Angela & Greg would like to wish everyone a Happy and Safe Holiday Season!

Thank You and Happy Trails...

I would like to take this opportunity to wish everyone a Happy and Safe Holiday Season. In addition, I would like to thank you for your continued dedication and commitment to the La Plata County 4-H program. We are very lucky to have such a great community!

It has been my pleasure and honor to serve as your 4-H Youth Development Extension Agent for the last nine and a half years. Starting February 2020, I will be transferring to the Montezuma County Extension office to serve as their Director. I will continue to have some 4-H responsibilities; however I will be expanding my career in areas of Community, Economic, Local Agricultural and Natural Resources Development work.

In the meantime, I am working to make sure the transition of the next person in my role goes efficiently. I will be assisting County Council to plan an Officer’s training for all our clubs. Please be expecting a call from one of our officer’s to plan a date soon. In addition, I look to go to one more Leadership Development Conference in Denver in January. Please sign up soon. We will be going to a Denver Nuggets game!

Furthermore, I will be organizing meetings for livestock, shooting sports, C.O.D.Y project, general project days, and of course the early planning for the 2020 La Plata County Fair. Please don’t hesitate to contact me with requests or ideas you may have for La Plata County 4-H program planning.

I am very confident that the 4-H program will continue to thrive. I ask that you give the next person in this role the kindness and respect that you have shown me. It has and will be greatly appreciated.

Finally, Thanks again for being a part of my life and allowing me to contribute to yours. I am always humbled at the impact the 4-H program can make on youth and communities. So, until we meet again...Happy Trails!

-Greg Felsen
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ALERTS!
NO County Council or Horse Council meetings in December.

4-H Extension Office is closed: December 24, 25, 31 & January 1

Horse Council Meeting
January 8th at 6:06 pm @ LPC Fairgrounds

County Council Meeting
February 6th at 7:07 p.m. @ LPC Fairgrounds

Generation’s 4-H Club has moved their December meeting to 12/11/19 and their January meeting to 1/8/19.

4-H Enrollment is open!
4-H enrollments can be done electronically at https://colorado.4honline.com or by paper. Any member who was in 4-H last year MUST enroll by December 31 or you will be charged an extra $30.00 late fee per member. We encourage all returning volunteers to enroll as soon as possible as well.

To enroll, go to https://colorado.4honline.com you will need to click on “I have a Profile” and login with your family email address. If this email address is incorrect, please call our office as we will need to update this before you can proceed. If you have forgotten your password or never set one up, simply select the “I forgot my password” on the login screen to have a new password emailed to you.

Please do not make a new profile.

If you have any questions or want a paper enrollment form, please call or email Angela 970-382-6465 or fountainaj@co.laplata.co.us

Unfortunately, we still do not the ability to accept credit cards, so you will need to mail or bring in cash or a check to the Extension Office. The fees have not changed and are:
$25.00 for the first child
$20.00 for each additional child
$10.00 for each Cloverbud (5 to 7 years old)
Angela will not “approve” your enrollment until she has received your entire registration fee. This means that returning members must be enrolled and paid by December 31st, or you will be charged and extra $30.00 late fee.
*If you aren’t sure what projects you want to do, you have until May 1st to add projects and June 1st to drop them.

**Our office is CLOSED December 24, 25, 31 & January 1. So, please plan accordingly when dropping off paperwork and enrollment fees. **

4-H Livestock Meeting
In an effort to improve both 4-H Livestock programming and improvements to our role at the La Plata County Fair, please join us for a meeting. This will be an opportunity to voice concerns and work towards solutions in our 4-H Livestock community. We will supply light snacks and refreshments. Please RSVP to Angela @ Angela.Fountain@co.laplata.co.us or call 382.6465
When: Wednesday, December 11th – 6:30 p.m.
Where: Extension Building on the La Plata County Fairgrounds

Farewell Party for Greg
Please join us on Friday, January 24th between 4:30 pm and 6:30 pm at the La Plata County Fairgrounds, for Greg’s going away party. We will have food and drinks, so no need to bring anything.
Community Service Opportunity

Greetings from Sunshine Gardens Senior Community! We enjoy being an active part of the Durango area community, although our residents can’t always get out as much as they would like to. In order to keep them connected, we love to have outside groups come in and share their passions with us. We regularly have school children visit to share their games and stories, musicians and artists, and really anything in which our residents can participate or enjoy.

It was recently explained to me that the local 4-H clubs here are required to do one or two community events/presentations per year. We would LOVE if any of your groups might be interested in sharing their projects or stories with our residents! Please reach out and let us know how we can partner.

Thanks in advance for your consideration.
Hana Mueller, Director of Marketing
Sunshine Gardens Senior Community
Cell: 217-220-1105
Email: muellerhana@gmail.com

Make Money for 4-H Without Having to Fundraise!!

Enroll in the City Market Community Rewards Program and every time you shop at City Market, you'll be helping to support La Plata County 4-H!!

In order to participate, you must have a City Market Value Card, enroll online and choose La Plata County 4-H as the organization that you’d like to support. You’ll still get all the same discounts and prices, but the money you spend will count as votes toward the size of the donation that La Plata County 4-H will receive from the Community Rewards Program.

Go to www.citymarketcommunityrewards.com and click "ENROLL" It will prompt you to log in to your value card account. If you do not have one, you will need to set one up in order to participate. You will be able to enroll with your City Market Rewards Number or with the phone number you use as alternate ID.

Bank of Colorado Loan Program for 4-H & FFA Members

Bank of Colorado is pleased to announce a new loan program for FFA and 4-H members. This interest and fee-free loan program is designed to support FFA and 4-H members who wish to start a livestock project of their own, while teaching them responsibility and how to manage their money. Here’s how it works:
• Pick up an application from Bank of Colorado or visit with a loan officer about the program. Loans are interest and fee-free for FFA and 4-H members in good standing.
• Determine which livestock project best suits you and have it approved by your parents and FFA Advisor or 4-H Leader.
• Return your application to Bank of Colorado complete with project information, description, budget and required signatures.
• Once approved by our loan officer, they will work with you throughout the project. You will need to schedule a time for your loan officer to visit your project and learn about your progress. Upon completion of your project, you will present your record book to your loan officer for review.
• Once you sell your animal, you will need to pay our loan in full within 10 days of receiving payment from the buyer.
• You must have and maintain a GPA of 2.5 or higher.
• Funds may be used to purchase an animal, feed or needed equipment and supplies.

Questions can be directed to Brandon Hatter at 970.385.5305 or brandon.hatter@bankofcolorado.com
Shooting Sport Leaders Training

We are in need of more Shooting Sport leaders! If you are interested, please let Angela know. Below is the 2020 4-H Shooting Sports Leader Training Schedule.

**March 13-15, Weld County** (Rifle, Pistol, Shotgun & Archery)

**March 20-22, Pueblo County** (Rifle, Pistol, Shotgun, Archery, Muzzleloader, Western Heritage & Hunting/Outdoor Skills)

**March 27-29, Garfield County** (Rifle, Pistol, Shotgun, Archery, Muzzleloader, Western Heritage & Hunting/Outdoor Skills)

**April 3-5, Arapahoe County** (Rifle, Pistol, Shotgun & Archery)

National 4-H Congress

Applications are due February 1\textsuperscript{st} and the trip is March 28 – April 2, 2020

National 4-H Conference is the premier civic engagement opportunity for 4-H members (15-19 yrs.) who are actively engaged in 4-H programs across the U.S. and its territories. The conference is administered by 4-H National Headquarters of the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA). This experience upholds a tradition dating back to 1927. Delegates have the opportunity to practice and apply in a real world setting their newly developed and refined skills. The delegates choose an important societal topic and in round table groups prepare a briefing. During the conference, the groups present their briefing to federal officials around the Washington, D.C. area.

The conference will be held at the National 4-H Youth Conference Center in Chevy Chase, Maryland, one mile from the nation’s capital. The Colorado 4-H delegation will include up to six youth and one adult advisor/chaperone. The State 4-H Office will make all registration and travel arrangements. The Colorado 4-H Foundation sponsors approximately 1/3 of the cost for youth to participate so the cost for youth is about $750.00

**National Western Stock Show in Denver** is January 11-26, 2020.

Leadership Development Conference (LDC)

Leadership Development Conference is an annual State 4-H function that is open to Senior Level 4-H members. It will be held once again in Denver, CO, January 25-27. This includes a trip to the State Capitol for a tour (weather permitting) and hopefully will allow us to meet with our local State Senators. We have the ability to send 10 senior members using our County funded transportation for this event. The cost for each member will be $75.00 to cover the cost of registration, hotel, 2 breakfasts, 1 lunch, and 2 dinners. Please be prepared to cover the other meals. Limited partial scholarships will be available for this opportunity.

Youth Fest

The 2020 Youth Fest will be held at the Ponderosa Retreat Center in Larkspur, CO, February 14-16. This is a camp for members 9 to 13 years old. It costs $50.00 per person and is limited to the first 10 campers. Limited scholarships will be available for this opportunity. The cost will cover the registration, lodging and all of the meals. We will probably leave around 8 a.m. on a Friday and return in the afternoon the following
Sunday. Come participate in fun workshops; dancing, games, building a bridge, and skits! Limited partial scholarships will be available for this opportunity.

**Citizenship Washington Focus**

CWA is a 4-H leadership program for 4-H youth, held in June. Delegations of 15-19 year-olds from across the country attend this six-day program at the National 4-H Youth Conference Center. The program is aimed at enriching young people’s lives by broadening their appreciation and respect for themselves and others in the world. Participants attend workshops, committees, field trips and social events, giving them hands-on opportunities to learn and grow. Participants learn and practice skills that will make them better citizens and more successful individuals.

For the first delegate, there is a three way split for expenses associated with this event. The Colorado 4-H Youth Fund sponsors approximately one third of the expenses for 1 youth, from each county, attending this event. The remaining two thirds come from the **Delegate ($700.00)** and La Plata County 4-H Council ($700.00). If La Plata County has more than one delegate, we will discuss how the cost ($2100.00) will be split up between the delegate and the La Plata County 4-H Council.

We do not have the exact dates (will be in June) or an application yet but if you are interested, please contact Angela 970-382-6465.

**4-H Adult Chaperones Needed**

Every year, Colorado 4-H hosts state-wide leadership events. These are great events for both 4-H youth and Adult members. La Plata County 4-H is seeking registered Adult members to act as chaperones at these events. La Plata County 4-H will cover registration fees, transportation, lodging and conference associated food costs. Chaperones will be required to drive members to and from the event, monitoring our youth’s participation and health, and making sure members are in bed at night. If you are interested, please come by the office and pick up a Chaperone packet and get your name on the list. We will meet with individuals to go over logistics for each event. Depending on the amount of youth attending an event, will determine how many Chaperones will need.

- January: LDC - Leadership Development Conference, January 24-27 in Denver, CO.
- January: Youth Fest – February 14-16 in Larkspur, CO.

Please check out: [www.colorado4h.org](http://www.colorado4h.org) under Events and Opportunities for more information.

**Project Leaders Needed**

We are looking for adults that are willing to be project leaders for 4-H members. In a perfect world, we would have a project leader for each of our 4-H projects that are offered. So, if you or someone you know, would like to volunteer some of their time and knowledge throughout the year, please have them contact Angela at 970-382-6465 or [fountainaj@co.laplata.co.us](mailto:fountainaj@co.laplata.co.us).
ATTENTION TO ALL CLUB REPORTERS:

PLEASE remember that all club reports are due by the 27th of every month. Please send them to fountainaj@co.laplata.co.us

Here is an example of what we recommend your club report to include:

*4-H club name
*Date and time of meeting
*Number of members and guest attending the meeting
*Old business
*New business
*Committee reports
*Member reports
*Announcements
*Program/Demonstration
*Adjourned
*Name and title of member making the report

Important Dates in 2019-2020 *Dates are subject to change*

**DECEMBER**
24-25  Extension Office Closed for Christmas
31  Extension Office Closed for New Years
31  Last Day for 4-H re-enrollment. After this date, returning members may reenroll but will be charged a $30.00 Late Fee

**JANUARY**
1  Extension Office Closed for New Years
8  Horse Council Meeting – 6:06 p.m. – Extension Building
10  LDC Registration due to the Extension Office by 5:00 pm
11-26  National Western Stock Show – Denver
15  C.O.D.Y. Meeting – 6:30 pm – Extension Building
17  Youth Fest Registration due to the Extension Office by 5 pm
20  Extension Office Closed for Martin Luther King, Jr. Day
24  Farewell Party for Greg – 4:30 pm to 6:30 pm – Extension Building
25-27  LDC (Leadership Development Conference) for Senior-aged 4-H’ers in Denver

**FEBRUARY**
1  Snowdown Obstacle Course at Buckley Park
5  Horse Council Meeting – 6:06 p.m. - Extension Building
6  County Council Meeting - 7:07 p.m. Extension Building
8  Sno-Ball Classic – Farmington, NM
12  Catch-It Meeting – 7 p.m. – La Plata room, upstairs in the Exhibit Hall
14-16  Youth Fest - Statewide event for younger 4-H Members (9 to 13 years old)
17  Extension Office Closed for President’s Day
19  C.O.D.Y. Meeting – 6:30 pm – Extension Building
MARCH
1 Catch-It Tour – 8:30 am – Meet in the Fairgrounds Parking Lot
4 Horse Council Meeting – 6:06 p.m. - Extension Building
5 County Council Meeting – 6:30 pm – Bayfield Town Hall
6-8 Rabbit Camp
14 4-H/FFA Market Beef Weigh-in - 9 a.m. till 11 a.m. – Pavilion
19-21 Four States Ag. Expo Montezuma County Fairgrounds
18 C.O.D.Y. Meeting – 6:30 pm – Extension Building
16-20 Bayfield, Durango & Ignacio Spring Break
TBD Youth Hunter Safety Class – 8:30 am – Extension Building**pre-registration required*

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
1 Horse Council Meeting – 6:06 p.m. - Extension Building
2 County Council Meeting – 6:30 pm
4 Ranch Horse Versatility Clinic – time TBD – LPC Fairgrounds
15 C.O.D.Y. Meeting – 6:30 pm – Extension Building
18 C.O.D.Y. Event – Kickball – Fairgrounds Ballfields
TBD New Family Orientation – 6:30 pm – Extension Building
TBD Rabbit Member Meeting – 6:00 pm – Florida room
TBD Poultry Member Meeting – 6:30 pm – Animas room
TBD San Juan Basin District Leadership Camp – LPC Fairgrounds *Pre-registration Required
TBD Volunteer Meeting – 6:30 pm – Extension Building – PLEASE RSVP to Angela

May
1 Last day to ADD Projects.
1 Dog ID Forms MUST be uploaded to 4honline by 5 pm
1 Horse Certificates MUST be uploaded to 4honline by 5 pm
1 Horse Safety Test due by 5 pm
1 Higher Education Scholarships due by 5 pm
1-3 Horse Camp – Fairgrounds * Pre-registration required
7 County Council Meeting – 6:30 pm – On the Road at the Breen Grange in Hesperus
6 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)
6 Meat Quality Assurance Training – 6:30 pm – Extension Building
9 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.*
20 C.O.D.Y. Meeting – 6:30 pm – Extension Building
16 Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
17 Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
25 Extension Office closed for Memorial Day
TBD Rabbit Tag-In – Evening, exact time is TBD - La Plata County Fairgrounds
TBD Rabbit Member Meeting – 6:00 pm – Florida room
TBD Poultry Member Meeting – 6:30 pm – Animas room

JUNE
1 Last Day to DROP Projects
1 Fair Camper Sign Up
12 Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena
15 4-H Community BBQ Tickets, Posters and Fair Entry Forms Available
22-26 State 4-H June Conference - CSU Campus
17 C.O.D.Y. Meeting – 6:30 pm – Extension Building
20 & 21 Ramble in the Rockies Swine Jackpot – La Plata County Fairgrounds
21 Old Fort Jackpot – La Plata County Fairgrounds
27 Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds
28 Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
TBD Exchange Trip
TBD Shooting Sport Fun Shoot – 9 am – Wright’s Property, Ignacio

**JULY**

1 4-H Horse Council Meeting – 6:06 pm – Extension Building
2 4-H County Council Meeting – 7:07 pm – Extension Building
3 Extension Office Closed in Observance of Independence Day
11 San Juan Basin District Horse Show – 9 a.m. – La Plata County Fairgrounds
12 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
15 Shooting Sports Fair Shoot Entry Forms due by 5 p.m. to the Extension Office
15 4-H Fair Dog Show Entry Forms due by 5 p.m. to the Extension Office
18 C.O.D.Y. Meeting – 6:30 pm – Extension Building
18 County Fair Shoot (not Shotgun) – 10 a.m. – Wright’s property in Ignacio
20-24 All 4-H/FFA Animal and Community Service Record Books, Fair Entry Forms and Fair Royalty Applications due into the Extension Office
24 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.
24 ALL Sold and Unsold Truck Raffle Tickets are due by 5:00 pm
25 County Fair Shotgun ONLY Fair Shoot – 10 a.m. – Witt’s property in Ignacio
30 County Council Meeting & BBQ Preparation & Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or fountainaj@co.laplata.co.us **
TBD Fair 4-H Dog Show – 9 am – Grassy Area next to the Extension Building
TBD Rabbit Meat Pen Tattoo – Time TBD – La Plata County Fairgrounds

**AUGUST**

1 La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds
1 Open Class Rabbit Show – 9 a.m. - La Plata County Fairgrounds
2 La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds
3 4-H Demonstration Contest and Hippology test, Dog, Poultry, Rabbit & Breeding Project Tests.
3 4-H Cake Decorating and 4-H Creative Cooks Contests
3 4-H Record Book Interviews for Horses and Dogs in the AM
3 4-H Record Book Interviews for Beef, Sheep, Swine, Goat, Rabbit & Poultry in the PM
4 4-H General, Natural Resource and Consumer Science Entry and Interview Judging Day from 8 a.m. to 10 a.m.
4 Fashion Review Judging – 1 p.m. - Patio
4 4-H Public Fashion Review - 7 p.m. - Patio
5-9 Official dates for La Plata County Fair
5 4-H Livestock projects delivered and weighed in
8 4-H County Fair BBQ - Senior Center Lawn
8 Junior Livestock Sale
8 County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio *$5.00 charge per entry.
9 All Animals & Projects must be picked up and taken home at 2:00 pm
9 4-H and Open Class Premiums can be picked up between 2 pm and 3 pm
11 County Fair 4-H Champion General, Natural Resource, Home Ec. projects eligible for State Fair Competition - due in Extension Building by 8:00 am, for transporting to State Fair
19 C.O.D.Y. Meeting – 6:30 pm – Extension Building
28-Sept 7 Official Dates of Colorado State Fair, Pueblo, CO
Livestock Record Book Corner
Livestock Record Books are available at www.laplatacounty4h.org so you can get started on your SMART Goals, equipment inventory and cover page!

S.M.A.R.T Goals
For project Record Books, we would like you to establish S.M.A.R.T goals. Here is a template you can follow to help you:

S.M.A.R.T Goal Setting Template

Brainstorm: Brainstorm possible project ideas and identify which idea you would like to develop into a goal.

Start writing your goal in parts: Specific: A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:
- Who: Who is involved?
- What: What do I want to accomplish?
- Where: Identify a location.
- When: Establish a time frame.
- Which: Identify requirements and constraints.
- Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, “Pick up park.” But a specific goal would say, “My 4-H club will pick up the Roam Free Park twice a week over the summer months”

Be Specific: Write your goal

Measurable: Set criteria for measuring progress toward the attainment of each goal you set. To be considered measurable your goal must answer the “H” questions:
- How much?
- How many?
- How will I know when it is accomplished?

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean twice a week over the summer months.

Make it Measurable:

Attainable: When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

Consider:
- Attitudes, abilities, skills, and financial capacity to reach them.
- Look for opportunities to bring yourself closer to the achievement of your goals.

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean, twice a week over the summer months utilizing a partnership with the city that supplies our club with gloves, bags and other needed resources.

Make it Attainable:

Realistic: To be realistic, a goal must embody an idea toward which you are both willing and able to work. Be sure that your goal represents substantial progress.

Consider:
Do we have the workforce needed to carry it out?
Have we identified all needed partners?
Do we have the time and commitment needed from our club members?

EXAMPLE:

We have 12 club members that would be willing to carry out this goal.
We will contact our city office.
Our Club Members can dedicate Tuesday Evenings and Saturday mornings for this project.

Be Realistic: (Answer above questions in accordance with your goal.)
Time Bound: A goal should be carried out within a specific time frame. With no time frame tied to it there’s no sense of urgency for its completion.

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean, on Tuesday Evenings and Saturday Mornings during the months of June, July, and August utilizing a partnership with the city that supplies our club with gloves, bags and other needed resources.”
Make it Time Bound:

Congratulations! You have a S.M.A.R.T Goal!

Club Reports

**Generations 4-H Club**

The meeting was called to order at 6:31 pm. Hayden lead the pledges, roll call and there were 18 kids. Cole motioned the minutes and Audrey second them. The treasures report was $3,606.95 and Jeremy motioned and Zane second. For the new business the November community service is that we are going to donate fleece blankets and water to the homeless people. Aleah motioned and Zane second. The December is that we are going to join Mercy Hospital Christmas tree for project merry Christmas. Corel motioned and Zane second. The meeting adjourned at 6:56, Cole motioned and Haden second.

-- Kylee Pontine, Reporter

**Ignacio Westerners 4-H Club**

The meeting was called to order at 7:05 pm, Monday, October. 7, 2019. Then Kori J gave the livestock judging report. Payton M read the treasurers report. August – October birthdays were celebrated. Then the club played a get to know you bingo game. We are also doing a food drive for backpacks for kids. We adjourned the meeting at 8:07 pm.

Sincerely Vaughn C. Lee, Reporter
**Ignacio Westernneers 4-H Club**

The meeting was called to order at 7:04pm Monday, November 11, 2019. First, we introduced everybody in the club for the benefit of new members. Then, Payton M. gave the treasurer’s report. Taylor J. gave the livestock judging report. November birthdays were celebrated. Next, Rylee P. read the Hubs. Then, we voted for the 2020 club officer team. Our new officers are Kori J., President; Guy W., Vice President; Rylee P., Secretary; Payton M., Treasurer; Vaughn L., Reporter. Next, we did the canned food drive. We adjourned the meeting at 7:48PM.

Sincerely, Vaughn C. Lee, Reporter

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**Mt. Allison Go-Getters 4-H, November Meeting**

Meeting was called to order at 6:32 pm, on November 11, 2019. We had 10 members, 0 clover buds and 0 guest attended the meeting. Treasurer report was giving. We discussed old business, on fundraising and our upcoming Community Thanksgiving Dinner on November 16, 2019. New business, we discussed the responsibilities of each officer positions, bank account information and community service. Then voted on if we want to do heifer international and if we want to do the can food drive at the school again the year. Discussed next month meeting, snack and demonstration. Meeting was adjourned @ 7:30 pm.

Sincerely, Veronica B. Reporter

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**Mountaineers 4-H Club**

Club meeting started on 11-14-2019 at 7:07 pm. 36 members and guests attended the meeting. On Oct 10 we did the sock drive for the veterans. Our new business is to register for 4-H and the angel tree on Dec 8th at the mall at 11:00 am and at 4:00 pm we have a potluck and a white elephant no more than $15. We have no committee reports, announcements. The meeting adjourned at 8:10 pm.

By: Mariah Kennedy

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**Rocky Mountain Rough Riders 4-H Club**

The Rocky Mountain RoughRiders 4-H club met on November 11, 2019. The meeting was called to order at 5:33 P.M. In total we had 21 members attend with no guests. For reports, we were given a County Council report. Under Unfinished Business, we found a date for our Club Bonding night, which was then decided to be December 14th, at one of the member’s houses. Under New Business we discussed our Holiday party, Noel Night fundraiser, and if we are doing a food drive or shopping fr the foodbank. We then gave out a reminder for the CODY Project, to check the hubs, end enrolment date for returning members, and livestock record books. The meeting was then adjourned at 6:19 P.M.

Lauren McCourt
Pine River 4-H Club, November 4th, 2019

Called to order at 6:30pm
Pledges led by Kinsley and Zantha
5 excused members and 6 new members
October’s minutes approved by Lanston and Mariah

Reports
Treasurer’s Report: We got a $13 deposit
HUB’S Report: Shaylee Owen
Next Month: Caleb Beck
County Council: check HUB’S for meeting
C.O.D.Y.: November 15 C.O.D.Y. event
Leader: New members have until April 1st to enroll

Old Business
Earned $830 from truck raffle tickets
Made motions to table fundraiser discussion until Dec. meeting, do a food drive in Dec., look into doing adopt a grandparent at the evening porch, and make the food drive a competition between boys vs girls

New Business
Discussed community service and fundraiser ideas; also discussed annual January club activity

Demonstrations: Tanley, Lanston
Recreation Activity: Amelia
Clover Buds Activity: Jana Baird

Adjourned at 7:53pm; Nattia approved, Sandy seconded

Weasel Skinners 4-H Club
The Weasel Skinners 4-H club met on November 14, 2019. The meeting was called to order at 5:59. In total we had 18 members, 2 leaders, and 8 parents attend. We had our Treasurer, Reporter, Historian/Scrapbook, Parliamentarian, Recreation Officer, Health Officer, Safety Officer, reports. Under unfinished business we discussed Certificates, Info sheets for new members, Catch it letters. Under new business we discussed Prizes for attendance, Caroling at Sunshine Gardens Dec. 14, 2019, Time to be determined motion made by Daniel Johnson seconded by Daniel Latham Winter Break, We do want to attend the officer training at the extension building Compassion, LPEA Grant Request Nov. 18th at 2:30, Group Photo. We then had a reminder of come to hikes. The meeting was adjourned at 6:44 P.M.
Colton Cheese
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

Merry Christmas