|
| | |
|  | |
| | |
| | |
| | |

# Emblem Use

- The Official emblem is a green four-leaf clover with a white "H" in each leaf with the stem bending to the right
- The 4-H Emblem may not be altered in any way
- The 4-H Emblem is not open to reinterpretation or reconfiguration regardless of the intended use.
- The official color is 100% PMS 347 green
- The 4-H Emblem should never be screened, shaded, gradated or appear in a multi-colored hue.
- May NOT be used as a watermark.
- Use of emblem on t-shirts and flyers/posters must be approved by the Extension office and 4-H Agent.

| Image | Description |
|---|---|
| | The "H's" on the green clover can be white, black or metallic gold. |
| | The "H's" on the black clover should be white. |
| | The "H's" on the white clover can be black or green. |

Questions? Contact us at 970-491-1152 or email stephanie.freier@colostate.edu

Be the change you want to see in the world!

Janet Sheridan 4-H Program Associate
COLORADO STATE UNIVERSITY EXTENSION

# Demonstrations...

## Attention 4-H Leaders:

**As this time lends to kids being at home it also lends time to work with your members and get demonstrations done.**

## For Livestock Leaders that would like to work outside of the box...

**I am looking for a few leaders that would like to address the social issue of Food Disconnect.**

**I am seeking a club(s) that are willing to work together to make a video of where food comes from. I am envisioning a recorded video of 4-H members: explaining why they raise animals, explaining why they are passionate about it, giving farm tours, introducing various species members raise. I would like members to research and explain how livestock goes from farm to table. This can all be done remotely (and we can assist you with the technology through the office). Members can edit the videos together to make one demonstration which we would like to share with our community and showcase the importance 4-H and knowing where our food comes from.**

**If you are interested in doing a Food Disconnect project please contact me at Janet.sheridan@colostate.edu**

## Teach Others!

# Jr. Superintendents

## WANTED

JULY - AUGUST

26 - 1

Join us for 7 days of fun!
Help out during the Fair and the Sale

**Applications are attached to the newsletter. If you need more information, call Janet Sheridan at 970-625-3969**

# APRIL 2020

GCF – Garfield County Fairgrounds
EH – Event Hall
SH – South Hall
NH – North Hall
EO – Extension Office

CA – Covered Arena
OA – Outdoor Arena
DOG – Dog Training classes
MMS – Morrisania Mesa 4-H Club
G3 – G3 4-H Club
FS – Future Sportsman 4-H Club

RD – Rugged Desperadoes 4-H Club
RMW – Rocky Mtn Wranglers 4-H Club
FS – Future Sportsman 4-H Club
SP – Sopris Springers 4-H Club
RAg – Rifle Ag 4-H Club

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 29 | 30 | 31<br>Superintendent mtg 6pm via zoom<br>LMC mtg 6:30pm via zoom | 1 | 2 | 3 | 4 |
| 5<br>TRAIN INSANE 4-H Marketing techniques 5-6pm via Zoom | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15<br>LAST MQA–6:30pm– via Zoom<br>County Council officer applications due by today | 16 | 17 | 18 |
| 19 | 20 | 21<br>4-H County Council mtg – 7pm via zoom | 22 | 23 | 24<br>POSTPONED UNTIL MAY 22nd - Turkey, Geese, Swine, Goat, & Sheep Uploads due in 4honline.com<br>Call the Extension Office if you need help 970-625-3969 ext 3. | 25 |
| 26 | 27 | 28<br>Fair Superintendent mtg-:6pm<br>Livestock Mkt Comm mtg 6:30pm via zoom | 29<br>Shooting Sports Council mtg – 7pm via zoom | 30 | 1<br>POSPONED UNTIL MAY 22 & 23<br>~~Swine,Goat,Sheep~~<br>~~WEIGH IN 9am-1pm~~ | 2<br>POSPONED UNTIL MAY 22 & 23<br>~~Swine,Goat,Sheep~~<br>~~WEIGH IN 9am~~ |

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COLORADO STATE UNIVERSITY
EXTENSION

**CSU Extension- Garfield County**

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garfield.extension.colostate.edu/

Carla Farrand - County Director, 4-H Youth Development, Family & Consumer Science
Kaycee Manuppella - 4-H STEM Extension Agent, School Enrichment/Afterschool
Abi Saeed - Agriculture/Horticulture & Natural Resource Extension Agent
Janet Sheridan - 4-H Program Associate, 4-H Youth Livestock
Jessica Brandt, Kara Holden, Heather Tucksen, & Gabby West - AmeriCorps/4-H STEM members
Alice Smith– Accounting Technician II

The Extension Office is open (for calls only at the present time) Monday-Friday, 8 am to 1 pm and 2 pm to 5 pm (closed daily 1-2), 970-625-3969. Thank you!

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