

February 25, 2021

[Douglas County 4-H Website](#)



COLORADO STATE UNIVERSITY  
EXTENSION



### IMPORTANT DATES

#### March 1

##### Enrollment Deadline

Livestock Sign Up Deadline  
Beekeeping Sign Up Deadline  
Shooting Sports Sign Up Deadline  
General Project Grant Deadline  
Youth & Leaders Council  
DC Foundation Scholarship  
Youth Council Officer Applications  
Open

#### March 2

Vet Science Workshop

#### March 6

Beef Tag-In  
Beekeeping Workshop

#### March 15

Deadline to sign up for Spring Shoot  
FFA Oyster Fry Auction

#### March 17

Record Book Training -  
Animal Projects

#### March 23

Shooting Sports Advisory Meeting  
Rocketry Workshop @ Kirk Hall

#### March 27

Spring Shoot

## FINAL NOTICE

The deadline to enroll in  
Douglas County 4-H is  
**March 1st!**

[ENROLL HERE](#)

[PAY HERE](#)

[4-H Financial Assistance](#)



[General Projects Grants](#)

**\*\*The 4-H Foundation Individual  
Grant Program application closes  
March 1, 2021. No Exceptions!\*\***



**March 28**  
Spring Shoot

**March 30**  
Super Saturday Overview #1

**March 31**  
Record Book Training - General  
Projects and Shooting Sports

Scholarships

## CHICK ADOPTIONS BEGIN MARCH 1ST!

CHICKS AVAILABLE FOR ADOPTION FROM THE  
DC EXTENSION OFFICE.

COST IS FREE TO A GOOD HOME!  
VARIETY OF BREEDS AVAILABLE.

QUESTIONS? CALL 720-733-6930 OR EMAIL  
MADELYN.GRANOS@COLOSTATE.EDU

410 FAIRGROUNDS ROAD, CASTLE ROCK, CO 80104



## 2021 Douglas County 4-H Shooting Sports Presents: Spring Fun Shoot!

**Dates:** March 27 & 28, 2021

**Times:** Both days beginning at 10am

**Locations:**

- Highlands Ranch Law Enforcement Training Center (3/27)
- Quick Draw Archery (3/27)
- Pikes Peak Gun Club (3/28)

Open to all current Douglas County 4-H  
Shooting Sports Members!

.....  
RSVP by March 15 @ 5pm

Click here for details & RSVP:

<https://docs.google.com/forms/d/e/1FAIpQLSfiuc9j9TCJKYORhueNm8tWysGbnbcMBWCaF6jpqEPmdvbu3w/viewform>



DOUGLAS COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

The Shooting Sports Advisory Committee is hosting Douglas County's First Spring "Fun" Shoot. This is a weekend dedicated to helping 1st year Shooting Sports Members who did not get the opportunity to compete at County Shoot last year, but all members are welcome! Please click picture for more information.

**NOTE:** Event is always subject to cancellation due to COVID or weather.

Questions? Contact  
[nicole.speeding@colostate.edu](mailto:nicole.speeding@colostate.edu)

## Youth & Leader's Council

March 1, 2021 6:30pm

Youth Council  
Register [HERE](#)

Leader's Council  
Reminder - we expect one  
representative from each community  
club!  
Register [HERE](#)

2021 FAIR Junior  
Division Competition  
Rules

Join Us For

## CLOVERBUD FUN NIGHT

**Date:**

Wednesday, March 17

**Time:**

4:30-5:30 p.m.

**Where:**

zoom

**Why:**

To have FUN!

**Deadline:**

Please register [HERE](#)  
by March 3. Free to all Cloverbuds.

Fun

Open to all 4-H Cloverbud members

Questions? - Call Nicole or Sylvia at 720-733-6940



2021 FRONT RANGE 4-H ADULT  
LEADER TRAINING SERIES

.....

# HELPING YOUTH CONNECT, HEAL & THRIVE



THURSDAY, MARCH 25TH @ 6PM

Join Douglas County 4-H, [Jerry Van Leuven](#), President of The Aspen Effect and [Julie Fisher, MA, LPC, CFI](#) for an open discussion on how to best help youth connect, heal, and thrive.



Virtual Registration:

<https://us02web.zoom.us/join/zoom/register/tZAudOmurDioH9DakN-ObWLqpn0F7g6Y-PQ2>



COLORADO STATE UNIVERSITY  
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Join Douglas County 4-H on Thursday, March 25th at 6pm as they host the third session of our Front Range Virtual Leader Training Series. Have you ever struggled to connect with youth? Ever wondered what behaviors might say a kid is in trouble? Worried about how to establish trust with teenagers? Then be sure to join us in welcoming Jerry Van Leuven, President of The Aspen Effect and Julie Fisher, MA, LPC, CFI for an open discussion on how to best help youth connect, heal, and thrive. Feel free to bring questions or an example where you were unsure of how best to handle the situation.

[Register Here](#)

## Project Areas

General Project  
Manuals

Animal Project  
Manuals

**Order your manuals at the links above!**

Many can also be downloaded for FREE from the [CSU website HERE](#) or the [Douglas County Website HERE](#)

**[Click HERE](#) for 2020-2021 Project E-Record Books**



& click on corresponding project area

**\*SAVE THE DATES\***

March 17th - Animal Project Record Book Training

March 31st - General Project and Shooting Sports Record Book Training

## Companion Animal



**DC 4-H- Do you want some county  
Dog Shows this year?!**

Are you a Douglas County 4-Her in dog project and interested in working collaboratively with fellow dog project youth to put on one or two Douglas County dog shows this year? Most excellent, we would love to have you! Sign-up [HERE](#) and let us know when would work best for the first meeting.

## General Projects

### **2021 Colorado 4-H Exhibit Requirements**

The 2021 Colorado 4-H Exhibit Requirements are now available. Douglas County 4-H will follow these same guidelines at Exhibit Day.  
**Make sure you are completing your General Projects following these rules!**

Click [HERE](#) for the 2021 Exhibit Requirements.



**Beekeeping Contest Flyer**

**Beekeeping Essay Contest**

### **Deadline to sign up for Beekeeping Project is March 1st!**

This year, we have a new General Project on the rise, thanks to Roisin McEwen from the Sedalia Spurs: **BEEKEEPING!**  
Click [HERE](#) to sign up to be enrolled in the project.

**Tentatively Scheduled: In-Person  
Beekeeping Workshop @ Kirk Hall (3/6)**

Questions? Please email  
[nicole.speeding@colostate.edu](mailto:nicole.speeding@colostate.edu).

### **Veterinary Science Project Workshop**

**March 2<sup>nd</sup> at 6pm via Zoom.**  
Led by CSU Veterinary Student,  
Annie Clift, and 4-H Agent,

### **Virtual Entomology**

Nicole Speeding.  
Must RSVP at the link below in  
order to receive Zoom link.

**RSVP HERE for Vet  
Science Workshop**

### DON'T BUG OUT!

Join us to learn more  
about the exciting world  
of insects!

### VIRTUAL ENTOMOLOGY



Saturday, March 6  
9:00 AM  
Via Zoom



ARAPAHOE COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

**Register Here!**



### Rocketry Workshop

March 23rd at 6pm at the Douglas  
County Fairgrounds, Kirk Hall  
(tentatively).

Led by Luke Short, former 4-H'er and  
current Rocket Fly Day judge.  
Must RSVP at the link below.

**RSVP HERE for Rocketry  
Workshop**

### Super Saturday Contests are BACK!

**Date:** Saturday, April 24

**Must sign up by April 7 at 5pm**

**Location:** Douglas County  
Fairgrounds (Kirk Hall and  
Multipurpose Barns)

Check in begins at 8am, Contests  
begin at 8:30am

**Cost:** FREE!

**What contests are available?**

Cake Decorating Contest  
Creative Cooks Contest  
Speech and Demonstration  
Contest

**CLICK HERE for Super  
Saturday Rules and  
Requirements**

**CLICK HERE to Sign Up for  
Super Saturday**

### Douglas County 4-H Presents 2021 Super Saturday



Cake Decorating  
Contest



Creative Cooks Contest



Speech & Demo  
Contest

**Saturday, April 24**

**8am-12pm**

Douglas County Fairgrounds, Multipurpose Barn & Kirk Hall



**Questions?** Contact 4-H Agent Nicole  
Speeding at [nicole.speeding@colostate.edu](mailto:nicole.speeding@colostate.edu)  
or call 720-733-6940.

Virtual Super Saturday Q&A Sessions will  
be offered on March 30 & April 20.

**Register Here**

### 2021 Fashion Revue - Revitalized!

**Calling all fashion lovers!**



Join the Fashion Revue Contest and get a chance for a professional photo shoot with your project! Jess Snell, a former 4-H member and current professional clothing designer (Owner and Designer of Rockin' B Clothing) has offered to help Douglas County 4-H members learn the basics of clothing construction. She will be hosting FREE (for 4-H members) virtual workshops later this Spring & Summer. The pictures are examples of her creations! Jess has an impressive history of success in the fashion world ranging from the CMT Awards to Cowboys and Indians Magazine to Rolling Stone and so much more!



**Must sign up for 4-H by March 1st!**

**Fashion Revue is August 6 this year.**  
Click [HERE](#) for more information!

Questions about this opportunity?  
Email [nicole.speeding@colostate.edu](mailto:nicole.speeding@colostate.edu)

## Horse



### **Horse Levels Written Test**

**Check out our study guides and Kahoot! Challenges!**

[Level 1 Study Guide, Kahoot! Level 1](#)

[Level 2 Study Guide, Kahoot! Level 2](#)

[Level 3 Study Guide](#)

[Level 4 Study Guide](#)

### **Equine Educational Resources**

**Western National 4-H Roundup Horse Classic Virtual Educational Content**

## Livestock



## BEEF TAG-IN March 6th at the DC Fairgrounds!

Remember this is a **MANDATORY** process for Market Beef Projects.

Give some thought if you would like to nominate for Colorado State Fair. Paperwork will be provided at tag-in. \$5/nomination

*\*Initial Breeding Beef Animal ID's are also Due in 4Honline by March 6th. See "Breeding Beef ID" info under the forms tab [HERE](#)*

### Sheep and Goat Nutrition Clinic

Join Jefferson County 4-H for the next clinic in their livestock nutrition series – this time focused on sheep and goats! Dr. Clay Elliott from Texas Tech University will be leading this discussion at 6:30pm on Monday, March 8.

[Register Here](#)

### Sheep and Goat Educational Nutrition Clinic- Virtual



Guest Speaker:  
**Dr. Clay Elliott**  
**Texas Tech University**

**Monday, March 8th, 6:30 pm**

# Shooting Sports

## 2021 Shooting Sports Leader Certification Training Information

### Colorado State 4-H Shooting Sports Championships



**Rule Book**  
REVISED 1/2021

The 2021 Colorado 4-H Shooting Sports Championship Rule Book is NOW OPEN.

Please take time to read the updated rule book as it reflects updates and changes throughout. Please see the minor edits and clarification to the

### Hunter Safety Certification

- You **must** obtain your Hunter Safety Certification before you may practice with your club & before you can participate in Spring Shoot & County Shoot.
- Upload Hunter Safety Certification by **March 19 at 5pm** for **Spring Shoot** participation
- Upload Hunter Safety Certification by **April 15 at 11:59pm** for **practice & County Shoot\*** participation.

*Douglas County 4-H Members need at least **three** 4-H certified practices with your club before you are eligible to compete at County Shoot.*

**CLICK HERE for 8-10 year olds: Hunter Safety Certification Instructions**

information regarding ammunition in the **.22 Pistol** (pg. 16) & **.22 Rifle** (pg. 8) rules . Please be sure to refresh your browser to view the rulebook on the state 4-H website.

[CLICK HERE for 2021 Shooting Sports Rulebook](#)

[CLICK HERE for 11-18 year olds: Hunter Safety Certification Instructions](#)



## Shooting Sports Member Scholarship Opportunity

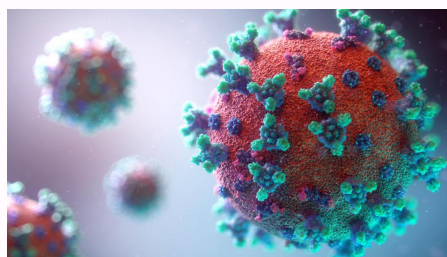
Jonathan Marr Scholarship DUE April 1, 2021



[CLICK HERE for Jonathan Marr Scholarship Information](#)

# COVID-19

**Douglas County 4-H COVID Protocol**



Effective February 6, 2021- Douglas County is in, “**Safer at Home Level: Yellow**”. 4-H groups, clubs and programs are **prohibited to meet in groups larger than 25**. We strongly encourage alternative & virtual options for all 4-H activities at this time. Additional Douglas County Level Yellow restrictions can be found [here](#).

**ALL in-person 4-H related activities MUST get approval from an Extension Agent.**

Please contact [Nicole Speeding](#) or [Kirsten Cowan](#).

Registration is required on 4-HOnline before attending any DC 4-H programming. Members fill out online COVID-19 Release Forms upon 2021 enrollment in 4-HOnline.

Participants that are NOT registered 4-H members or registered leaders must fill out the below COVID Release Forms and send to Sylvia at [sylvia.worcester@colostate.edu](mailto:sylvia.worcester@colostate.edu).

[Adult Participant Release Here](#)

[Youth Participant Release Here](#)

[FFA Oyster Fry Auction](#)

[FFA Beef Drawing Information](#)

Join the Douglas County Extension Advisory Council!

[CLICK HERE for Details](#)

## 4-H Resources

[Project Information](#)

[Submit 4-H'er of the Week Entries or Nominate HERE](#)

[Youth Council Officer Position Descriptions & Requirements](#)





# 13 Things Mentally Strong Parents Don't Do in a Pandemic

**Wednesday, March 10**  
6:00 p.m. - 7:30 p.m.

Do you feel burnt out and fed up with parenting? You're not alone. Maybe you feel like you're working double-time and still not seeing the academic results and social-emotional skills you want for your child. **At this free virtual event, you will learn how to give children the skills to deal with challenges by becoming a mental strength trainer yourself.**

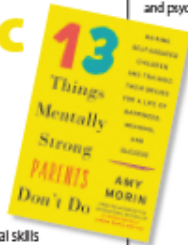
DCSD is thrilled to share the wisdom of international bestselling author Amy Morin with our families. She is well-known in the DCSD community for her book *13 Things Mentally Strong Parents Don't Do*. Amy will offer tips for supporting your child during the pandemic and offer poignant advice that will have relevance for all parents. This is going to be a meaningful and dynamic event you won't want to miss!

**Become a mental strength trainer!**

**Click Here to Register!**



**Amy Morin**  
is editor-in-chief at *Verywell Mind*, a licensed clinical social worker, psychotherapist, and psychology lecturer at Northeastern University.



Presented by



## More Opportunities

Live Weekly Experiments!

NASA MARS Rover

DC Youth Initiative Stop & Take 10



Join our daily challenges for the month of February on our social media pages!



## 4-H OFFICE STAFF

Kirsten Cowan - 4-H Livestock Agent

Nicole Speeding - 4-H Youth Development & General Project Agent

Madelyn Granos - 4-H Program Associate

Sylvia Worcester- Office Administrative Assistant

Kyle Christensen - CSU Extension Director

*Extension programs are available to all without discrimination.*



**Visit Our Website**