10 Ways to Make This Your Best Year Yet

1. Challenge yourself
Have a clear vision and focus of what you want to achieve and set a time frame. Challenge yourself to be the best you can be at all times. Visualize what you want to accomplish. See it in your mind. Write down your goals, have a plan of action, and never doubt you will be successful.

2. Find the love factor
Surround yourself with loving, supportive people. Stay away from the dream stealers, the people who would bring you down. Cherish the special people in your life and let them know you cherish them.

3. Dedicate quality time
Life is so precious; make the most of each and every day. Rise early, spend some quality time by yourself as well as with those you care about. Go for a walk, workout, read a book. Value not only the time you spend with your loved ones, but also the time you spend by yourself.

4. Stretch your comfort zone
Do at least one thing a day, which makes you feel uncomfortable. Push yourself; you will be amazed how far you can go. Remember: on the other side of fear is freedom. To remain stagnant is not to grow. To reach your full potential, you must rise above the fray and soar like an eagle.

5. Be passionate
Show passion in everything you do. Let it show in your body language, in your smile, in your voice. Let your eyes sparkle. Let the world see and hear your enthusiasm and let it feel your passion.

6. Serve others
Be a role model and mentor for people. Volunteer in your community and help others achieve their goals. Your world will be enriched and a better place for sharing your talents and giving freely of your time. Leave a lasting legacy.

7. Don't sweat the small stuff
Let go of the little things you can't control. Don't take yourself so seriously. Recognize that perfection isn't always the only option. Don't let life's imperfections bother you. Lighten up and see the funny side of things when they go wrong, the learning in them. Be tolerant, smile...don't waste your energies on the small stuff, you have much bigger fish to fry.

8. Live with integrity
Always be true to yourself. Take pride in whatever you do. Be proud of who you are and what you represent. Accept others with all their flaws. Show compassion and goodwill to your fellow human beings. Be dignified. Lead a life of purpose and be proud of your values.

9. Show gratitude
Show gratitude and say thank-you to the people who have helped you along the way. Send a handwritten letter to someone who has touched you. Call up a friend or loved one and tell them how much they mean to you. Compliment a colleague or fellow student on a job well done. Show people you appreciate and care about them. Acts of kindness cost nothing but mean everything.

10. Celebrate success
Be proud of your achievements. Take time to recognize yourself and others for even the small successes. But also be humble and dignified, sensitive to people who are not as fortunate as you.
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Christmas Tree Recycling

Christmas trees can be recycled at Santa Rita Park December 21, 2018 through January 30, 2019. The City of Durango would like to remind residents that there is no curbside pick-up of Christmas trees. Residents may drop off their natural trees, free of ornaments and tinsel, at the drop-off site near the large playground area in Santa Rita Park. The trees will be recycled into mulch.

Shooting Sport Leaders Training

2019 4-H Shooting Sports Leader Training Schedule
Morgan County – March 8-10,
Pueblo County – March 22-24,
Garfield County – March 29-31
Boulder County – April 5-7
*Please talk with Angela if you are interested in attending a training.

Leadership Development Conference (LDC)

We have 1 space left!!
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 26-28. 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.

2019 Wipeout Obstacle Course

Saturday, February 2, 11:00 – 2:00 pm at Buckley Park, Durango
La Plata County 4-H will be designing a section of the 2019 Wipeout obstacle course. All 4-H members and families are invited to take part in this family fun event. Greg will be taking input on design ideas and will need help on the day of the event. We will have a planning and design meeting in January. If you are unable to attend, please send your ideas to Greg at felsengh@co.laplata.co.us

Youth Fest

Only a few spaces left!!
The 2019 Youth Fest will be held at the Ponderosa Retreat Center in Larkspur, CO, February 8-10. 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.

Alerts!

The Extension/Fairgrounds office will be closed Dec. 31 & Jan. 1.

There will NOT be a County Council meeting in January

4-H Horse Council Meeting
Wednesday, January 9 @ 6:00 pm in the Extension Building

2019 Fair Camper Sign up
June 3rd at 8 am

2019 La Plata County Fair
August 7th to 11th
4-H and FFA Beef Weigh-in
Saturday, March 16, 9 am - 11 am, Fairgrounds Pavilion

Remember to bring a copy of your Bill of Sale and Brand Inspection. If you don’t have a brand inspection, be sure to make arrangements with the brand inspector prior to the weigh in (970-442-1213). All animals must be broke to lead. All market beef that will be shown at the Colorado State Fair must have a nomination card and pay $3.00 to get a retinal scan.

*Please use the Taco Bell Entrance and exit thru DHS. We will have barricades set up to guide you.

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 10:00 am.

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.

C.O.D.Y Project - Family in Need Support Group

Starting in January, our monthly support group will meet on the 4th Tuesday of the month at 7:00 pm at the La Plata County Fairgrounds.

Our mission is to provide compassion, support and resources to families struggling with or who suffer from anxiety, depression and suicidal thoughts. This group is about understanding and empathy. Everyone comes to this with different life experiences and beliefs. We need to respect each other. Our journeys are different boy our pain is the same.
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
2019 La Plata County 4-H

Higher Education Scholarship Application

La Plata County 4-H is pleased to announce that we will be offering four (4) $500 dollar scholarships to 2018-19 currently enrolled members that are in good standing and looking to go on to higher education in the fall of 2019. Applications are due by May 1st at 5:00 pm in the Extension Office. Scholarship Award recipients will be announced at the June 6th County Council Meeting. Please use the backside of this application if you need to elaborate on anything or type up your answers on a separate document. Thanks and Good Luck!!

Name:

Name of County 4-H Club:

How many years have you been enrolled in 4-H?

Where will you be seeking higher education in the fall of 2019? (Trade School, College, University, etc.)

In what ways has your 4-H experience made you a better person?

How will you use your 4-H experience to accomplish your higher educational goals?
FOR SALE

Show Quality
Nubian Kids Available
4-H Discount Available
970 946 6573
baajpigs@gmail.com

Top Quality
Friendly
Angora Goat Doelings Available
970 946 6573
baajpigs@gmail.com
4-H Discount Available

Important Dates in 2018-2019 *Dates are subject to change*

JANUARY

1 Extension Office Closed for New Years
2 Enrollment Deadline Extended! Must be enrolled and paid by 5 pm on January 2nd
9 Horse Council Meeting – 6:06 p.m. – Extension Building
11 LDC Registration due to the Extension Office by 5:00 pm
12-27 National Western Stock Show – Denver
16 C.O.D.Y. Meeting – 6:30 pm – Extension Building
17 Youth Fest Registration due to the Extension Office by 5 pm
21 Extension Office Closed for Martin Luther King, Jr. Day
22 C.O.D.Y. Support Group – 7:00 pm – Extension Building
26-28 LDC (Leadership Development Conference) for Senior-aged 4-H’ers in Denver
31 Catch-It Meeting – 6:30 p.m. - Fairgrounds

FEBRUARY

2 Snowdown Obstacle Course at Buckley Park
6 Horse Council Meeting – 6:06 p.m. - Extension Building
7 County Council Meeting - 7:07 p.m. Extension Building
8-10 Youth Fest - Statewide event for younger 4-H Members (9 to 13 years old)
18 Extension Office Closed for President’s Day
20 C.O.D.Y. Meeting – 6:30 pm – Extension Building
26 C.O.D.Y Support Group – 7:00 pm – Extension Building

MARCH

1-3 Rabbit Camp
3 Catch-It Livestock Tour
6 Horse Council Meeting – 6:06 p.m. - Extension Building
7 County Council Meeting - 7:07 p.m. Extension Building
14-16 Four States Ag. Expo Montezuma County Fairgrounds
16 4-H/FFA Market Beef Weigh-in - 9 a.m. till 11 a.m. – Pavilion
20 C.O.D.Y. Meeting – 6:30 pm – Extension Building
26 C.O.D.Y Support Group – 7:00 pm – Extension Building
25-29 Bayfield, Durango & Ignacio Spring Break
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

3
Horse Council Meeting – 6:06 p.m. - Extension Building

4
County Council Meeting - 7:07 p.m. - Extension Building

7-13
Volunteer Appreciation Week

14
Equestrian Fun Day – 12:00 pm - Pavilion

17
C.O.D.Y. Meeting – 6:30 pm – Extension Building

18
Catch-it Meeting –6:30 pm – Extension Building

23
C.O.D.Y. Support Group – 7:00 pm – Extension Building

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
2
C.O.D.Y. Event – Time TBD - Fairgrounds
3-5
Horse Camp – Fairgrounds
8
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)

11
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. *
15
C.O.D.Y. Meeting – 6:30 pm – Extension Building
18
Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
19
Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
27
Extension Office closed for Memorial Day
28
C.O.D.Y. Support Group – 7:00 pm – Extension Building

TBD
Rabbit Tag-in – Extension Building
TBD
Meat Quality Assurance Training – Extension Building
TBD
Fun Shoot

June

1
Last Day to DROP Projects

3
Fair Camper Sign Up

6
County Council Meeting - 7:07 p.m. - Extension Building

7
Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena

8
Narrow Gauge Rabbit Show – 9 am – La Plata County Fairgrounds

15
4-H Community BBQ Tickets, Posters and Fair Entry Forms Available

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

TBD
Exchange Trip

TBD
4-H Adventure Day Camp

TBD
Goat Workshop – Pre-registration due by TBD

TBD
Jackpot Old Fort Hesperus

TBD
Royalty Clinic – 2:30 pm – Extension Building

TBD
General Project Day – 10 am to 2 pm – Extension Building

TBD
Catch-It Sponsor Pot Luck
**Club Reports**

**Generation’s 4-H Club**

We called the meeting to order at 6:40 pm on December 5th, 2018. We had 17 members and 4 guests. We discussed the club's attendance policy. We decided that our Christmas party would be on the 16th of December at 4 pm, and to bring a white elephant gift. We will also have tacos and to sign up for your side dish. For our December Community Service we delivered cookies to our local 1st responders. We also passed out awards from the 4-H season. The meeting was adjourned at 7:14 pm.

   Reporter, Lucy Porter

**Pine River 4-H Club meeting**

December 3rd, 2018
Called to order at 6:33 pm by Shaylee
4-H club pledge and pledge of allegiance
Everyone was present and there was one guest: Leah Beck
November minutes read by Amelia Beck; Kyle approved and Caleb seconded, motion passed

**Reports**

- Treasurer’s Report: currently $203.32 in bank account, recently got $455 from Truck Raffle
- Hubs Report: Caleb: must enroll soon, Youth Fest in February
- Next Month: Lanston
- County Council: on Thursday, ticket raffle, contests, bring clean sock filled with stuff
- C.O.D.Y. Monthly meetings, third Wednesday of every month at 6:00 pm
- Leader: enrollments and payment soon, get payment into extension office
- Projects: went over what we would like to do this year
- No other reports

**Old Business:**

- Nov. Food Drive: girls won most cans, we took suggestions of where to donate to, date to deliver is not clear yet
- Dec. Adopt a Grandparent: next meeting would be a dinner for Bob in Forest Lakes Jan. 7
- No other old Business

**New Business:**

- In January:
  - Start record books and folders soon
- **Demonstrations:** Rylie and Kyle
- Next month: Lanston
- **Recreation Activity:** Lanston
- Next month: Caleb

We adjourned at 8:00 pm, Caleb approved and Rylie seconded, motion passed

   Next Meeting: January 7th at 6:30 pm
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.

Happy New Year! May the New Year bring to you warmth of love, and a light to guide your path towards a positive destination.

Happy New Year

@happynewyearall.com