

THE HEAD, HEART, HANDS AND HEALTH OF YOUR COMMUNITY

January 2018

Why Youth Turn to "Text, Talk, Act" for Peer Emotional Support by Bryanne Sanchez

Without struggles, one would not be able to distinguish the good times from the bad. Everyone's had a rough day. A rough week. Perhaps a rough month. It's never fun to dwell on your problems. In fact, it's always best to share these trying times with a trusted friend, advisor or 4-Her.

Yes, that's right, a 4-Her! You attend meetings with this person; you show your animal next to this person; you even have to wear the same uniform as this person. Through the [Text, Talk, Act](#) program, you can communicate and bond with this fellow 4-Her in a way you may have never imagined.

It's simple. Pull out a mobile device and gather a group of two to ten friends. Text the code that Creating Community Solutions (contact this organization for instructions before meeting up with your friends) has provided, and talk to the mental health discussion begin! Do you need to, let to someone about your relationship with your family? Are you struggling with stress in school? Has your mood been taking a turn for the worse lately? If so, the Text, Talk, Act program is a perfect opportunity for you to connect with fellow 4-Hers and learn that you are NEVER alone in these situations.

Last November, I led a small group discussion with my 4-H peers through Text, Talk, Act. I learned that some of my 4-H friends were wrestling with some difficult issues in their home and personal lives. I took that to heart and made it a point to ask about my friend's days from then on out. I wanted them to know that I cared and that I was willing to listen. 4-H is a family! We all bleed green and white, am I right?!

[Click here](#) for more information about how to be a part of Text, Talk Act!



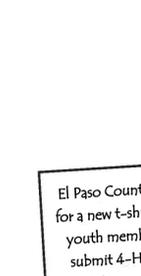
Enrollment Deadlines

4-H Clubs need to pay for all confirmed club members/ volunteers by January 29, 2018.

⇒ **Animal forms are due with payments:** Show Ring Ethics (all members who wish to compete with an animal project), Animal Housing (all animals), Animal Lease (leased animals only) & Wholesome Meat (market animals) must be turned in when clubs come to pay at the Extension Office by **January 29, 2018**. You can find them at <http://elpaso.extension.colostate.edu/4-h-member-and-volunteer-resources/>

About the Author — Bryanne Sanchez, 4-H Youth in Action Winner (Healthy Living)

Bryanne Sanchez became an advocate for healthy living in her community as her 4-H club's first Healthy Living Officer. Using this platform, Bryanne sought to bring initiatives promoting a healthy lifestyle to her Club and community. As her 4-H club's Healthy Living officer, she launched the annual Color Me Green Run in Imperial County. Annually, more than 250 runners participate in this fun, three-mile race that encourages youth and adults to stay active. Realizing that a healthy lifestyle includes both physical and mental well-being, Bryanne partnered with Creating Community Solutions to organize a Text, Talk, Act forum that provided more than 200 youth with the opportunity to discuss these topics in a healthy environment.



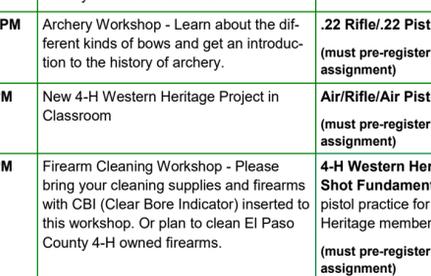
4-H Achievement Celebration

Date: January 13, 2018
Time: Starting at 12:30 PM
Place: Hotel Elegante, 2886 S. Circle Drive, Colorado Springs, CO
As always, there is no cost to attend the Achievement Celebration

Everyone is invited to a celebration of all our 4-Hers achievements for the 2016-17 program year. It will be held on January 13, 2018, at Hotel Elegante. 4-H has the opportunity to work with Autism & Asperger Connections and to hear an outstanding speaker, **Dr. Temple Grandin**, who will give a presentation to the 4-H Youth. All 4-H families are welcome to come. If you would like a Dr. Temple Grandin book signed, be sure to purchase one before the event and bring it with you. Dressy attire is recommended.

The schedule for the 13th is as follows:
Registration — 12:30 PM
Dr. Temple Grandin Talk — 1:00 to 2:00 PM
4-H Awards — 2:00 to 3:00 PM

Please RSVP with the number of people in your party to lawniegraves@elpasoco.com or call 719-520-7698 by **January 10th**.



T-SHIRT DESIGN CONTEST!



El Paso County 4-H Shooting Sports is looking for a new t-shirt design. All El Paso County 4-H youth members and volunteers are invited to submit 4-H Shooting Sports project themed t-shirt designs. You do not have to be enrolled in the 4-H Shooting Sports project to submit a design for consideration.

The Winning Design Will Receive a **\$50.00 Gift Card**

Designs should be submitted by **Friday, January 12, 2018**, to the CSU Extension Office, 17 N. Spruce St, Colorado Springs, 80905 or e-mail lawniegraves@elpasoco.com.

2018 Indoor Shooting Sports Schedule

Date: January 20, 2018
Place: Colorado Parks and Wildlife Facility
 4255 Sinton Road Colorado Springs, CO 80907

Time	Conference Room	Indoor Range
9:00 to 10:30 AM	Shooting Sports Committee Meeting	
10:45 to 11:44 AM	Firearm Cleaning Workshop - Please bring your cleaning supplies and firearms with CBI (Clear Bore Indicator) inserted to this workshop. Or plan to clean El Paso County 4-H owned firearms.	Archery (must pre-register for a lane assignment)
Noon to 1:00 PM	Archery Workshop - Learn about the different kinds of bows and get an introduction to the history of archery.	.22 Rifle/.22 Pistol (must pre-register for a lane assignment)
1:00 to 2:00 PM	New 4-H Western Heritage Project in Classroom	Air/Rifle/Air Pistol (must pre-register for a lane assignment)
2:15 to 3:00 PM	Firearm Cleaning Workshop - Please bring your cleaning supplies and firearms with CBI (Clear Bore Indicator) inserted to this workshop. Or plan to clean El Paso County 4-H owned firearms.	4-H Western Heritage First Shot Fundamentals (Rifle & pistol practice for 4-H Western Heritage members) (must pre-register for a lane assignment)

Upcoming indoor range dates: February 17th, March 17th, & April 21st. Additional practice opportunities and competition dates to be announced as soon as final range details are confirmed. See attachments for future schedules.

All 4-H members MUST pre-register to reserve a lane assignment in the Indoor Range. All 4-H members registered for 4-H Shooting Sports via 4HOnline will be e-mailed an invite to pre-register via "Sign-Up Genius." Be sure to watch your email for the invite.

4-H members who have not pre-registered prior to attending practice may not be able to shoot as space is limited at the Indoor Range. We have been provided the opportunity to use the Colorado Parks and Wildlife Conference Room and Indoor Range for FREE during the winter months. This opportunity is a cost savings for our 4-H members as there will be no range fees to use the Indoor Range for practice. However, space is limited so you must reserve a spot. First come, first served.

Please plan to bring your equipment and ammunition if you plan to practice in the Indoor Range. Firearms and bows will be provided by El Paso County 4-H Shooting Sports if you don't have your own

Every effort will be made to keep activities as scheduled. In case of bad weather, contact the event coordinator for information. Check for e-mails about cancellation the night before the event.

General Inquiries, please e-mail EPC Shooting Sports: epc.shootingsports@gmail.com

Shooting Sports Chair: Al Andrews, 719-271-9933, livetoride1234@yahoo.com



2018 Livestock Events & Deadlines

Beef Producer Class Nominations — Due at the El Paso County Colorado State University Extension Office on **Wednesday, January 31, 2018, by 5:00 PM**.

Market Beef Weigh-in - Saturday, February 3, 2018, at the El Paso County Fairgrounds Livestock Arena Building. Bad weather back-up date is Saturday, February 10, 2018.

- There is a \$3.00 per animal retail scan fee as well as a \$3.00 per animal State Fair Nomination fee. Payment is due at time of weigh-in.
- **Remember:** Brand inspection paperwork is required at weigh-in. All male market beef MUST be castrated.
- Immediately following the weigh-in, there will be a beef clinic with topics covering showmanship and grooming starting at 1:00 PM.
- If you are planning to attend AKSARBEN, we will need to pull hair for DNA. See below for more information regarding AKSARBEN.
- Market beef members who have sent an email to sign up for a timeslot. Please contact the Extension Office if you did not receive an email invite.

Super Saturday — Tentative Meat Quality Assurance Training (MQA) - Saturday, March 10, 2018. Located at Skyview Middle School, 6350 Windom Peak Blvd, Colorado Springs.

Beef IDs due by April 15, 2018 — Beef IDs must be entered into 4HOnline by this date.

Select Sale - Sunday, April 8, 2018, at the El Paso County Fairgrounds Livestock Arena Building.

Swine/Sheep/Goat Producer Class Nominations — Due at the El Paso County Colorado State University Extension Office on **Wednesday, April 30, 2018, by 5:00 PM**.

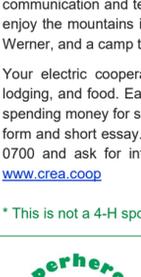
Market Goat/Sheep/Swine Weigh-in — (Swine only) **Friday, May 4, 2018 & (All) Saturday, May 5, 2018.** Located at the El Paso County Fairgrounds Livestock Arena Building. (Bad weather back-up date is Saturday, May 12, 2017).

Tentative Meat Quality Assurance Training (MQA) - Saturday, May 5, 2018, at the El Paso County Fairgrounds Exhibit Hall. Bad weather back-up date is Saturday, May 12, 2018.

El Paso County Fair 4-H Livestock Shows — July 14-21, 2018.

Colorado State Fair 4-H Livestock Shows — August 24-September 3, 2018. Show times/details to be determined.

AKSARBEN Stock Show — September 22-23, 2018. Nomination deadlines are: April 15, 2018, for Market Beef; June 15, 2018, for Bleeding Heifers, Feeder Calves, Goats, Sheep and Swine. AKSARBEN will be doing a slightly different process this year for registration. They will be using an online nomination system, allowing the families to enter the Tag and Animal information and also submitting payment. The DNA will still be collected during the time of weigh-in and sent to AKSARBEN by the Extension Office once the nomination is confirmed.

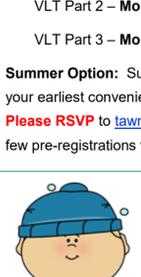


Hunter Education Program Available to 4-Hers

Date: March 3 & 4, 2018 (2 day class)
Time: 8:00 AM to 5:00 PM both days
Place: Skyview Middle School, 6350 Windom Peak Blvd, Colorado Springs, CO 80907
Fee: Free of charge for youth members

Students complete the course in a classroom setting that includes lectures, hands-on activities and videos. Space is limited and registration is required. To register, go to <http://www.register-ed.com/invite/5a2b564373749>.

All students must download and print a Student Consent Form. That can be downloaded at https://s3.amazonaws.com/register-ed.com/uploads/et_20160324_002052728_1156115379.pdf and students 17 years of age and younger must have the form signed by a parent or guardian.

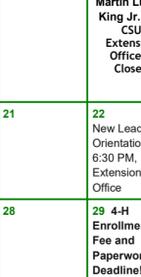


Save The Date — 4-H Super Saturday!

Date: March 10, 2018
Time: 9:00 AM — 4:00 PM
Place: Skyview Middle School
Registration Fee: \$5.00 per person

Join us as we will be hosting the Annual 4-H SUPER SATURDAY event held at the Skyview Middle School from 9:00 AM to 4:00 PM. There will be several informative speakers concerning livestock on a small farm, getting started with raising livestock, rabbits, and poultry offerings. Shooting Sports will be giving their customary safety briefing as well as an outdoor skills seminar. There will be several make-and-take opportunities and informational seminars. Some workshops will have additional supply fees.

We are finalizing workshop presenters. If there is a topic you would like to present, please send a proposal to Bret Chadwick. We are recruiting volunteers to work at the check-in table, set-up, and clean-up. We are also looking for a club to have a refreshment stand. All 4-H youth willing to help us present to the general public all the "World of Possibilities" that 4-H offers, please contact Bret Chadwick at the CSU Extension Office at 719-520-7658 or at bretchadwick@elpasoco.com. Official 4-H Super Saturday helpers attend the event for free! Watch the February Newsletter for registration details.



2018 Colorado 4-H National Western Round-Up Meat Judging Clinics & Workshops

Western National Round-up Contest Clinic
Date: Saturday, January 6, 2018
Time: 11:00 AM — 4:00 PM
Place: JBS Headquarters, Greeley, CO

This clinic is open to all non-competing teams, individuals, leaders, and agents to practice and/or learn meat judging basics. Colorado State University Animal Science Graduate Students and Meat Judging Members will be available to answer questions and explain classes. This is also a great opportunity to tour JBS headquarters.

Colorado 4-H Meat Judging Workshop
Date: Saturday, January 20, 2018
Time: TBD
Place: CSU Animal Science Department, Fort Collins, CO

This workshop is open to any and all teams, individuals, leaders, and agents to practice and/or learn meat judging basics. Colorado State University Animal Science Graduate Students and Meat Judging Members will be available to answer questions, explain classes, and teach basic meat judging concepts.

Colorado 4-H Meat Judging Practice Contest
Date: Saturday, April 7th
Time: TBD
Place: CSU Animal Science Department, Fort Collins, CO

This Practice Contest is open to any and all teams, individuals, leaders, and agents to practice in a competition setting. Colorado State University Animal Science Graduate Students and Meat Judging Members will be available to answer questions and explain classes following the practice contest. Prizes will be awarded.

Colorado 4-H Meat Judging State Contest
Date: Saturday, April 28th
Time: TBD
Place: CSU Animal Science Department And Meat Laboratory, Fort Collins, CO

This contest is open to all teams and individuals. Colorado State University Animal Science Graduate Students and Meat Judging Members will be available to answer questions and explain classes following the contest. Scholarships and awards will be presented. This contest will determine the teams that will represent Colorado 4-H at national contests in 2018.

Please follow the link below to register members and volunteers that may be interested in learning more about developing a County Meat Judging Team.
<https://form.jotform.com/73325375940156>

Do you enjoy working with youth leaders? Want to gain experience in facilitating group activities? The El Paso County CSU Extension Office is looking for our local 4-H Youth Council volunteer advisors to work with our local 4-H Youth Council.

What is the El Paso County 4-H Youth Council? The El Paso County 4-H Youth Council is a group of 4-H members, who come together to put on activities to benefit the county-wide 4-H Program. Youth Council participants represent 4-H members from all over El Paso County and include youth from all 4-H age divisions (Jr., Int., and Sr.). Past activities planned and carried out by the Youth Council include: achievement celebration, community service, leadership events, day camps, Super Saturday workshops, and 4-H promotional opportunities. The Youth Council currently meets the last Tuesday of the month at the County Transportation Complex (aka Akers Building).

The focus of this volunteer opportunity is to guide and facilitate a youth-led learning process for the Youth Council. Mentoring and facilitation skill training will be provided. Complete the attached application and submit to the CSU Extension Office by **Monday, January 15, 2018**, if you are interested. Future teachers and youth workers, this is a great opportunity to build your resume! Contact, Emily Killen, 4-H Agent, if you have questions, call 719-520-7685 or email at emily.killen@colostate.edu.

Awesome Summer Adventures Await *

Colorado's electric cooperatives are now accepting applications for their 2018 summer youth programs. Students have the opportunity to attend the Washington, D.C. Youth Tour and the Youth Leadership Camp near Steamboat Springs, CO. **Each program is all-expenses-paid.** Current high school students between the ages of 16 and 18, as of June 2018, are encouraged to apply.

The Washington D.C. Youth Tour will take place June 7 – 14, 2018, in Washington, D.C. The week of activities begins in Denver where students from around the state visit the state capitol and are introduced to the electric cooperative program. The students then head to Washington D.C. with more than 1,800 of their peers for a week of learning and exploring. They will visit the Arlington National Cemetery, stroll through the Smithsonian museums, tour historic monuments, meet elected officials, and learn about the role of electric cooperatives in today's world.

The Youth Leadership Camp will take place July 14 - 19, 2018. This weeklong adventure brings together about 100 students from Colorado, Kansas, Wyoming, and Oklahoma to the mountains near Steamboat Springs, CO. Students will learn about the cooperative business model and leadership skills that will serve them well throughout their life. The students will be asked to form their own cooperative, electing board members and voting on issues. They will participate in a variety of activities designed to develop leadership skills, including communication and teamwork. There is also plenty of time set aside for campers to explore and enjoy the mountains including a raft trip on the Colorado River, a gondola ride to the top of Mt. Werner, and a camp that takes advantage Colorado's great outdoors.

Your electric cooperative covers all costs to participate in either program, including travel, lodging, and food. Each program is all-expenses-paid, with the only costs to the students being spending money for souvenirs or extra snacks. Interested students must complete an application form and short essay. For more details go to your electric cooperative's website or call 720-407-0700 and ask for information about who to contact at your electric cooperative for details.
www.crea.coop

* This is not a 4-H sponsored event.

Attention New 4-H Volunteers Who Need to Complete the Volunteer Leader Training (VLT)

The VLT training may be taken as an all-day Saturday session or on three consecutive evenings. Volunteers may mix and match training dates/times to complete all three parts. There is no cost to attend VLT but **volunteers must pre-register to attend** and training dates/times are subject to cancellation if too few pre-registrations are received (fewer than 8 pre-registrations). New clubs with several volunteers needing training may request to schedule a VLT opportunity that is convenient to the new club (at the club meeting location).

Location: El Paso County DOT Building (Akers), 3275 Akers Drive, Colorado Springs, CO 80922

Winter Option: Saturday — All Day, January 6, 9:00 AM to 3:30 PM (half hour lunch break)

Spring Option: Must attend all three parts

VLT Part 1 – **Monday, April 16, 6:30 to 8:30 PM**

VLT Part 2 – **Monday, April 23, 6:30 to 8:30 PM**

VLT Part 3 – **Monday, April 30, 6:30 to 8:30 PM**

Summer Option: Summer training will be scheduled only if necessary. Please attend VLT at your earliest convenience to maintain 4-H volunteer status.

Please RSVP to lawniegraves@elpasoco.com or call 719-520-7698. Training dates with too few pre-registrations will be cancelled or rescheduled.

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day CSU Extension Office is Closed	2	3	4	5	6 Volunteer Leader Training 9:00 AM, Akers Please RSVP!
7	8 Dog Project Committee Meeting 6:30 PM, Akers	9	10	11 Livestock Committee Meeting 7:00 PM, Akers	12	13 Achievement Celebration 12:30 PM Registration, Event starting at 1:00 PM, Hotel Elegante Please RSVP!
14	15 Martin Luther King Jr. Day CSU Extension Office is Closed	16 Horse Committee 7:00 PM, KCRC	17	18 Tabletop Committee Meeting 6:30 PM, Extension Office	19	20 Shooting Sports Committee Meeting 9:00 AM, Colorado Parks and Wildlife Facility
21	22 New Leader Orientation 6:30 PM, Extension Office	23	24	25 Small Animal Committee Meeting 6:30 PM, Akers	26	27
28	29 4-H Enrollment Fee and Paperwork Deadline! Cat & Cavy Meeting, 6:30 PM, Akers South	30 Youth Council Meeting 7:00 PM, Akers	31			

Akers Building, 3275 Akers Drive, Colorado Springs, CO 80922
 Akers South Building, 3255 Akers Drive, Colorado Springs, CO 80922
 Colorado Parks and Wildlife Facility, 4255 Sinton Road Colorado Springs, CO 80907
 Hotel Elegante, 2886 S. Circle Drive, Colorado Springs, CO 80906

Please confirm dates and times before attending an event or meeting as cancellations, changes, or errors may occur.

Reminder to all 4-H Club Reporters:

It is important to protect the identity of 4-H members. Please use first name and last initial with entries such as a newspaper articles or other public announcements. Thank you!

Questions or comments? Email us at csu4h@elpasoco.com or call 719-520-7698.

The deadline for submission to the newsletter is on the 20th of each month. Colorado State University Extension in El Paso County reserves the right to include, refuse or edit any newsletter submissions.

Colorado State University Extension in El Paso County

17 North Spruce Street
 Colorado Springs, CO 80905

Phone: 719-520-7698
<http://elpasoco.colostate.edu>

Office Hours: Monday—Friday, 8:00 AM to 12:00 PM and 1:00 to 5:00 PM.
 12 PM to 1:00 PM by appointment only.

Colorado State University, U.S. Department of Agriculture and El Paso County cooperating.

Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify the CSU Extension El Paso County 4-H Office ten days prior to the event.