We still have space for YOU in these awesome activities!!!!

San Juan Basin 4-H Leadership Camp
April 19-20

The camp will be engaging 4-H members from Archuleta, La Plata, Montezuma, and San Juan County, New Mexico at the La Plata County Fairgrounds. We will have leadership and life-skills trainings in the core four H’s: Head, Heart, Hands and Health. All activities will allow youth to build relationships with others across our region and of course, FUN!!!

*We have space for a few more Intermediate and Senior members *

2019 Summer Fun 4-H Adventure Day Camp

We are excited to announce we will be offering two weeks of Day Camp this summer. Activities will run the week of June 3rd – 7th and June 10th – 14th, 9 am to 3 pm each day. You can sign up for the full two-weeks or individual days. You do not need to be enrolled in a specific project to attend any of the activities. We want youth to explore new projects. The cost will be $5.00 a day or $20 for the week or $40 for the full two weeks.

The Heritage Arts Fiber Day on June 7th will only be able to accommodate 10 members. All other days will have a max of 20 members per day. Enrollment will be on a first come first serve basis with preference given to members who sign up for the full two weeks.

We will be supplying snacks during camp time; however we ask the each youth brings their own lunch and water bottle. Camp is open to all Junior and Intermediate 4-H members. Cloverbuds will be considered for certain days. *If we finish our activities early, we will play outside or go swimming at the Rec Center.

Colorado State 4-H Conference – “4-H...The Road to Success!”
June 18th to 21st

Senior members are invited to take place in this great Leadership event at Colorado State University in Ft. Collins, CO. The State Conference will host Livestock Judging, Horse Judging, Knowledge Bowls and Speech and Demonstration Contests. In addition, members can participate in educational seminars and meet 4-H’ers from around the State. La Plata County 4-H can provide transportation and a sizeable discount for members who want to attend (cost is $100.00). Registration is open and due by Friday, May 3rd at 5:00 pm.

**If you are interested in registering for any of these events, please contact Angela at 970-382-6465 or fountainaj@co.laplat.co.us
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### Alerts!

**Last Day for EVERYONE to enroll in 4-H, and still participate in Fair, is April 1st!**

**4-H County Council on the Road**
April 4th at 6:30 pm at the Los Pinos Fire Department, 275 Browning Ave, Ignacio, CO 81137

**4-H Horse Council**
April 10th at 6:06 pm, at the La Plata County Fairgrounds, in the Lightner room (upstairs in the Exhibit Hall)

**Shooting Sport Leaders Meeting**
April 8th – 5:30 pm, at the La Plata County Fairgrounds, Animas room.

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### New Family Orientation

All families are welcome to attend our New Family Orientation. It will be April 11th, at 6:30 pm at the La Plata County Fairgrounds. We will be talking about what to expect in your first year in 4-H and how to prepare for Fair. Please bring any questions you have! Also, please RSVP to Angela. We will provide light snacks.

### Camping Spaces at the Fair

We will start accepting reservations for camping spaces at the fair on Monday, June 3rd. You are welcome to come in to the office and sign up or give us a call at 970-382-6465. Space is VERY limited and will only be taken on a first come, first served basis. Cost is $40.00 per space.

### Truck Raffle Tickets Fundraiser

We are offering the Truck Raffle Tickets as a fundraiser for your clubs! The Colorado 4-H Foundation has a raffle every year; the grand prize is a 2019 Ford F-150! Ticket is sold for $5.00 or 5 for $20.00. In return for selling these tickets, your club will receive 50% of your ticket sales!

Tickets are available at the Extension Office

**All sold and unsold tickets are due in the Extension Office on July 26.**

If you have any questions, please call Angela. 970-382-6465

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### Riding Clinic - Bayfield Riders 4-H Club Fundraiser

Sunday, April 7, 2019 at the La Plata County Fairgrounds

Limited Space - Open to all

Clinician: Annie Sheppard
Showmanship & Horsemanship (Bring a Showmanship Halter) 10 am to 12 pm

Please join us for Lunch! 12:00-1:00 - $5.00: Sandwich, chips, drinks, homemade goods
Both of our clinicians will be attending so then would be the ideal time to ask questions!

Clinician: Marcie Dyer (She will make a specialized lesson plan for the group & cater to anything you need help with)
Basic Reining, 1 pm to 3 pm.

Ride in one or both clinics! - $25 per clinic ($50 for both) - Pay on the day of the clinic upon signing your release of liability for the La Plata County Fairgrounds

Preregistration REQUIRED! Call Jamie Shields McDonald: 970-551-0044

### Mental Health Mardi Gras

May 4, 2019 @ 6:00 pm at the La Plata County Fairgrounds

Join La Plata County 4-H and the CODY Project for an extreme Mental Health Mardi Gras celebration, featuring The Meltdown, Human Foosball, Whack-a-Mole, and more! Local guest speakers, mental health resource fair, food, and of course games! Wiping out and building up because YOU MATTER

Want to know more about this event and other activities?
Like us on Facebook @thecodyproject
Follow us on Instagram @c.o.d.y.project
Livestock Record Book Corner
(Beef, Goat, Poultry, Rabbit, Sheep & Swine)

Spring is here. The Record Book Committee met on March 14 to discuss the first phase of record books. This is for the July 22-26 turn in dates. The following is the clarifications that came out of that meeting:

Before Fair

1. Complete as much of your Livestock Record Book(s) for Beef, Swine, Sheep, Goats, Rabbits and Poultry as possible.
2. Turn in your Livestock Record Book(s) during the week of July 22–26 with a blank Checklist attached.
   a. This checklist is NOT for Dog or Horse participants.
3. Livestock Record Books will be reviewed against the checklist like last year.
   a. Livestock Record Book Committee members will be reviewing the books and checking them against the Checklist.
4. The checklist must be complete to qualify to show at fair.
   a. If the checklist is not complete, if you turn in your record book early enough in the week, you will be given the chance to correct the issue.
   b. If it is not complete by Friday at 5 PM, the Fair Board will be notified that you are ineligible to show or sell at the County Fair.
5. If you do not turn in a record book in July and don’t participate in the 4-H/FFA classes of the show for your species, you MUST turn in a completed record book by September 10th to be able to enroll in that project for the next year. Your book will not be eligible for any record book awards.
6. Livestock Record Books will not be part of the interview.
   a. The Livestock Record Book Committee has turned the interview process over to Extension Office Personnel to coordinate and facilitate due to Record Books not being part of the interview.
7. Your interview score will be added to the Livestock Record Book score at the end of the project in September.
   a. The Livestock Record Book Committee encourages you to do well on your interview and explain your project to the best of your ability.
8. Livestock Record Books can be picked up the night of the interview to be completed after fair.
9. Livestock Record Books not picked up by the end of fair will be disposed of.
10. Don’t forget that to be eligible for the record book awards and the supreme awards, you must turn in your record book a second time by September 10th. It must be fully completed and ready to be judged.

Checklists will be available on the county website and will be given to Club Leaders. Remember your Start date is October 1, 2018 not August 1, 2018. Only this year’s animals will go in your book. Members of the Livestock Record Book Committee including myself are: Kali & Brad Fassett, Kari Jenkins, Leon Hanhardt, Kaycee Chadborn, Russell Greer, Pattie Smith, Aimee Woods, Sandy Wade, Deb Denious, Jessie Kugle, and Megan Stephenson.

All questions, concerns, and comments are welcome and given due consideration. We continue to strive to make the Livestock Record Books a valuable educational tool for our 4-H members. The committees’ goals include trying to clear up confusion from last year and remain transparent through the whole record book process from beginning to end.

Teddi Baird – Tharp
teddiabear@hotmail.com (970-217-5609)
Livestock Record Book Superintendent

Record Books
All record books are available on our website: www.laplatacounty4h.org If you have any questions about your record books or where to find them, please contact at Angela 970-382-6465 or fountainaj@co.laplata.co.us
Add, Drop and Enrollment Deadlines

The last day for the 2019 4-H enrollment is fast approaching! April 1st, is the last day that anyone can enroll in 4-H and still participate in the La Plata County Fair. If you know of anyone that has not enrolled yet, please contact them and let them know they must do so by April 1st.

The last add a project is May 1st and the last day that to drop a project, without penalty, is June 1st. For all adds or drops, you can go to www.co.4honline.com or contact Angela at 970-382-6465 or fountainaj@co.laplata.co.us

4-H and FFA Swine, Sheep & Goat Tag-in

We offer three opportunities for our 4-H members to tag-in their Swine, Sheep & Goats. All members are welcome to go to either tag-in; however, if you are planning on going to State, you MUST tag-in at the Durango location.

Swine, Sheep & Goat – May 8th from 3:30 pm to 6:30 pm at the La Plata County Fairgrounds. All animals that will be shown at the Colorado State Fair must have a nomination card and pay $3.00 to get a retinal scan.

***PLEASE NOTE All members that want to take their animals to State Fair, must tag-in this date.***

Swine, Sheep & Goat – For all members that DO NOT want to attend State Fair, there will be two weigh-ins to choose from; They will both be on May 11th, one for Ignacio/Bayfield area and another for Marvel/Breen area, from 9 am to 10:30 am.

Meat Quality Assurance (MQA)

MQA is scheduled for Wednesday, May 8th at 6:30 pm at the La Plata County Fairgrounds, Extension Building. Please note that if you are in a Breeding or Market project, you are required to take the MQA class, your 1st year of taking the project AND the first year you are a Senior (14 as of December 31, 2018).

If you haven’t taken the MQA class before and you are doing a BREEDING OR MARKET project, you are required to attend. ALSO if you are planning on taking pigs to the State Fair in 2019, you are required to attend even if you did the class last year.

19th ANNUAL Old Fort Jackpot - Steer, Lamb and Goat Classic

Saturday, June 15, 2019
La Plata County Fairgrounds
Entries accepted the morning of show. More information will be in the May HUBS.

Poultry Meetings

These meetings count towards you Poultry Supreme Awards! All meetings are in the Extension Building.

March 13 – Animas room – 6 pm
April 17 – Animas room – 6:30 pm
May 15 – Animas room – 6:30 pm
June 19 – Animas room – 6:30 pm
July 17 – Animas room – 6:30 pm
July 27 - 9:00 am to 12:00 pm – Clinic on washing your poultry

Rabbit Meetings

These meetings count towards your Rabbit Supreme Awards! All meetings are in the Extension Building.

April 17 – Florida room – 6:00 pm
May 15 – Florida room – 6:00 pm
June 19 – Florida room – 6:00 pm
July 17 – Florida room – 6:00 pm
Horse Project - Important Dates

**Horse Camp** – May 3rd to May 5th

**Spring Fling in Durango**
Horse Show May 18th @ 9 am
Gymkhana May 19th @ 9:30 am

**Horse Certificates** are due ONLINE by May 1st at 5:00 pm

**Horse Safety Take Home Test** due by May 1st at 5:00 pm

**Friday Night Lights - Gymkhana in Durango**
June 7th at 5:30 pm

**Invitational in Durango**
Horse Show June 22nd @ 9 am
Gymkhana June 23rd @ 9:30 am

**San Juan Basin District in Durango**
Horse Show July 13th @ 9 am
Gymkhana July 14th @ 9:30 am

**Horse Council Meetings:**
Wednesday, April 10 at 6:00 pm, at the La Plata County Fairgrounds. – Upstairs in the Exhibit Hall

****All of our Gymkhanas and Horse Shows are open to the public. ****

**Fair Dates for Horse Project:**
Record Books Due: July 22nd to 26th by 5 pm
Horse Show: Aug. 3rd @ 9 am
Gymkhana: Aug. 4th @ 9:30 am
Interviews: Aug. 5th – between 9 am and 1 pm
Demonstration: Aug. 5th – between 8 am and 5 pm
Hippology: Aug. 5th – between 10 am and 3 pm

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**Horse Camp – May 3rd to May 5th**

This camp is open to any and all 4-H members (you do not have to be enrolled in the 4-H Horse Project to participate) in the San Juan Basin (Archuleta, Dolores, La Plata and Montezuma Counties) and will begin on Friday night and conclude on Sunday afternoon.

If you haven’t been to 4-H Horse Camp before, we will begin on Friday with dinner at 6:30 p.m. On Saturday, we will have clinics, games and swimming. Then Sunday we will have more games before cleaning up and it will be over by about 2:00 pm

We will be doing things a little differently this year and not using the tents. Girls will be sleeping upstairs in the Exhibit Hall and boys will be in the Extension Building. We will also be in conjunction with our CODY Project event; where we will have all kinds of fun games and activities in the Exhibit Hall on Saturday evening.

Angela will email out the registration forms (mid-March) but you will also be able to get them online at [www.laplatacounty4h.org](http://www.laplatacounty4h.org) or come into the office and pick one up.

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**La Plata County 4-H Shooting Sports Completion Requirements**
(This does not include the your club requirements)

Tim Karp is the Shooting Sports Superintendent. You can call him after 5:00 pm at 970-946-0938 with any questions.

- You must work with a certified 4-H Shooting Sports Instructor (who is certified in the discipline in which you are shooting) for a minimum of 3, one hour training sessions. You must work with the same instructor for all 3 of your training sessions. (Shooting Sport Competitions do not count as training sessions).
- You must do and turn in a completed record book, and display board and do a project interview at the La Plata County Fair.
All Intermediate (11 to 13 years old) and Senior (14-18 years old) 4-H Shooting Sport members must have a Hunter Safety Card.

All Junior (8-10 years old) members are only required to have a Hunter Safety Card if they are planning on competing at the State Fair.

Members may shoot in as many disciplines as they want, but only have to sign up for one discipline to have as their project and turn in at the La Plata County Fair.

Important Dates for 2019 *Dates are subject to change*

**APRIL**

1. Deadline for all returning and New 4-H Members to register in 4-H and still participate in the La Plata County Fair
2. County Council Meeting – 6:30 pm - Los Pinos Fire Department, 275 Browning Ave, Ignacio, CO
3. Riding Clinic - Bayfield Riders 4-H Club Fundraiser *Pre-registration required*
4. Volunteer Appreciation Week
5. Shooting Sports Leaders Meeting – 5:30 pm – Animas room
6. Horse Council Meeting – 6:06 p.m. – Lightner, upstairs in the Exhibit Hall
7. New Family Orientation – 6:30 pm – Extension Building
8. Equestrian Fun Day – 12:00 pm - Pavilion
9. Rabbit Member Meeting – 6:00 pm – Florida room
10. C.O.D.Y. Meeting – 6:30 pm – Extension Building
11. Poultry Member Meeting – 6:30 pm – Animas room
12. Catch-it Meeting – 6:30 pm – Extension Building
13. San Juan Basin District Leadership Camp – LPC Fairgrounds *Pre-registration Required
14. C.O.D.Y. Support Group – 7:00 pm – Extension Building

**May**

1. Last day to ADD Projects.
2. Dog ID Forms MUST be uploaded to 4honline by 5 pm
3. Horse Certificates MUST be uploaded to 4honline by 5 pm
4. Horse Safety Test due by 5 pm
5. Higher Education Scholarships due by 5 pm
6. County Council Meeting – 6:30 pm – On the Road at the Breen Grange in Hesperus
7. Horse Camp – Fairgrounds * Pre-registration required
8. C.O.D.Y. Event – 6:00 pm to 9:00 pm - Fairgrounds
9. Rabbit Tag-In – Evening, exact time is TBD - La Plata County Fairgrounds
10. 4-H/FFA Livestock Tag-in for Market Sheep, Swine and Goats (Durango Option), Fairgrounds 3:30 p.m.–6:30 p.m. (If you are planning on attending State Fair, you MUST attend this tag-in)
12. 4-H/FFA Livestock Tag-in for Market Sheep and Swine (Ignacio/Bayfield and Marvel/Breen Options) *9:00 a.m. to 10:00 a.m.*
13. Rabbit Member Meeting – 6:00 pm – Florida room
14. C.O.D.Y. Meeting – 6:30 pm – Extension Building
15. Poultry Member Meeting – 6:30 pm – Animas room
16. Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
17. Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
18. Extension Office closed for Memorial Day
19. C.O.D.Y. Support Group – 7:00 pm – Extension Building
20. TBD
21. Fun Shoot
JUNE
1  Last Day to DROP Projects
3  Fair Camper Sign Up
3  Adventure Day Camp – Art of Sewing, part 1 – 9 am to 3 pm *Pre-registration required
4  Adventure Day Camp – SW Cultural Day – 9 am to 3 pm *Pre-registration required
5  Adventure Day Camp – Cake Decorating – 9 am to 3 pm *Pre-registration required
6  Adventure Day Camp – S.T.E.M. – 9 am to 3 pm *Pre-registration required
6  County Council Meeting - 7:07 p.m. - Extension Building
7  Adventure Day Camp – Heritage Arts, Fiber – 9 am to 3 pm *Pre-registration required
7  Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena
8  Narrow Gauge Rabbit Show – 9 am – La Plata County Fairgrounds
10 Adventure Day Camp – Art of Sewing, part 2 – 9 am to 3 pm *Pre-registration required
11 Adventure Day Camp – TBD – 9 am to 3 pm *Pre-registration required
12 Adventure Day Camp – Cooking Adventure – 9 am to 3 pm *Pre-registration required
13 Adventure Day Camp – Youth Livestock Day – 9 am to 3 pm *Pre-registration required
14 Adventure Day Camp – Hiking & Hot Springs – 9 am to 3 pm *Pre-registration required
14 4-H Community BBQ Tickets, Posters and Fair Entry Forms Available
14-16 Swine Jackpot – La Plata County Fairgrounds
15 Old Fort Jackpot – La Plata County Fairgrounds
17-21 State 4-H June Conference - CSU Campus
19  C.O.D.Y. Meeting – 6:30 pm – Extension Building
22 Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds
23 Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
25  C.O.D.Y. Support Group – 7:00 pm – Extension Building
25-July 2 Exchange Trip
TBD  Royalty Clinic – 2:30 pm – Extension Building
TBD  Catch-It Sponsor Pot Luck

JULY
4  Extension Office Closed for Independence Day
13  San Juan Basin District Horse Show – 9 a.m. – La Plata County Fairgrounds
14  San Juan Basin District Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
15  ALL CLUB TREASURERS BINDERS & IRS FORMS ARE DUE BY 5 P.M. to the Extension Office
17  Shooting Sports Fair Entry Forms due by 5 p.m. to the Extension Office
17  C.O.D.Y. Meeting – 6:30 pm – Extension Building
20  County Fair Shoot (not Shotgun) – 10 a.m. – Wright’s property in Ignacio
22-26 All 4-H/FFA Animal and Community Service Record Books, Fair Entry Forms and Fair Royalty Applications due into the Extension Office
23  C.O.D.Y. Support Group – 7:00 pm – Extension Building
26  Last Day that 4-H/FFA Livestock/Horse/Dog Record Books and Entry Forms and Community Service Books accepted in the Extension Office - before 5 p.m.
26  ALL Sold and Unsold Truck Raffle Tickets are due by 5:00 pm
26  Rabbit Meat Pen Tattoo – Time TBD – La Plata County Fairgrounds
27  County Fair Shotgun ONLY Fair Shoot – 10 a.m. – Witt’s property in Ignacio
Club Reports

County Council – February Meeting

The La Plata 4-H County Council Meeting was called to order at 7:08 pm on February 7th, 2019. Brock Fassett led us in pledges. The minutes from the December meeting were tabled until a later meeting. The motion was made by Kaleb Lee and seconded by Halle Moore. Motion passed. The treasurer's report was given by Kat McCourt. Our ending balance was $32,598.18. All present members gave reports on their clubs. Kat McCourt and Kaleb Lee gave a report on LDC. Halle Moore the 2018-2019 Princess gave a report on the fair royalty. There was no old business. Under new business we discussed that we were switching banks. We closed our account at TBK bank and switched both checking and savings accounts to the Bank of Colorado. We also voted that Jessie Kugle and Kat McCourt continue being our signers. The motion was made by Bristol Lesky and second by Kaleb Lee. Motion passes. We then reminded everyone that the March county council meeting will be held Thursday, March 7th, from 6:30 to 8:00 at Bayfield Town Hall due to our county council on the road program. We also reminded everyone that C.O.D.Y. Project will be hosting a movie morning on Saturday, March 9th at the Stadium 9. You must get tickets from Angela or a C.O.D.Y. member, starting the week after the meeting. The movie will start at 10 am but they encourage you to get there early to socialize and talk to community members and other groups. It was then announced that the San Juan Basin Leadership Camp will be held April 19th and 20th at the fairgrounds. During the drawing of tickets Brock Fassett won and Bristol Lesky won the 4-H jeopardy game. The meeting was adjourned at 7:56 pm. A motion was made by Brock Fassett and second by Halle Moore. Motion passed.

Florida Four Leaf 4-H Club

The Florida Four Leaf 4-H Club had our meeting on March 12, 2019 at the Florida Grange in Durango. We had dinner and Kaleb Lee called the meeting to order at 6:35 pm and pledges were done by Mackenzie Hjermstad. Brock Fassett called roll and we had no new members or guest. The February minutes were not read because our secretary was absent and will be read at April’s meeting. Kate Baker gave the treasure’s report.

During reports we talked about County Council, leaders report, rabbit camp, March HUBs, and the movie. The club went and saw How to Train a Dragon: The Hidden World. Everyone said they enjoyed it and they would like to go to the movies again next year.

During unfinished business, we talked about our annual dance. We are having a hard time getting a DJ and the grange on the same date. So we working on getting a dance put together for June. In new business, we talked about a clover bud leader, meal, and dessert people for April’s meeting. We had four demonstrations after the meeting. Maddy Mortimer showed us how to make ice cream, Han Lobato demonstrated how to make a paper airplane, Kelton Lee showed us how to tie flies, Katelyn Chadborn did how make invisible ink, and Garrett Hjermstad did how to transform transformers.

Our next meeting is Tuesday, April 9, 2019 with dinner being served at 6:15 pm.

Generations 4-H Club

The Meeting was called to order at 6:46 pm on March 6th. Angelina led us in the pledges. We had 19 members and 1 new member join the club. There was no treasurer’s report. Jordan motioned to move the report to next meeting and Cole 2nd it. There was no Old Business this meeting. In New Business we talked about our upcoming Chile Cook-off and jobs for the night.. We donated $75 to a member of our club to use for livestock judging. We also talked about club expectations for the year and getting record books started. The meeting was adjourned at 7:21 pm.

Reporter- Lucy Porter

Ignacio Westerners 4-H Club

The meeting was called to order at 7:08 pm, Monday, February 11th. Taylor J. led the pledges. Kori J. gave the Livestock Judging report followed by Payton M. who gave the treasurer’s report. Then Rylee P. read the HUBS. The following people did demonstrations – Aven B., Payton M., and Mirra B.
We adjourned the meeting at 7:41 pm.
Sincerely, Vaughn C. Lee, Reporter
Pioneer 4-H Club Meeting 3-11-19

Pledge’s lead by Dakota
Roll call: Emmett, Jacob, Dakota, Savana, Brianna, Nathen, Ashland, Isaac, Colt
Treasures report: Bills were paid
We shared who we shared our cookies from the valentines meeting.
Dakota reported on the pancake dinner fundraiser. She was impressed with how everyone worked together and had fun.
New business: Cemetery cleanup was set up for May 25, at 7:30 am. At marvel cemetery. Bring hand tools and gloves.
Road side clean up. Was discussed and moved to have it April 8th after school at 3:30 ish and FLM school. With our monthly meeting to follow
It was voted on to order new club t-shirts this year. We will offer it to the West side Wranglers. We should add to our design if they want. We will come back to our next meeting with ideas.
Jacob moved that have a movie night on either April 6th or 20th at 7 pm. Dakota, Isaac and Rusty will advertise.
Meeting adjourned at 7:55 pm

Weasel Skinners 4-H Club

On February 11th the Weasel Skinners met at the Ignacio Bowling Alley. We had a short meeting before we bowled. In the meeting we discussed volunteering at Sunshine Gardens but we postponed it. We also discussed volunteering and running a booth at the St. Patrick Day Carnival. We decided to postpone the vote until the next meeting. We did decide to make a cake for the cake and pie auction to raise money for the club. After we adjourned the meeting we bowled. Our next club meeting will be held on March 11th at 6 pm at the Sunnyside library.
Respectfully submitted,
Sidney Elliott

Weasel Skinners 4-H Club

We met on March 11th at the Sunnyside library. We discussed volunteering at The Sunnyside St. Patrick's Day Carnival and we are going to promote the club. For our next meeting we are going to be volunteering at Sunshine Gardens. Sidney Elliott did her demonstration on how to tie a goat. Our next meeting will be on April 8th at the Sunshine Gardens Senior Center.
Respectfully submitted,
Sidney Elliott
Here are 10 simple strategies managing emotions and tapping into your body and brain’s capacity for shifting negative emotions into a more positive or calm mood.

1. Smile to make others feel good. Create that connection, open communication, and trigger those mirror brain cells that make us experience empathy for others.

2. Get up and move. Jump around. It is important to move our lymph nodes to get toxins out of our body. Our lymphatic system doesn’t have muscles to get it moving; it works when we move other parts of our body and allow gravity to massage it. Bouncing is the best way. Raising our arms generates the release of hormones under our armpits – often referred to as ‘happy hormones’. This will tell our brain we are happy and make us feel better. Get up from your desk regularly.

3. Check in with your body. Do a body scan. Take note of where you are holding tension and your overall physiology. Relate these tensions and changes to the emotion you are feeling to begin to understand where and how different emotions affect you.

4. Breathe. Take 6 deep diaphragmatic breaths. Our body cannot sustain anger through deep breathing. Let the lower lungs have that oxygen to pass around your body and brain. This will calm you and flood you with oxygen. You may feel tingly. Do it for at least 60 seconds.

5. Talk to someone. Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions. – Angela & Greg are ALWAYS available to talk to.

**Suicide Prevention & Hotlines:**
Axis Health – They have a 24/7 hotline, where you are able to call with questions, concerns or someone to talk to. 970-247-5245
Pediatric Partners of the Southwest- They are equipped to assist with any concerns and have professionals that specialize in assisting youth. Horse Gulch Health Campus, 810 E 3rd Street, Suite #301 Durango, CO 81301
ALL school counselors are available to assist any student.
**Axis Health offers FREE trauma support to ANYONE** – Monday thru Friday between 8 am and 5 pm. All you need to do is walk in and say that you have experienced a traumatic event and that you need to see someone. 281 Sawyer Drive, Suite 100, Durango, CO 81303 - Phone: 970.259.2162

**The definition of a traumatic event is:** “An experience that causes physical, emotional, psychological distress, or harm. It is an event that is perceived and experienced as a threat to one’s safety or to the stability of one’s world. A traumatic event may involve: A move to a new location, Anxiety, Death of a friend, family member, or pet, Divorce, Fear, Hospitalization, Loss of trust, Pain, Physical injury or illness, Separation from parents (perceived abandonment), Terrorism or mass disaster, Violence or war.”