

April

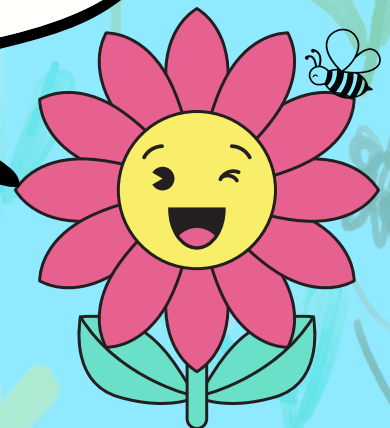
Extension Newsletter

What's inside?

- Events
- Project Meetings
- Clinics
- Club News
- Events
- Cloverbuds

Follow and like us on Facebook to make sure you see all upcoming events and updates!

Read the whole thing!
There's something for everyone!



Fremont County Extension Office
6655 State Hwy 115
Florence, CO 81226

719-276-7390
Fremont County 4-H Building
1595 S. 9th St Canon City, 81212

Upcoming Dates

April

- 2** MQA Class @ the 4-H building, 5:30 P.M.
- 3** 4-H Council, 7:00 p.m., 4-H Building
- 9** Fremont County Fair Board, 7:00 p.m.,
Pathfinder Park Event Center
- 18** 4-H Horse Council, 7:00 p.m., 4-H
Building
- 22** Fremont County 4-H Cornerstone, 7:00
p.m., 4-H Building

May

- 1** PROJECT ADD DEADLINE. Last day to add a
project.
- 1** Cat, Dog and Horse ID Forms due to the
Extension office
- 1** 4-H Council, 7:00 p.m., 4-H Building
- 6** 4-H Contest Night! (Demonstrations, Public
Speaking, Parli Pro, Creative Cooks) 5pm
- 14** Fremont County Fair Board, 7:00 p.m.,
Pathfinder Park Event Center Meeting Room
- 16** 4-H Horse Council, 7:00 p.m., Pathfinder
Park
- 27** Holiday (Memorial Day Observed)
Extension Office Closed
- 29** Registration Deadline for 1st Gymkhana,
4:00 p.m., Extension Office

Did you miss officer
training?

Pick up officer
books and
training handouts
at the office!

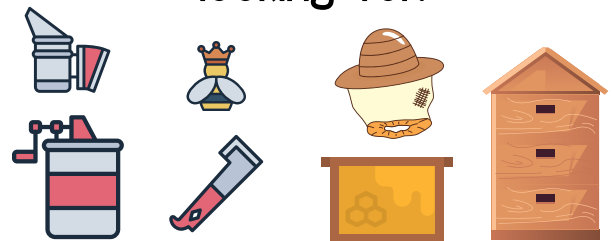
Scavenger Hunt

In this months newsletter there
are hidden items to hint what
next months newsletter theme is.

Can you find them all?

First 3 people to find them and
email alli.spinuzzi@fremontco.com
get a \$10 gift card!

Here are the items you are
looking for.



Keep an eye on your email!
That is the best way for us to
send out any updates to project
meetings or other events!



Club News



The Wetmore Wizards 4-H Club won one of the Purple Club Awards last year. The club decided to go ice skating at the Broadmore Ice Arena in Colorado Springs on Sunday, March 3, 2024. We were able to skate from 2:00pm to 3:30pm. The club members also invited family members to skate with them. Everyone who went had so much fun!

Written by Lillian Hoch, Wetmore Wizards Reporters

Leaders- Don't forget to turn in your Club Award Checklist by October 1st!

Cloverbuds



Cloverbuds met for their March meeting on the 9th. We were hosted by the Wetmore Wizards club. The kids learned how to make a diy kite from construction paper. They decorated, folded, and attached string and tails. Unfortunately, the March winds were not in our favor on that day as it was a very calm and warm day.

For the April meeting Beaver Park Ag will be hosting the Cloverbuds. This is always a fun time as they show us the projects that their club members have been working on. Come and join us!

Project Meetings

Leather Craft

1st and 3rd Wednesdays 6:00-7:00 @ the 4-H Building. If you are new to leathercraft, and haven't purchased a Tandy's kit from the Extension office (\$50) you can do so. They are much cheaper through us.

Goat and Sheep

First meeting will be April 15th 6-7 PM in the Pathfinder Meeting Room
Contact Sydney at Sydneymswart123@outlook.com



Public Speaking

Tuesdays 2:30-3:30 PM
March 19th and 26th
April 2nd, 16th, 23rd, and 30th @Pathfinder Meeting Room with Julianne

Cake Decorating

1st and 3rd Monday starting in March.

5pm- 8pm at the 4-H Building

Contact Val at

berrydvakc@aol.com



Dog

Practices will then be every Wednesday 6:30 pm-8pm at Pathfinder Park Auditorium



Foods



Meetings will be the 2nd and 4th Friday of March at 9:30 AM. April and May meetings will be 2nd and 4th Friday 3:30-5 PM all at the 4-H Building

Horse

Horse clinics will begin May 6th and will be Mondays in the outdoor arena and Wednesdays in the covered arena 4:30 pm-7PM



Photography

Class dates for 1 & 2 year students!

Feb 17- Diana's Classroom

Mar 23- Riverwalk

Apr 20- Make up Day

May 18- Diana's Classroom

June 8- Diana's Classroom

Diana will get in touch with students in units 3 and above



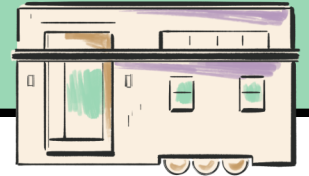
NEWS & UPDATES

SILENT AUCTION BASKETS NEEDED!

Fair Board is asking 4-H Clubs to donate an item/baskets to the silent auction. All funds raised through the silent auction goes to the Delores Comstock Scholarship. The club that raises the most money will win a PRIZE! It's never too early to start planning!

SALE COMMITTEE TRAILER IS BEING PUT UP FOR SALE!

There will be an open house on April 13th at the 4-H Building from 9 am- 10 am followed by a silent bid auction. All bids need to be in by 10 am. Bids must be paid with a cashier's check and the trailer must be removed by April 30th.



HORSE SHOWS

May 1- Horse ID Forms Due

June 1- 1st Horse Show

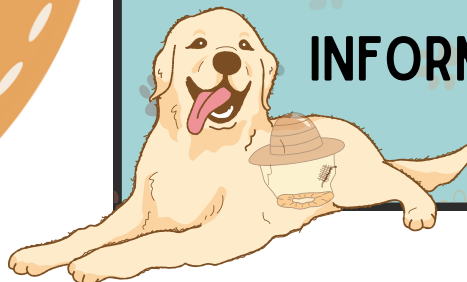
June 15- 2nd Horse Show

June 29- 3rd Horse Show

June 30- Rain Date

July 28- County Fair Horse Show

DOG SHOW DATES HAVE BEEN SET FOR JUNE 9TH AND JULY 6TH AT PATHFINDER PARK EVENT CENTER. BE ON THE LOOK OUT FOR MORE INFORMATION!



Fair Prep

Fair Book!

The Fair book is on the Fremont County Extension Website! Take a second to go look at your project rules for the year! Some rules may be been changed!

Record Books!

Get your record books printed as soon as possible! We can print them off in the office for you!



Project Manuals!

Get your project manuals orders ASAP! The order form is on the website! Please call the office with any questions!



HEALTH ROCKS

Health Rocks! is a substance abuse prevention curriculum for ages 8 – 14 that uses the 4-H Positive youth development model with life skill development and healthy decision making skills to help reduce drug, alcohol, and vaping use. Currently the Extension Office is providing 4-H Health Rocks Programming to Boys and Girls Club K-7, Boys and Girls Club Teen Group, Kids Klub, and through 4-H Day Camps.

In 4-H Health Rocks, youth learn about:

- Building Healthy Relationships
- Healthy Life Choices
- Decision Making
- Goal Setting
- Consequences
- Problem Solving
- Concern for Others
- Difficult Situations
- Managing Feelings
- Teamwork
- Social Skills
- Personal Safety
- Pressure
- Media Messages
- Watching for Signs in Others
- Self Confidence and Stress

Meet our part time educational program facilitators! They focus on Health Rocks but will also help with other 4-H & youth programs from time to time.

EMILY RAMBO



Emily Rambo has been a resident of Colorado since 2016. She served at Fort Carson as an aircraft mechanic from 2016 until 2023, where she also served on a special events unit as a soldier ceremonies specialist and deployed overseas. She has been a lifelong appreciator and participant in livestock raising and enjoyment, as well as a past 4her and FFA student back in California where she is from. She has worked professionally as a farrier for the past year, as well as worked on the Air Force Academy Equestrian Team as a volunteer coach and coordinator from 2018-2022.

She and her family have fainting goats, Satin rabbits, Jersey cows, Polish and Serama chickens, Miniature horses and a group of retired horses. She is working towards finishing her Bachelors in Natural Sciences and continuing to work in the agricultural industry through teaching, natural resources management, and livestock care. She and her husband, son and daughter love to travel and are avid dirt biking and four-wheeling enthusiasts. She is pleased to be part of the Extension as a Program facilitator for Health Rocks, where she is learning new skills and using skills from the past to better herself, the community and the future!

JENNIFER STEWART

Jennifer Stewart was raised in the Virginia suburbs of Washington, D.C. and graduated from the college of William and Mary with a Bachelor's Degree in Elementary Education and Anthropology. She moved to Maryland after graduation, where she met her husband, Eric, and they had their son, Tyler. There she taught elementary school and was an educator for a zoo. Jenn and her family relocated to Colorado in 2009 to be closer to Jenn's parents. Their daughter, Charlie, was born a couple years later. Here she has homeschooled her kids while volunteering with Volunteer Income Tax Assistance, Boy Scouts of America, the Cañon City Swim Team, and now with 4-H as a Project Leader and a Club Leader.

Jenn is truly looking forward to serving the youth of Fremont County as a Program Facilitator!



SHEA SCHIRADO



My name is Shea Schirado, I am currently working as a Part time Educational Program Facilitator. I graduated from Canon City High School in 2021 with Honors. I am continuing my education through CSU Pueblo For my teaching certification. I plan on being a Child Psychologist specializing in LGBTQ and childhood trauma.

I have been working as an Early Childhood teacher in Fremont County for the past 3 years and I love working with these kids

CONTEST WORKSHOPS

APRIL 2ND!

RSVP BY APRIL 1ST



SPEECH & DEMONSTRATIONS WORKSHOP
4:30- 5:30 PM

CREATIVE COOKS WORKSHOP
5:30- 6:30 PM

LEARN:

- DEMONSTRATION BASICS
- SPEECH BASICS
- PLAN YOUR SPEECH/ DEMO
- SCORESHEETS
- AND MORE!

LEARN:

- MENU PLANNING
- SPEECH BASICS
- TABLE SETTINGS & THEMES
- NUTRITION & FOOD SAFETY
- SCORESHEETS
- AND MORE!

CONTEST NIGHT!

**MONDAY MAY 6TH AT 5 PM AT
PATHFINDER PARK AUDITORIUM**

**CALL 719-276-7390 TO REGISTER BY
WEDNESDAY APRIL 24TH!**



• DEMONSTRATION

A "SHOW & TELL" PRESENTATION! 4-HERS SHOULD DEMONSTRATE SOMETHING RELATED TO THEIR 4-H PROJECT.

• IMPROMPTU SPEAKING

BE PREPARED TO DRAW A TOPIC FROM A HAT AND SPEAK ABOUT IT IN FRONT OF AN AUDIENCE WITH ONLY A SHORT TIME TO PREPARE!

• PREPARED SPEECH

MEMBERS SHOULD PERSUADE, MOTIVATE AND INFORM THEIR AUDIENCE! 4-H MEMBERS WILL PREPARE A 4-H APPROPRIATE TOPIC AND SHARE IT WITH THEIR AUDIENCE AND THE JUDGE.

• INTERPRETIVE READING

MEMBERS DELIVER A RE rendition OF PREWRITTEN MATERIAL LIKE A BOOK, POEM OR STORY. SMALL PROPS AND COSTUMES CAN BE USED TO ILLUSTRATE YOUR PIECE. TOPICS SHOULD BE 4-H APPROPRIATE.

• PARLI PRO

A GROUP OF AT LEAST 4 MEMBERS DELIVER A MODEL MEETING FOLLOWING AN AGENDA & USING DIFFERENT TYPES OF MOTIONS

• CREATIVE COOKS

DESIGN AND CREATE A MENU FOR A FUN MEAL! IT COULD BE ANYTHING FROM COWBOY BBQ TO A BUNNY BRUNCH! ARRANGE A TABLE SETTING AND COOK ONE FOOD ITEM FROM YOUR MENU TO SERVE TO THE JUDGE.

CAKE DECORATING CONTEST

**JUNE 3RD AT THE 4-H
BUILDING AT 5:30 PM**

**CALL 719-276-7390 TO REGISTER
BY WEDNESDAY MAY 29TH!**



2024 YOUTH FEST

LEADERSHIP | GROWTH | FUN

4-H members age 11-13, please join us for Youth Fest 2024! The theme this year is 4-H Olympics. This event is an excellent opportunity for you to get to meet fellow 4-H members and participate in leadership activities.

CO STATE FAIR GROUNDS
PUEBLO, CO

REGISTRATION NOW OPEN IN
4-H ONLINE

\$115
REGISTRATION
FEE

26-28
APRIL



Please contact Joy (Joy.Bauder@colostate.edu) if you have questions



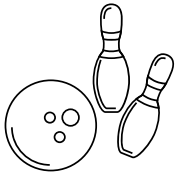
Chaperone
still needed!

Scholarship forms
available through
the office!


Deadline to register is April 12th



4-H BOWLING NIGHT



***Free** Fremont County 4-H Bowling Night! Sponsored by 4-H Council.*

 **FRIDAY, APRIL 26TH**

 **Canon City Lanes**

Please RSVP by April 23rd with:

Name

of people in your group

Bowl Time of 4pm, 5pm or 7pm

RSVP to 719-276-7390 or
shanan.davey@colostate.edu 

Military Box Donations Requested!

4-H Council is sending boxes to local military members and would appreciate any items you can donate!

Item Examples:

Handmade Cards, Dice, Play Cards, Beef Jerky, Pringles, Chips, Pocket sized tissues, tic tacs, hard candy, M & Ms, Trail Mix, etc.



Humane Society Donations Requested!

4-H Council will be taking donations for animals at the Fremont Humane Society and would appreciate any items you can donate!

Item Examples:

Dog food, cat food, dry dog treats, towels, pet crates, collars and leashes, etc.



Fremont County 4-H Royalty's Working Equitation Show

A fundraiser for Fremont County's 4-H Royalty. Money will be put towards the 4-H horse program for prizes and new equipment.

Western and English riders welcome! **There will be a clinic provided starting at 9AM. Only 12 spots available for the clinic, but unlimited spots for the show.** Riders will be judged on an "Ease of Handling" obstacle course. Prizes for Grand and Reserve winners provided.

EVENT WILL BE WALK/TROT ONLY- Working Equitation Novice A. This is a Schooling show as it will not be recognized with USAWE



Entry Fees

PreEntry

\$30 for show per horse

\$20 for clinic per horse

\$40 for show&clinic per horse

PRE ENTRY FORM CLOSSES APRIL 3RD

Day of

\$35 for show per horse

\$25 for clinic per horse **(if spots are available)**

\$50 for show&clinic per horse

Fees due by 8:30 day of show



Age Divisions

EVENT IS WALK/TROT ONLY

8 & Under

9-13

14-18

19-39

40+



Sign Up Information

Google Forms Sign Up

PRE ENTRY FORM CLOSSES APRIL 3RD

<https://forms.gle/Wj2qujMLrhMEXKjR7>

Time and Location

9AM April 6th, 2024

Pathfinder Regional Park

Under the Covered Arena

6655 CO-115, Florence, CO



FOR ANY QUESTIONS PLEASE EMAIL
FREMONTCOUNTYHORSECOUNCIL@GMAIL.COM

DISCOVER 4-H MINI CAMPS!

• GARDENING/FLORAL DESIGN

- Learn how to design floral arrangements and how to design your own garden!



- May 3rd
- Ages 8 and up; 9am–Noon

Mini Camps are \$15 each.
Please register at the
Extension Office.
6655 State Hwy 115
Florence, CO

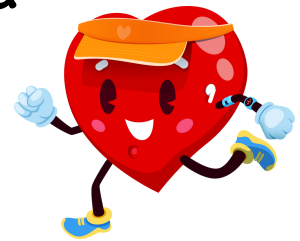
• FOOD, FUN AND HEALTH CAMP

- Cooking, games, healthy living, and leadership!

- June 3rd– 5th

New Camp!
Only \$15!

- Ages 8 and up; 9 am–3pm



• ENTOMOLOGY



- Learn to preserve the insects

- July 2nd

- Ages 8 and up; 8am – Noon

Contact the Fremont
County Extension
Office at 719-276-7390
for any further
questions!

• 4-H SUMMER CAMP

- June 11–13

- 8:30 a.m. to 3:30 p.m.

- \$50– Register in Extension Office



All camps are open
to 4-H Members
AND Non- 4-H
Members



SHOOTING SPORTS

First years! The office does need your hunter safety ID number! Please email it to alli.spinuzzi@fremontco.com

Remember to respect the range!

Practices will begin soon, be on a look out for emails from coaches for updates!

Air Rifle- Mondays Beginning 4/8/24 6 PM @ 4H Building

.22 Pistol- Tuesdays tentatively beginning 4/9/24 5:30 @ Cactus Flats

Air Pistol- Mondays starting 4/8/24 6:30 PM @ 4-H Building

Archery- Tuesdays beginning 4/23/24 5:30 PM Cactus Flats

Muzzleloading- Tuesdays beginning 4/16/24 @ 5:30 PM Cactus Flats

.22 Rifle- Tuesdays beginning 4/9/24 5:30- 6:45 PM and 6:45- 8:00 PM @ Cactus Flats

Shotgun- Thursdays beginning 3/28/24 Trap & Skeet 6:00 PM @ Cactus Flats

SOME 4-H SHOOTING SPORTS RULES

1. **Must have a valid Colorado Hunters Education Card.**
2. **Must have proof of safety training.**
3. **Must attend at least 4 practices and they must take place prior to the County Fair entry deadlines. Safety class does not count towards these minimum practices.**
4. **Record books are due within two days after the last event of the County Fair competition.**



We want to give a huge congratulations to Kaylene Ontiveros for making it to Nationals for Shooting Sports! Good luck Kaylene from Fremont County!

Livestock Updates

Weigh ins are NOT optional!!



WEIGH IN DATES



- April 1** Swine ID Forms, Ear Tags and CSF Cards available @ office
- May 11** Market Sheep and Goat Weigh-in 8am-9:30am
- May 9** Last day to turn in Swine ID Forms and CSF Nominations Forms



April 2 MQA Class

You will receive email if you need to take MQA class

CSF NOMINATION DEADLINES

March 4th, 2024- DNA Packets available

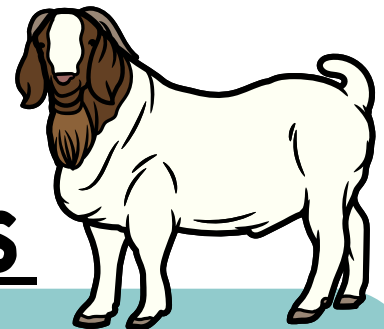
April 1st, 2024 - Beef DNA postmarked and sent to CSF

June 1st, 2024 - Goat, Lamb, and Hog DNA postmarked and sent to CSF

July 29th, 2024 - Entry Forms Due Online for CSF. Mailed entries are not accepted. These must be completed online.

COLORADO STATE FAIR WEBSITE

<https://coloradostatefair.com/livestock/>
(Don't wait to order! Make sure you give yourself enough time to receive the DNA packet and mail it back to CSF in time for the deadline)



UPCOMING ANIMAL DATES

April

22 LAST DAY to own and have in your possession-All Breeding Rabbits, including Doe(s) that you must breed to kindle a litter for Market Rabbit pen for County Fair.

May

- 1** LAST DAY to own and have in your possession-Cat, Dog and Horse.
- 1** LAST DAY for CAT, DOG and HORSE certificates to be turned in to the Extension Office and through 4HOnline no later than 11:59pm.
- 1** Written Test Study guides will be available. **All written tests will be in person.**
- 9** LAST DAY to own and have in your possession-Market Sheep, Market Goats, Market Swine, Breeding Sheep and Breeding Goats.
- 9** LAST DAY TO TURN IN Fremont County Swine Identification Forms and CSF Nomination Cards to the Extension Office before 5:00 p.m.
- 11** WEIGH DAY-Market Sheep and Goats, 8:00 a.m.- 10:30 a.m., Pathfinder Park (For State Fair Must request DNA packets from State Fair website).
- 23** Market Rabbits MUST be born to Does you own (see April 22) on/or after (TBD by date of show at fair) in order to meet the "less than 70-day age limit".

LIVESTOCK PACKETS

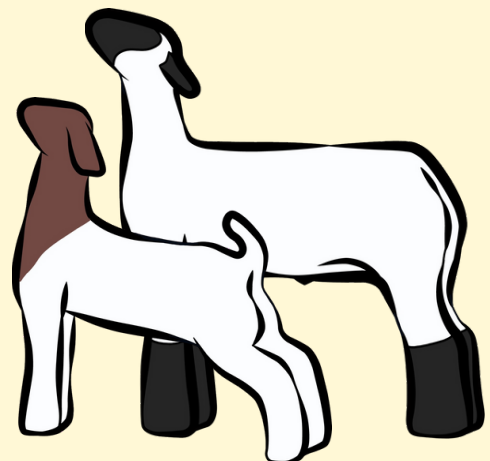
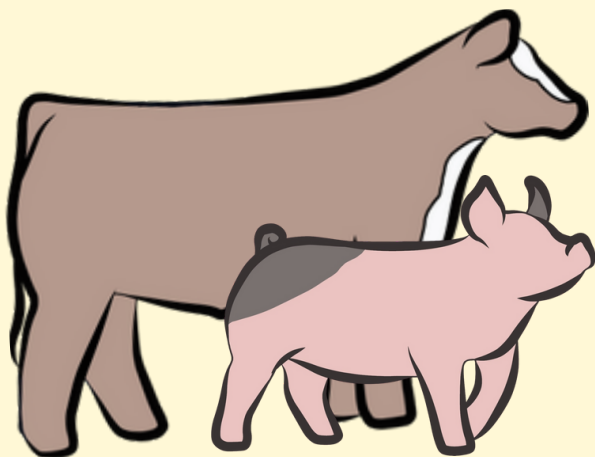
The office has created a livestock packet for all of the livestock families, returning or new, to help them prepare for fair time! These can be accessed on the extension Facebook page!

WHAT'S INSIDE?

- Important dates
- What's in a showbox?
- Buyers letters
- Rules straight from the fair book

Find the packets on our

Extension website!





WHAT IT TAKES 2B BETTER

Contact Alyssa Tate
for more info
(719)431-3812

2 DAY BUCKLE UP SHOW CAMP

With Justin Niccoli from Niccoli Livestock

May 31-June 1 2024

@

**COST :
\$125 PER CAMPER**

**COLORADO STATE FAIR
LIVESTOCK PAVILION**

**OPEN TO ALL 4H/FFA
MARKET GOAT & LAMB
EXHIBITORS**

**Campers will need to bring (1)
goat and all their grooming
supplies**

Topics:

- proper fitting
- feeds
- feeding schedules
- showmanship
- MUCH MORE

More information to come!

3RD ANNUAL

BEAT THE *Heat Classic*

GOATS

7 am - 8:30 am: Weigh In
9 am: Show

LAMBS

7 am - 9:30 am: Weigh In
20 minutes after Goat Show : Show

BREEDING HEIFERS

2 pm - 3:30 pm: Check In
4 pm: Show

BEEF

3:30 pm - 5 pm: Weigh In
5:30 pm: Show

Showmanship & Adult Showmanship to follow each show, except for breeding heifers. Breeding heifers and market beef will show together after the beef show.

Please Contact Riley Faris (719) 240-4648 or Lacey McCurry (719) 568-0934 with any questions!

Saturday, June 8th

Colorado State Fairgrounds
Livestock Pavilion
1001 Beulah Ave
Pueblo, CO 81004

GATES OPEN AT 7 AM



CLUB LEADER SPOTLIGHT



Delores Comstock

Delores will be inducted into the Fremont Hall of Fame on Friday April 12th. Delores just celebrated her 60th year as a Fremont County 4-H Volunteer. She has also been an active member of the Fair Board for 44 years residing as President for 20 of those years.

We want to shout a huge congratulations to Delores for her induction into the Fremont County hall of fame. We also want to thank her for her many many years of commitment to Fremont County

Charla Wellborn

Congratulations Mrs. Wellborn! Charla received the National Citizenship Education Teacher Recognition Award from the Veterans of Foreign Wars Penrose Post! Charla is a 4-H club leader for Barbwire - N- Roses.



WHAT ANIMALS CAN YOU SEE ON A FARM?

Beaver Park Ag. 4-H Club is hosting Cloverbuds on April 12th! Come visit and learn about the animals at the 4-H Building

Club members will be giving demonstrations on the animals they are raising for the Fremont County Fair.

Petting Zoo

- Pigs
- Goats
- Ducks
- Chickens
- Rabbits



1:00-3:00PM



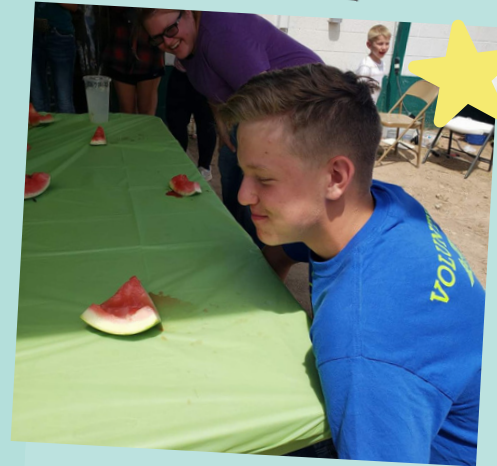
FAMILY DAY AT THE FAIR

Friday, August 2nd 10:00 a.m. - 6:00 p.m.



COME AND JOIN THE FUN!

WOULD YOU, YOUR CLUB OR ORGANIZATION LIKE TO HELP WITH FAMILY DAY DURING THE 100TH CELEBRATION AT THE FREMONT COUNTY FAIR? FAMILY DAY IS ONE OF THE BUSIEST DAYS AT THE FAIR THANKS TO ALL THE VOLUNTEERS THAT MAKE IT HAPPEN!



THINGS YOU CAN DO

- Volunteer to help
- Join the Family Day Committee to help organize and plan activities
- Set up an educational booth
- Set up a game
- Donate prizes for games
- Sponsor an activity
- Enjoy the yummy food at the Food Trucks
- Check out what the Vendors are selling
- **Bring your family and have fun!**



FREE
ADMISSION

CONTACT AMANDA ELLIS
ELLISJA02@AOL.COM
OR SARAH DELDUCA
SRDELDUCA79@GMAIL.COM





LOOKING FOR CLUB HISTORY

DO YOU KNOW HOW LONG YOUR CLUB HAS BEEN A PART OF THE FAIR OR WHO THE FIRST LEADER WAS?

The Centennial Committee is asking each club to create a trifold board with the club history to exhibit at the fair.

You may drop your club board off at the extension office during regular hours. We would like to have all of them by Friday, July 26th.

The top 3 displays will win a \$50 gift card!
1924-2024 which club is the oldest?

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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.

COL.ST/LL0T3

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COL.ST/LL0T3



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