



EL PASO COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

# 4-H *on the 4th*

February | 2023



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## Club Leader Spotlight

### Charlotte Harloff

#### Greener Pastures

- 4-H Volunteer Years: 13 years
- Favorite Color: Purple or Teal
- Favorite Candy or Sweet Treat: York Peppermint Patties
- Hobbies: Spending time with family and friends

### Tricia Schroeder

#### Greener Pastures

- 4-H Volunteer Years: 5 years
- Favorite Color: Jewel tones of blue, purple, teal, and pink
- Favorite Candy or Sweet Treat: Cinnamon bears or caramel and chocolate candy
- Hobbies: Sewing, board games, reading, and being with my family



**Acknowledgment:** We would like to thank Charlotte and Tricia for their amazing ability to run a true all-around 4-H Club with great learning activities along with youth leadership opportunities. In addition, they are so well organized and have great relations with their club members and families! Thank you for all you do!



## Introducing our new 4-H Administration

The 4-H Extension Office would love to welcome Alex Smith to the 4-H Team!

He is originally from Indiana where he spent my childhood summers working on neighboring ranches and farms. After graduating from Purdue University, Alex began his career in social work and youth mental health. He moved to Colorado Springs 7 years ago and began volunteering for local not for profits while working as a behavior therapist. The past 4 years Alex has spent managing various departments in the field of Horticulture. He has specialized in vegetable gardening as well as Colorado native plant propagation and distribution. Alex has a passion for all the ways animals, plants, and humans interact.



## 2023-2024 4-H Scholarships

Calling [Colorado 4-H](#) Senior Members! Remember to apply for the 2023-2024 Colorado 4-H Scholarships that are open through March 1. Scholarship recipients will be announced by early May 2023. There are opportunities available for a variety of students, including for those attending CSU or other universities, trade school, junior colleges, transfer students, and continuing students. Apply today!

[Click here for more information](#)



## St. Patrick's Day Parade



### St Patrick's Day Parade 2023

**CALLING ALL 4-H Families!!!**  
**It's that time of the year again!!!!**  
**We have been invited to**  
**be a part of the Colorado Springs**  
**St. Patrick's Day Parade**  
**Saturday March 11<sup>th</sup>**  
**Downtown Colorado Springs**  
**Approx 11:30am-2:30pm**

**All project areas open to participate we will have the Mini Horse as the lead then the float with the cloverbuds, followed by all other 4-H kiddos promoting their projects or club banners: Animal Fowl project kiddos pull your chicken or rabbits in a wagon: Tabletop dress up like a cup cake be creative, and the end will be the llama alpaca project.**



- We are looking for a club to design and organize the float again this year. Remember The float is for ALL the Cloverbuds in the county to ride on as the parade does not allow them to walk. If your club is Interested in sponsoring the float and providing a trailer for the Cloverbuds please contact Stacy Cantu at 719-231-9760 ASAP.





# Teen Dating Violence Workshop



## Escalation



**Tuesday, February 28, 2022**

6:00pm to 8:00pm

Colorado State University El Paso County Extension Office  
17 N Spruce St, Colorado Springs

**FREE EVENT—FREE PIZZA PROVIDED**



Escalation is an engaging & emotional film-based discussion transforming the way we view and discuss relationship abuse.

Come and see how YOU can help make a difference in your community and put an end to Teen Dating Violence!

<https://vimeo.com/138235461>

The statistics are staggering...

- ⇒ 1 in 3 US teens ages 14-20 have been victims of dating violence
- ⇒ Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents (58%) could not correctly identify all the warning signs of abuse.

*Learn how to identify the signs and stop the abuse before it is too late!*

***Audience — high school & college students, parents, educators, health providers, & anyone dealing with youth.***



## Building Resiliency in Youth: Free Classes for 4-H Parents & Volunteers

I would like to offer 4-H parents and volunteers a series of free classes that will give you the knowledge and tools to build resiliency in your home with your family, and with the youth you work with in the 4-H program. I am partnering with the Lyda Hill Institute for Human Resilience for Community Training and Empowerment (UCCS) that will be teaching the series of classes. These courses are structured to help with your family relationships and dynamic in your home or in the 4-H program. They are 45 minute courses with 15 minutes for questions and answers. All presenters are licensed family therapists and specialize in these topics.

**Monday April 3, 2023 at 7:00 PM- Teaching Youth Mindfulness**

- [Zoom Link](#)

**Monday May 1, 2023 at 7:00 PM– Building Resiliency in Youth**

- [Zoom Link](#)



## Band APP Communications- Horse, Livestock, & Small Animal

We are excited to jump into the 2022-2023 4-H Year in El Paso County! To help with delivering clear communications, provide an updated event calendar, and send out reminders of county wide programming; I have created an app for three project areas which include Horse, Livestock, and Small Animal. Please follow the instructions below to join! The communication tool can be used on a desktop app and/or app on your phone. We are inviting 4-H youth, 4-H family members, and 4-H volunteers to join!

You won't want to miss this!

### EPC Livestock Projects

<https://band.us/n/acaf79gek5u8s>



### EPC Horse & Miniature Horse Projects

<https://band.us/n/a6ab71qfkcZ8z>



### EPC Small Animal Projects

<https://band.us/n/afaf7dq8kaxeb>



## Youth County Council

El Paso County Youth Council is a busy group! While our events are advertised in the newsletter, the BAND APP is a great way for us to connect, get clarification, and stay updated. Please join our YCC Band group here *(the Band app can be utilized on both mobile or desktop devices)*





## County Contest– Save the Date

### What is County Contest?

A one-day event with opportunities to *qualify* for State Conference, State Fair, and National Western Stock Show contests, all while improving your public speaking, interview, and showmanship skills! Activities, Contests, and Events. Every club should have youth member representation at this event.

### What Contests are Offered:

- [Impromptu Speeches](#) are great for gaining skills with those unexpected questions from judges.
- [Interpretive Readings](#) a contest with a set reading/book/poem, etc. This is perfect for the experience of sharing written work with judges.
- [Demos/Illustrated Talks](#) is ideal for those 4-H members who are ready to share knowledge, a skill or technique they’ve learned in their projects.
- [Prepared Speeches](#) are ideal for those wanting to gain formal speech skills.
- [Interview Skills](#) are an overall great practice for each 4-H members

### Who Can Attend?

All El Paso County 4-H Members in any project area and any 4-H age division!

### When & Where?

April 22, 2023 at the El Paso County Extension Office (the official time will be announced shortly)

### Registration Details?

Details on how to register for the event will be in upcoming newsletters!

### What if a member wants to participate but not compete?

[Workshops](#) will be offered and are ideal for those wanting to learn more with hands on experiences.



## County Fair Schedule & Animal Premium Books

The 2023 El Paso County Fair Schedule and Animal Premium Books has been posted to the website so you can now access them. They will also be posted to the Band App as well!

[2023 County Fair Schedule](#)

[2023 Dog Premium Book](#)

[2023 Horse Premium Book](#)

[2023 Livestock Premium Book](#)

[2023 Miniature Horse Premium Book](#)

[2023 Small Animal Premium Book](#)



## NEW– Junior Superintendents

I am excited to introduce a new program for our senior 4-H or FFA members! The Junior Superintendent program is designed to develop leadership, team building, communication, and be a role model to younger 4-H members. More details are listed on the application, which is due to Emily Green by March 1, 2023. [Application Link](#)

## 2023 4-H Foundation Scholarship

The 2023 El Paso County 4-H Foundation Scholarship has now been added to our website for our 4-H members entering college. Youth must have been a member of 4-H in El Paso County a minimum of three years. The application is due by **5:00 PM on April 15, 2023**. Must be mailed to:

El Paso County  
c/o Kathy Hisey  
24 Circle C Road  
Fountain, Colorado 80817

Or emailed to [epc4hfoundation1@gmail.com](mailto:epc4hfoundation1@gmail.com)

[Scholarship Application Link](#)

## Meat Quality Assurance (MQA)

Meat Quality Assurance Training teaches the youth about the quality of meat and food products that come from livestock. Quality assurance for livestock producers means making a promise to the consumers, or the people who consume the meat, eggs, milk and dairy products, from food production animals. The promise made is that products from livestock will be the highest possible quality and producers will do everything possible to make these products safe to eat.

- MQA Training will be offered twice a year. For the 2023, the format that will be used is a classroom style.
- ***The project areas required to complete MQA training is goats, sheep, cattle, swine, poultry, and rabbit.***
- ***All first year 4-H members*** and current 4-H members advancing to intermediate (11 years old) or senior (14 years old) 4-H members must complete a Meat Quality Assurance (MQA) workshop if enrolled in goat, beef, sheep, swine, poultry or rabbit project(s).
- ***All 4-H members are required to attend a MQA training during their first year in a livestock/rabbit/poultry projects regardless of their age.***
- This must be done at least 45 days prior to the El Paso County Fair in order to be eligible to exhibit at the county and/or state fair(s).
- Proof of compliance must be submitted to the El Paso County Extension Office.
- If the 4-H member is unable to attend an MQA workshop in El Paso County, the 4-H member may attend an MQA workshop in another county (information for completion must be sent to El Paso County office by the deadline from the county that the MQA training was completed in)

The dates of MQA classes offered in the classroom will be (only need to attend one session):

**Wednesday April 5, 2023, at 6:00 PM** (Location at the Extension Office) Classroom Session

**OR**

**Thursday April 20, 2023, at 6:00 PM** (Location at the Extension Office) Classroom Session

***Please register for MQA with this [LINK](#)***





## Animal ID Instructions

It is that time of year again where youth members should be adding their Animal ID's into 4HOnline. This applies to youth in the dog, horse, miniature horse, cat, llama/alpaca, breeding livestock, pygmy, and dairy goat projects. All Animal ID's must be complete by **May 1, 2023**.

[Link for instructions are here](#)

*MARKET ANIMALS DO NOT NEED TO BE ENTERED IN 4HONLINE!*





**YOUR**   
*Adventure Awaits!*

**YOUTH FEST**  
**MARCH 24-25, 2023**

 **4H Online Registration**  
Registration Fee: \$60 per person  
4-H Ages: 11-13  
Location: Colorado State Fairgrounds Pueblo, CO  
Registration Includes Saturday Lunch, Water Bottle, and more!

 **Schedule**  
Friday, March 24  
• 5:30-7 PM Check-in  
• 7-10 PM Activities & Workshops  
Saturday, March 25  
• 8:30 AM-12 PM Activities & Workshops  
• 12-1 PM Lunch  
• 1-4 PM Activities & Workshops  
• 4 PM Closing

 **More Information**  
• Deadline for registration is March 13, 2023  
Please account that lodging will be a potential cost


**ONLINE EVENT INFORMATION: [COLORADO4H.ORG](https://colorado4h.org)**

  **COLORADO STATE UNIVERSITY  
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## Bowling Party for Miniature Horse Members

**February 11', 2023**

Members and their families are invited to come bowling. This is going to be a fun event that will let members get to know each other better and have a lot of fun. Please RSVP to Randi Hudson with the number of project members bowling and family members bowling so lanes can be reserved. [randalee-hudson@yahoo.com](mailto:randalee-hudson@yahoo.com)

## February Miniature Horse Clinic

This clinic will be an in-hand obstacle and ground driving obstacle clinic. We are still safety testing members and project horses as needed. To work horses in the ground driving clinic members, need to have passed the Mastery Safety Test 1 & 2. Mastery Test 2 will be administered before the ground driving clinic starts. As we get closer be watching for updates on the Band app for the location.

**Date:** February 11, 2023

**Location:** Please check the Band App

## Looking Forward To

March 11, 2023- Community Service is St. Patrick's Day

March 26, 2023– Showmanship & Jumping Clinic





## Sweet Education Stations

Come join us for a fun night of educational stations and sweet treats! Come prepared to have a lot of fun and test your equine knowledge!

### Date & Time:

February 7, 2023 at 7:00 PM

**Location:** KCRC



## 4-H El Paso 4-H Horse Project Manual

We have updated the 4-H El Paso County 4-H Horse Project Manual for the 4-H members and families for the 2022-2023 4-H Year. **Please take the time to read it and become familiar with the expectations and opportunities available in the horse and miniature equine program.** The document will be available on the band app and website. I have attached the link below:

<https://elpaso.extension.colostate.edu/wp-content/uploads/sites/44/2022/11/2022-23-El-Paso-County-Horse-Project-Manual.pdf>



**El Paso County**



**4-H Horse Project**

## 4-H LIVESTOCK CHECKLIST

- ☐ Enroll in 4-H Online and join Livestock Band App (December 15)
- ☐ Turn in 4-H Enrollment Fees + Animal Housing Form to club leader by December
- ☐ Producer Nomination due January 31st (Dam nomination/top half)  
email to Emily Tobler
- ☐ Register for market animal tag-in event via newsletter
- ☐ May 1- Animal ID for Breeding Livestock, Pygmy, & Dairy Goat in 4HOnline due  
Producer Nomination emailed to Emily Tobler due (Offspring nomination/bottom half)  
Last day to drop or add projects in 4HOnline
- ☐ Register for fair through FairEntry.com (May 30-June 9, 2023)
- ☐ Pay for fair through Eventbrite after entries have been approved (July 15, 2023  
last day)
- ☐ Purchase parent passes, camping, and discounted additional 4-H  
passes through fairgrounds (May 30-June 9, 2023)
- ☐ Fair Clean Up Day + Pickup Passes (June 24, 2023)
- ☐ Sign up for health certificates via newsletter (July 1, 2023)
- ☐ Set up stalls and tack at fairgrounds (July 12, 13, or 14, 2023)
- ☐ Load in animals for county fair (July)
- ☐ Turn in record book(s) to club leader (August)
- ☐ Attend year end banquet (Achievement Awards) in October

*Note that all deadlines have detailed information in the newsletter*



## Utility Goat Project



### Tentative Schedule (Watch the Newsletter and Band App for updates!)

#### December:

Meet and Greet for families wishing to lease a goat.

#### January-March:

Indoor Meetings, activities and guest speaker.

#### April-August:

Monthly hikes and community service on the trail.

#### August/September:

Fair demo and overnight camping trip.

### What is Utility Goat?

- Utility Goat simply means working goat. This includes both packing and harness.

### What kind of goat do I need?

- Use the goat you have! Any goat can be a working goat.
- If you don't have a goat large dairy breed wethers are ideal. Alpine and Lamancha are the most popular.
- Lease a goat! Several seasoned goats are available for lease.

### What Gear Do I Need?

- Collar and/or halter with lead
- Pack saddle and panniers

### What Activities Will We Do?

- Caring for and training your goat.
- Logging miles on the trail for a year end award
- Community Service with the Pike's Peak Ranger District
- Fair demo 1st year
- Overnight Campout!

### Fun For The Whole Family!

**For Questions Please Contact!**  
Project Leader: Madison Robertson  
Phone: 720-560-1341  
Email: qhlover46@hotmail.com



## Livestock Quiz Bowl Practices!

Calling all youth interested in joining the El Paso County 4-H Livestock Quiz Bowl team! This is a great opportunity to be a part of competitive team while also learning more about livestock. Practices will begin in February 28, 2023 and run until June. Please join this Band App to find out all the upcoming details for practices!



2023 Livestock Quiz Bowl

Scan this QR code and join!



*Sign Up Here*



SCAN THE QR CODE FOR MORE  
INFORMATION ABOUT  
STOCK SHOW UNIVERSITY!

**STOCK  
SHOW  
U**

**TWO-DAY  
4-SPECIES GRAD PROGRAM**

**MAY 20-21, 2023**  
EL PASO COUNTY FAIRGROUNDS  
CALHAN, COLORADO

OFFERED FREE COMPLIMENTS OF SULLIVAN SUPPLY AND EL PASO COUNTY 4-H

*"We stay until the last question is answered!"*

QUESTIONS?

CONTACT TESS MITTAG, STOCK SHOW U MANAGER  
TESSA@SULLIVANSUPPLY.COM



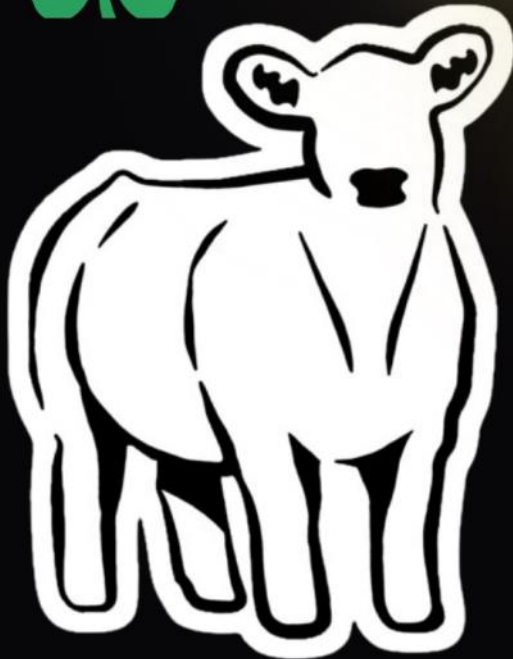
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SUPPLY



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# *El Paso County* **BEEF** **BLOWN** **GO**

SATURDAY  
APRIL *01*

AT EL PASO COUNTY FAIR GROUNDS

*Classes*

**BREEDING BEEF  
MARKET BEEF  
SHOWMANSHIP  
FUTURITY FOR SELECT SALE**

Questions

[Emily.Green@colostate.edu](mailto:Emily.Green@colostate.edu)

## Jonathan Marr 4-H Memorial Scholarship

A \$500.00 scholarship will be awarded annually to a 4-H Member who has been enrolled in Shooting Sports for a minimum of four years. This scholarship is intended to assist individuals entering a postsecondary vocational or technical field, such as welding, carpentry, mechanics, etc

[Find more details here](#)

## County & State Shooting Eligibility

If El Paso County 4-H youth want to be eligible to compete in any county or state competition they must:

- Attend SQA for the current 4-H year
- Hunter education cards **MUST** be provided on competition forms (make sure hunter education is done before county competition)
- Upload their hunter education card information **during** the 4-H Online enrollment process  
⇒ *This is important to upload during enrollment as it **CANNOT** be added to the 4-H online profile later in the year*
- Attend 2 county practices in the discipline you wish to compete in

## Firearm Cleaning Clinics

New this year 4-H has added cleaning clinics at the Colorado Parks and Wildlife building. This is your chance to learn how to clean and maintain your firearm. Bring your firearm or clean the firearms you have been borrowing from 4-H and clean your way to a better live range experience! Many of you are having misfires, jams and other issues that are caused by incomplete or improper cleaning. Let your shooting instructors help you Learn by Doing to properly maintain your firearm between shoots. Yes, Muzzle-loaders too!! Also, did you know that your brand-new firearm should be cleaned **BEFORE** you step on the range with it?

**Sunday February 26, 2023 10:00 am - 11:30 am; 1:00 pm – 2:30 pm Cleaning Clinic.** Colorado Parks and Wildlife 4255 Sinton Rd, Colorado Springs, CO 80907. Classroom: <https://www.signupgenius.com/go/9040f45aba62aa0fa7-0226231#/>

## Shooting Sports Practice Sign Ups and Dates

Below are the Sign Up Genius links for February. Please be sure to read all the information in the Sign Up, as some of it may have changed. Please provide ALL requested information when signing up for practices. This will help us make sure you have the best possible experience. We look forward to seeing you on the range!

- **Thursday February 9, 2023 6:30 pm Rifle Practice.** Colorado Parks and Wildlife 4255 Sinton Rd, Colorado Springs, CO 80907. Gun Range: <https://www.signupgenius.com/go/9040f45aba62aa0fa7-020923#/>
- **Sunday February 12, 2023 Shotgun Practice** (weather permitting). <https://www.signupgenius.com/go/9040f45aba62aa0fa7-021223#/>
- **Thursday February 16, 2023 6:30 pm Pistol Practice.** Colorado Parks and Wildlife 4255 Sinton Rd, Colorado Springs, CO 80907. Gun Range: <https://www.signupgenius.com/go/9040f45aba62aa0fa7-021623#/>
- **Saturday February 25, 2023 Shotgun Practice** (weather permitting). <https://www.signupgenius.com/go/9040f45aba62aa0fa7-022523#/>
- **Sunday February 26, 2023 10:00 am - 11:30 am; 1:00 pm – 2:30 pm Archery Practice.** Colorado Parks and Wildlife 4255 Sinton Rd, Colorado Springs, CO 80907. Gun Range: <https://www.signupgenius.com/go/9040f45aba62aa0fa7-022623#/>
- **Sunday February 26, 2023 10:00 am - 11:30 am; 1:00 pm – 2:30 pm Cleaning Clinic.** Colorado Parks and Wildlife 4255 Sinton Rd, Colorado Springs, CO 80907. Classroom: <https://www.signupgenius.com/go/9040f45aba62aa0fa7-0226231#/>





**SATURDAY FEBRUARY 25, 2023**

9:00 AM-12:00 PM

El Paso County Fairgrounds- Whittemore

Pre-register:

<https://forms.gle/bKE6fxgaLKSKB2Sg8>

## Education

There will be different learning stations with an educational component that are essential to the project area. It is also a great time to learn about other projects offered in the county!

## Make-N-Take

The youth will be able to have a hands on experience at each station to create something relevant to the project area

## Social Activities

This is a great time to meet other youth enrolled in or interested in the small animal project areas! Get to know your peers before the start of fair!



FOR QUESTIONS PLEASE EMAIL



**COLORADO STATE UNIVERSITY**  
EXTENSION

Emily.Tobler@colostate.edu

## POCKET PETS

Do you have a small pet at home? Come learn about the Pocket Pet Project at one of our monthly meetings!

### PET CLASSES:

- ✓ Reptiles
- ✓ Small Mammals
- ✓ Invertebrates
- ✓ Amphibians
- ✓ Aquatics
- ✓ Rescued
- ✓ Avian



### SUPERINTENDENT CONTACTS



Danielle Dungan



[danielledungan@yahoo.com](mailto:danielledungan@yahoo.com)



Cassandra Rodriguez



[ltlbear56@gmail.com](mailto:ltlbear56@gmail.com)

## Dog Project Classes

The dog project is starting their project classes for the year! We ask that you join the Band App to get the most updated information on this project area! In this app, includes a calendar that has a list of all the dog project classes offered. Please make sure to join!

[Band App Link for Dog Project](#)



## Project Meetings for the Cat Project

We are excited to announce that we are beginning county wide project meetings! Starting on March 7, 2023 at the Falcon High Prairie Library from 5:00-6:00 PM the youth gather together to learn all about cats and their 4-H project! Meetings will be the first Tuesday of every month at the same location and time. If you have any questions please email Racheal at [rboynton15@hotmail.com](mailto:rboynton15@hotmail.com)





## We Want You! Come Join Our Committee!

Are you the kind of person who likes helping youth thrive? Maybe you'd like to know more about helping support our youth in general, art, communication, mechanical science, natural resource, or family consumer science projects? If this describes you, please come share your ideas and voice at the Tabletop Advisory Committee Meetings. We meet the third Thursday of each month at the Extension Office (north community room). Please email Charity for more information if you are interested at [Charity.Cagle@colostate.edu](mailto:Charity.Cagle@colostate.edu)

## Front Range Regional Creative Cooks Contest

For the first time ever, the Front Range 4-H counties are offering a Regional 4-H Creative Cooks Contest! This will provide great practice in entering a creative cooks contest before the youth participate at County Fair. Please see refer to the attached document that went out in a 4-H Blast or email Emily.Green@colostate.edu for more information on how to register and expectations of the contest. We would love to see El Paso County youth represent at this event!

## NEW– Creative Cooks and Cake Decorating Contest moved to County Fair!

We have exciting news that the Creative Cooks and Cake Decorating Contest for El Paso County has been moved to Monday June 17, 2023 at 2:00 PM in the Swink Building! This a great opportunity for the youth to compete in their contest at County Fair! Please note the change is that these contests have been moved from County Contest to County Fair for this year!





## 2023 Youth County Council Meeting Dates

Third Tuesday of the Month at the Extension Office (north community room – 1<sup>st</sup> floor)

February 21<sup>st</sup>, 2023 will happen via zoom ([Link](#)) Meeting will begin at 6:30 PM

March 21<sup>st</sup>

April 18<sup>th</sup>

May 16<sup>th</sup>

June 19 – 23 – STATE 4-H Conference in Fort Collins

*Any timely changes to the schedule will be announced via the BAND app (see QR code above to join)*

*Youth County Council Senators are highly encouraged to attend State Conference*

## 2023 February Meeting Summary

At the last youth county council meeting, January 17 2023

- We discussed ideas for the next barn Olympics. New games and things we would like to work on better where all discussed.
- We also talk about our previous dances. We are thinking about adding a few dances to our calendar as well as fun themes for them. We are also looking for new and different places to host our dances.
- There was a vote about the prize for the winner of our pop tab collection contest, And it was decided the prize will be an ice cream party with a max budget of \$50.

If you have any questions or would like to give us your input, please feel free to come to our next meeting. It will be on February 21<sup>st</sup> via Zoom or join the Band App to post feedback/suggestions.

## BAND APP- Youth County Council

El Paso County Youth Council is a busy group! While our events are advertised in the newsletter, the BAND APP is a great way for us to connect, get clarification, and stay updated. Please join our YCC Band group here (*the Band app can be utilized on both mobile or desktop devices*)





## Family & Consumer Science Upcoming Workshops

Cottage Foods Certification - Feb. 9th

Mediterranean Diet Workshop - Feb 2nd and March 7th

Dining with Diabetes Class Series - March 2,9,16,23rd

Introduction to Water Bath Canning - May 11th

Introduction to Pressure Canning - May 30th

Food Safety Works Certification: ongoing

Classes added monthly

Register:

[Link](#)



**NUTRITION, FOOD SAFETY  
AND HEALTH**  
COLORADO STATE UNIVERSITY  
EXTENSION  
EL PASO COUNTY

More Information: Michael Lucero, MPH  
FCS County Specialist  
Michael.Lucero@ColoState.Edu

# CALHAN POSSE LOGO CONTEST

**\$100 TO THE CLUB OR  
CHAPTER WITH THE  
WINNING DESIGN**

### **WHEN:**

**January 15, 2023 to March 1,  
2023**

### **WHO:**

**El Paso County -  
4-H Clubs and FFA Chapters**

### **RULES:**

- Will replace the current design



- Open to all El Paso County 4-H clubs and FFA Chapters
- 1 Entry per club/chapter
- Design must incorporate maximum of 3 colors, one of which must be **deep purple**.
- Document must be in the form of a JPEG (\*.jpg)
- Submitted to the Calhan Posse email, [calhanposse@gmail.com](mailto:calhanposse@gmail.com), no later than March 1, 2023.
- Winning design will be determined at the Calhan Posse's March meeting
- Announced and unveiled at the Beef Blow & Go show Saturday March 11, 2023. El Paso County Events Complex – Owens Livestock Arena.

The mission of the Calhan Posse is to promote agricultural projects in 4H and FFA. Provide local 4H and FFA youth opportunities to learn more about agricultural and livestock showing through participation in shows and clinics hosted by the Calhan Posse. Any net proceeds that the Calhan Posse receives will be used to promote participation of youth in agriculture.

## Lyda Hill Institute for Human Resilience



## GRIT

**“Tough” Gets You Through Today.**

### **GRIT Gets You Through Tomorrow**

Some days, it feels easy to stay strong. But it's also hard not to give into fear, feeling overwhelmed, and even a little hopelessness, sometimes. On those days, there's a hidden strength you can tap into—**resilience**.

Spread support in your community by signing up for **GRIT Resilience Training**. GRIT is a free five-hour training designed specifically to support and build resilience in yourself and your community.

With **GRIT**, learn foundational education on stress, trauma, and resilience, and key steps in reaching out and making meaningful connections in your community while focusing on strengths!

This free training is available in self-paced learning and is packed with helpful resources.

**Sign up and learn more at [www.letstalkgrit.com](http://www.letstalkgrit.com)**

Find more training and research opportunities at [www.resilience.uccs.edu](http://www.resilience.uccs.edu)



**Lyda Hill  
Institute for  
Human Resilience**



Join us for a 5-week group for both parents/caregivers and their teens who want to learn more about ways to build family resilience after experiencing trauma.

**Topics include:**

- Resiliency and characteristics of resilient families
- Trauma and its impact on families, parenting, and teen development
- Emotions and how to manage them
- Parenting skills
- Boundaries and privacy in families
- Characteristics of healthy families
- Communication Skills

**Meet for two hours weekly for 5 weeks.  
Parent and Teen groups will meet separately.**

**Are you:**

- A parent/caregiver of a teen age 12-19?
- Someone or partner to someone who has experienced a traumatic event?
- Interested in improving your relationship with your teen?

**For more information:**

Contact the Community Training and Empowerment Team

**Nicole Weis:** [nweis@uccs.edu](mailto:nweis@uccs.edu)

**Bradley Mallett:** [bmallet2@uccs.edu](mailto:bmallet2@uccs.edu)



## 3rd Annual Valentine's Day Dance and Chili Cookoff

Presented by The Calhan Posse

♦ **Saturday February 11,  
2023**

♦ **6:00 –10:30 p.m.**

- ♦ **Professional DJ—The Tejano Experience**
- ♦ **Live and Silent Auction**
- ♦ **Chili Cookoff winner receives a Fire Pit**
- ♦ **Proceeds go to supporting educational experiences for 4H and FFA livestock showmen.**

**EL PASO COUNTY  
FAIGROUNDS AND EVENT  
CENTER**

**WHITTEMORE BUILDING**

**\$5 per person**

**\$20 per Family**

**\$5 Chili Cookoff Entry**

**Questions: Matt Zeiger  
(719) 510-2351**

The mission of the Calhan Posse is to promote agricultural projects in 4H and FFA. Provide local 4H and FFA youth opportunities to learn more about agriculture and livestock showing through participation in shows and clinics hosted by the Calhan Posse. Any net proceeds that the Calhan Posse receives will be used to promote participation of youth in agriculture.

## You're Invited to a New Virtual Workshop Series!

### Social and Emotional Learning with Project Learning Tree

This new professional development series will highlight nature-based learning experiences to help youth develop and maintain positive relationships, become lifelong learners and contribute to a more caring and just world. Attend all of them or just the ones you're especially interested in.



#### **Feb. 23 – Self-Awareness**

Develop a healthy sense of who we are



#### **Feb. 28 – Self-Management**

Manage stress, persevere & create positive change



#### **Mar. 2 – Social Awareness**

Understand the view of others



#### **Mar. 7 – Relationship Skills**

Connect & engage effectively with others



#### **Mar. 9 – Responsible Decision-Making**

Make caring and constructive choices

**When:** 3:30 – 4:30 p.m.

**Cost:** \$5/session or \$20 for series (Contact Danielle.Ardrey@colostate.edu for scholarship info.)

**Register:** Anytime at [coloradopl.org/trainings](https://coloradopl.org/trainings)

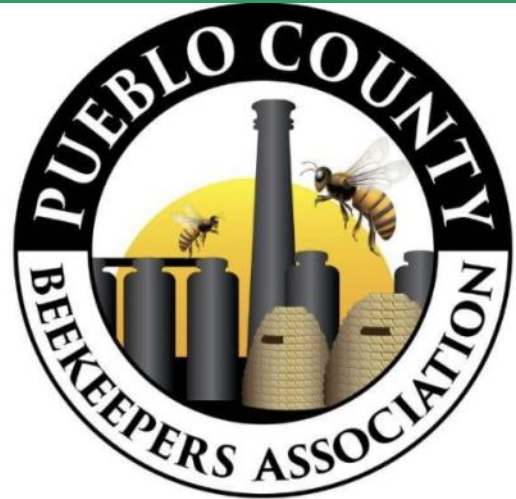


Visit us at: [COLORADOPLT.ORG](https://coloradopl.org)



# Bee Curious!

## A Course for Beekeepers



**Saturday,  
February 25, 2023,**

8:00 a.m. - 4:15 p.m.  
and

**Sunday,  
February 26, 2023,**

8:30 a.m. - 2:00 p.m.

***Comprehensive 2-day course educating  
new and novice beekeepers in best  
practices for sustainable beekeeping.***



***Attend  
in Person  
or via Zoom***

**Coursebook Provided!**

Saturday lunch provided  
for those attending in  
person. Must be present  
to be eligible for prize  
drawings throughout  
both days.

**Earlybird Special!**

(Until February 1st):

**\$70 for PCBA Members**

**\$80 for Non-Members**

(After February 1st):

**\$75 for PCBA Members**

**\$85 for non-members**

Become a 2023 PCBA Member online at  
[eventbrite.com](https://www.eventbrite.com) to receive code  
for member  
pricing.



PUEBLO COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION



**History Colorado**



***Thank you to our partners!***

***Pueblo West Library  
Conference Rooms***

298 S. Joe Martinez Blvd.  
Pueblo West, CO



Colorado State University Extension is an equal opportunity provider. Colorado State University does not discriminate on the basis of disability and is committed to providing reasonable accommodations. CSU's Office of Engagement and Extension ensures meaningful access and equal opportunities to participate to individuals whose first language is not English. Colorado State University Extension es un proveedor que ofrece igualdad de oportunidades. Colorado State University no discrimina por motivos de discapacidad y se compromete a proporcionar adaptaciones razonables. Office of Engagement and Extension de CSU garantiza acceso significativo e igualdad de oportunidades para participar a las personas quienes su primer idioma no es el inglés. Full statements are available at: <https://colst.org/013>

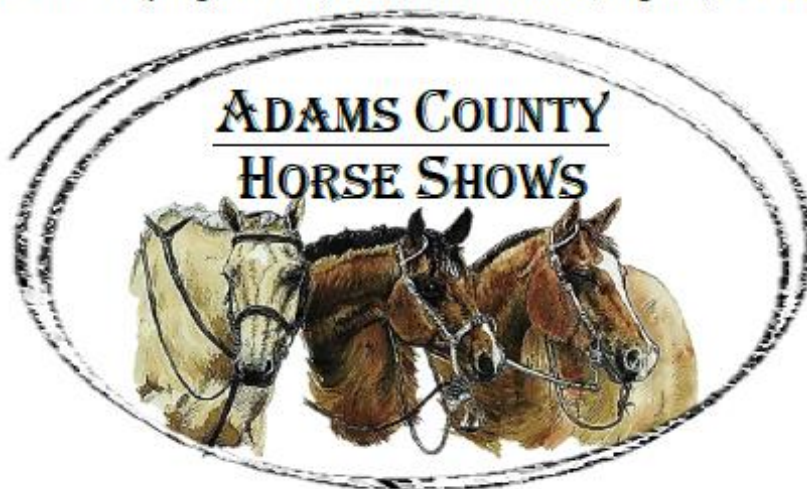
**Register Here:**

<https://www.eventbrite.com/e/bee-curious-introductory-course-for-beekeepers-tickets-439308663037>



## 2023 SHOW SERIES

Adams County Regional Park; 9755 Henderson Road; Brighton, CO 80601



### PERFORMANCE & GYMKHANA

June 17<sup>th</sup> & August 19<sup>th</sup>

Showmanship, English & Western;  
Barrels, Flags & Poles

- \* Registration @ 8 am \*
- \* Shows Start @ 9 am \*

*Performance Ribbons or  
Show Bucks thru 6<sup>th</sup>*

*Gymkhana payouts through 5<sup>th</sup>*

*Daily Top 5 High Point awards in  
English & Western divisions*

### RANCH HORSE

July 22-23<sup>rd</sup> &  
September 16-17<sup>th</sup>

Cutting, Individual Cow Work, Ranch  
Trail, Ranch Riding, Ranch Reining &  
Ranch Pleasure

- \* Registration @ 8 am \*
- \* Shows Start @ 9 am \*

*Ribbons or Show Bucks thru 6<sup>th</sup>*

*Daily Top 5 High Point awards  
in each division*



*CoWN/SH-approved points*



Rain Dates: July 8-9<sup>th</sup> & October 14-15<sup>th</sup>

2023 Year End Discipline High Point Awards based on a 1-horse/1-rider combo in each AdCo discipline and age group (8-10, 11-13, 14-18, 19 & Over). Must show in both AdCo discipline shows to qualify.

Membership is required for points to accrue.

Find us online at: [ADCOHorse.com](http://ADCOHorse.com) -or-  ADCOHorse -or-  [adcohorse](https://www.instagram.com/adcohorse)

Questions? Contact Brenda Berlin @ 720-219-8972 or [Brendaberlin21@gmail.com](mailto:Brendaberlin21@gmail.com)