Help Needed During Fair

We are in need of helpers to keep the fair running smoothly.

1. Judges for Leathercraft, Woodworking, Shooting Sports & Cake Decorating on Tuesday, Aug. 6th 7:30 am to 1 pm
2. Interview Judges for Livestock members on Monday, Aug. 5th, 5:00 pm to 8:30 pm
3. Clerk for horse and dog record book check in - Monday, August 5, 9 am until 11 am
4. Hippology, Dog, & Breeding Animal Quiz helpers. You will just hang out in the room, answer questions and make sure things run smoothly - Monday, August 5, 10 am to 3 pm
5. Emcee(s) for the Demonstration Contest – Monday, August 5, 8 am to 12 pm and 1 pm to 5 pm.
6. Clerks for checking in projects - Tuesday, August 6, 7:30 am to 12:00 pm.
7. Adult helpers in the kitchen for the BBQ. We will be cleaning corn, making salad, cutting bread and brownies! The more help I have the faster it will get done. – Saturday, August 10, 8 am.
8. Clean up after the BBQ – Saturday, August 10, 4 pm.

*Please contact Angela, if you are available to help. 970-382-6465 or fountainaj@co.laplata.co.us

La Plata County 4-H is going to be in the 4th of July Parade in Bayfield!!

We would LOVE for you to join us. Please contact Angela so we know to expect you. Everyone will be meeting near the arena in Bayfield at 9:20 am (those with horses please be THERE and READY by 9:20 am).

We ask that you wear a 4-H shirt and bring a bag of candy to hand out!
We need parents to walk with the kids as well! :) 
*If you are going to bring a horse, please let Angela know because she has parking permits for those of you with trailers.

Rifle Raffle Tickets

We need YOUR help selling tickets!! Please swing by the Extension Office and pick up tickets to sell.
All proceeds will go to the Shooting Sports program!

   GRAND PRIZE: CZ 17HMR Rifle ($500 value)
   2nd PRIZE: $100 Sportsman Warehouse Gift Card
   3rd PRIZE: $50 Sportsman Warehouse Gift Card
   $5.00 PER TICKET or $20.00 for FIVE tickets
All Record Books Are Online!

All record books are available on our website: [www.laplatacounty4h.org](http://www.laplatacounty4h.org) If you have any questions about your record books or where to find them, please contact Angela at 970-382-6465 or [fountainaj@co.laplata.co.us](mailto:fountainaj@co.laplata.co.us)

Livestock & Animal (Beef, Swine, Sheep, Goat, Horse, Owner Trainer, Dog, Rabbit, Poultry), Club Community Service Books and Fair Royalty Applications

All of those listed above are due between July 22 and 26 at the Extension Building. Our hours of operation:

- **Monday, July 22**, 8:00 a.m. – 5:00 p.m.
- **Tuesday, July 23**, 8:00 a.m. – 5:00 p.m.
- **Wednesday, July 24**, 8:00 a.m. – 6:00 p.m. **Only Wednesday & Thursday we will be open until 6:00 p.m.**
- **Thursday, July 25**, 8:00 a.m. - 6:00 p.m.
- **Friday, July 26**, 8:00 a.m. – 5:00 p.m. **We lock the doors at 5:00 p.m. on Friday, so come early!!**

When you turn in your record book, you will also turn in an entry form and sign up for your interview times. The entry forms are available online [www.laplatacounty4h.org](http://www.laplatacounty4h.org) or at the Extension Office.

The interview times will be:
- Horse, Owner Trainer, & Dog will start at 9:00 a.m. Monday, August 5.
- Large & Small Livestock will start at 5:30 p.m. on Monday, August 5.

**Don’t forget that we have the Livestock Pen & Bunny Barn set up on Monday, August 5, starting at 6:00 p.m. So please plan on helping out when you are not doing your interview (you may want to bring a change of clothing).**

General/Natural Resources & Family Consumer Science

All of the General/Natural Resources and Family Consumer Science are due on Tuesday, August 6, between 8:00 a.m. and 10:00 a.m. *Please park at DHS and walk over to the Fairgrounds. If you have something that is heavy, you can park at the Fairgrounds doors, but after you unload, please move your car over to the DHS Parking Lot. Check-in begins at 8:00 a.m. and ends at 10:00 a.m. with Interview Judging starting at 8:15 a.m. in the Extension Building. You will need to bring in your 4-H project/project board and record book with you. When you walk into the Extension building, you will need to find the line for your project and check in there. You will then sign up for an interview, which will be on a first come, first serve basis. The clerk will give you a 3 x 5 card with the project and interview time listed on it. If you have more than one project, you’ll take your card to the next project line and add to it. We will be giving our judges 15 minutes per interview. All Interview Judging will be done as soon as the last entry is judged and no later than 1 p.m. **Because our judges are volunteering their time, we would like for them not to have to wait on members to show up, so be here as close to 8:00 a.m. as possible.**
Livestock Record Book Corner

Partially complete Livestock Record Books are due July 22 – 26. This is when you will sign up for a project interview. Remember your Start date is October 1, 2019. Only this year’s animals will go in your book.

- Print a checklist to go with each Livestock Record Book. These will be completed by a committee member when you check in during turn in week. The committee would like all Livestock 4-H members to print a checklist for us to use when checking your book for completeness for the Fair Book requirement to show.
- The committee suggests turning your Record Book in as early as possible. This will allow time for correction if there is a problem.
- Your Record Book will not be accepted and you will not be able to enter for Fair if any page is missing or not completed as suggested on the checklist. So make sure all the pages on the checklist are done as suggested or you turn in early so it can be corrected.
- Your interview score will be included in the final Livestock Record Book score – you will sign up for this interview when you turn in in your Partially completed Livestock Record Book.
- You may pick your record book up the night you do your interview. They should be completed and returned for judging on or before September 10, 2019.

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. Members of the Livestock Record Book Committee including myself are: Kali & Brad Fassett, Kari Jenkins, KayCe Chadborn, Russell Greer, Aimee Woods, Sandy Wade, Deb Denious, and Leon Hanhardt.

Teddi Baird – Tharp
teddiabear@hotmail.com (970-217-5609)

Rabbit Meeting

Our next rabbit meeting is Wednesday, July 17th at 6:00 pm in the Pine room.
If you have market rabbits, please attend the market rabbit tag in on Friday, July 26th at 6:30 pm.

Poultry Meeting

Our next poultry meeting is Wednesday, July 17th at 6:00 pm in the Animas room.
We also have our poultry workshop scheduled for Saturday, July 27th at 9 am. They will be going over fair prep and washing your poultry for the fair.

Dog Show – Sunday, July 21st @ 9 am – Lawn next to Extension Building

We have changed the date of the Dog Show to July 21st this means that we need you to turn in your entry form earlier. Dog Show entry forms are now due on Wednesday, July 17th by 5 pm. Please be sure to get them to us either by hand, email, fax or mail (as long as it’s here by 5 pm on July 17th).
*Your dog that you show and have in your record book must be the same dog that the Extension Office has on file on your Dog ID.

Shooting Sports

Shooting Sport entry forms for the Fair Shoots are due on Wednesday, July 17th by 5 pm. Please email, mail, or fax your entry form to Angela by then.
The Fair Rifle, Archery, Muzzleloading & Pistol Shoot will be Saturday, July 20th at 9 am at the Wright’s Property.
The Fair Shotgun Only Shoot will be Saturday, July 27th at 9 am at the Witt’s Property.
**4-H Dress Code**

Don’t forget to dress nicely! You are representing 4-H and yourself while you are at fair, so it is important to look nice and respectable. Be sure to look professional during your interviews and wear the proper attire while showing. Colorado 4-H does require that all members at all 4-H competitions and events are to follow the 4-H dress code. If you are unsure what that is, we have copies available online, at the Extension office and with the HUBS email. You can also request to have Angela email a copy to you.

**2019 La Plata County Fair 4-H BBQ Cook-off**

Senior Center Lawn - adjacent to the Fairgrounds

**Saturday, August 10 - 12 p.m. to 4:00 p.m.**

The BBQ is our biggest fundraiser of the year and every cent of profit goes into the 4-H Council account so every 4-H member and every 4-H family benefits from this activity. That’s why we’re asking every 4-H family to donate time to help support the BBQ. Obviously, those with livestock in the auction are seen as benefiting the most from the BBQ since the original purpose of the BBQ some 50 or 60 years ago when John Zink came up with the idea was to encourage livestock buyers to come to the auction, but now every 4-Her benefits. The cost of 4-H project materials has continued to escalate yet we’ve been able to maintain our enrollment fees the same for the past 30 years due to the success of the BBQ.

This is a busy day for 4-Hers, especially those in the auction, but that’s only about a 1/3 of our overall enrollment. Those of you who take horses or general/home economic projects need to step forward this year since the BBQ will now go from Noon until 4:00 p.m. There is a sign-up sheet here in our office. We’re asking individuals and clubs to donate a minimum of one hour to the cause. If you are completely tied up at the fair, why not come in and check out extra BBQ tickets and canvas Downtown Durango selling tickets. Adult tickets bought prior to the BBQ are $2 less than those bought on the day of the event. Tickets are now available!

The La Plata County 4-H Council hopes to receive a profit of more than $10,000. Our goal is to serve over 1,500 people. Everyone needs to do their fair share to make this event a success. 4-H Families and Clubs can sign up to help and pick up BBQ tickets to sell.

**Creative Cooks Contest**

You **do not** have to be enrolled in 4-H Foods to participate. You select a favorite meal and essentially put it on display and tell the judge why you like that particular meal. Contest is held on Monday, August 5th at noon here in the Extension Building. You can sign up between July 22nd and 26th.

**Cake Decorating Contest**

This is a great way to show off those skills! It is a fun, timed contest in which, you bring all the “stuff” to decorate a cake and the judge watches you. The contest is Monday, August 5th at 10:00 a.m. You can sign up between July 22nd and 26th.

**La Plata County Fair 4-H Demonstration Contest**

**Monday, August 5th – Animas Room – All Day**

If you are competing for an All-Around Award for Horses, Rabbits, or Poultry then plan on entering the County Fair 4-H Demonstration Contest because at least 20 or 25 percent of your score comes from your demonstration. You can sign up as an individual or as a team. A Junior demonstration is from 3 to 5 minutes while an Intermediate or Senior takes from 5 to 8 minutes. Your topic needs to relate somehow to 4-H, but does not specifically need to be related to the 4-H project you’re competing in. You can sign up between July 22nd and 26th.

**Horse (Hippology), Rabbit, Poultry, Dog, Breeding/Dairy Cow, Breeding/Dairy/Utility/Fiber Goat, Breeding Swine & Breeding Sheep Quizzes**

If you are in the Horse, Rabbit, Dog or Breeding projects, you should plan to take the quiz at fair. These quizzes are not required to complete your project however, if you want to qualify for the Supreme Awards, you will have to take a test. The Hippology, dog, & breeding tests will be offered on Monday, August 5th at 10:00 a.m. and 3:00 p.m., in the Pine room. Rabbit and Poultry will be offered Monday, August 5th at 1 pm and 3 pm in the Bunny Barn.
Fashion Revue

The 4-H Fashion Revue is open to all 4-H members enrolled in Clothing, Upcycle Your Style, Heritage Arts & Creative Sewing projects.

Members are to enter their exhibits for judging on Tuesday, August 5th, between 8:00 a.m. and 10:00 a.m. and will sign up for Fashion Revue judging which will take place at 1 p.m. The judging of Fashion Revue is broken down into two categories: Preparation – Design & Style; Fabric and Color; and Overall appearance of the outfit: and Presentation – Appropriate for garment style; Movement; ease in walking, standing and turning; Poise and Posture.

The public Fashion Revue will be at 7:00 pm on Tuesday, August 6th and ribbons will be given out at the conclusion of the show.

Thank You Card Writing Hints

Over the years, we have lost a few sponsors because they did not get a thank you! Be sure to thank the person for the specific award and mention the award by name. We try our best to accommodate by providing each award winner with a thank you card and addressed envelope. Many of our sponsors will publish your cards in their newsletters and will put them up in their place of business. Help the Awards committee by doing a good job.

Fair Royalty Applications

Are you interested in becoming a part of the 2019-2020 Fair Royalty Court?

Queen and Attendant Positions – Ages: 16 – 18
Princess and Attendant Position - Ages: 13 – 15
Lady in Waiting Position – Ages: 10-12

Applications are now available online at www.laplatacounty4h.org and at the Extension Office.

Concession Job during Fair

La Plata Pomona Grange operates the concession in the Exhibit Hall kitchen during the fair. We do employ some people (anyone 14 years of age and older). If you have time and want to earn a little money and are willing to work in the concession on a scheduled basis please contact Cindy at 588-3386 or hcrdgreer@frontier.net by July 26th.

Club Leaders and Club Treasurers

Don’t forget that the Treasurers binders & IRS Forms are due to the Extension Building July 15th at 5:00 pm. Club leaders: You should have received an email from Angela with instructions. If not, please contact Angela at fountainaj@co.laplata.co.us or 970-382-6465

President, Vice President, Secretary, Reporter Books

All officer books, other than the Treasurer, are due no later than 5 p.m. on Tuesday, September 10. The outstanding workbook for each office will receive an award at the 4-H Achievement Banquet. Each 4-H Club officer should have received a workbook last fall from their main club leader. If you’ve misplaced yours or didn’t get one, we have extras here in the office.

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!

Checks will be mailed to each club by Oct. 31st, 2019.

All sold and unsold tickets are due in the Extension Office on July 26th.
If you have any questions, please call Angela. 970-382-6465
**2019 Calendar of Events**

**JULY**

4  Extension Office Closed for Independence Day
11  4-H County Council Meeting – 7:07 pm – Extension Building
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 Shoot Entry Forms due by 5 p.m. to the Extension Office
17  4-H Fair Dog Show Entry Forms due by 5 p.m. to the Extension Office
20  County Fair Shoot (not Shotgun) – 10 a.m. – Wright’s property in Ignacio
21  Fair 4-H Dog Show – 9 am – Grassy Area next to the Extension Building

**AUGUST**

1  County Council Meeting & BBQ Preparation & Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or fountainaj@co.laplata.co.us**
3  La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds
3  Open Class Rabbit Show – 9 a.m. - La Plata County Fairgrounds
4  La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds
5  4-H Demonstration Contest and Hippology test, Dog, Poultry, Rabbit & Breeding Project Tests.
   4-H Cake Decorating and 4-H Creative Cooks Contests
   4-H Record Book Interviews for Horses and Dogs in the AM
   **4-H Record Book Interviews for Beef, Sheep, Swine, Goat, Rabbit & Poultry in the PM**
   4-H General, Natural Resource and Consumer Science Entry and Interview Judging Day from 8 a.m. to 10 a.m.
   Fashion Review Judging – 1 p.m. - Patio
   4-H Public Fashion Review - 7 p.m. - Patio
7-11  Official dates for La Plata County Fair
7  **4-H Livestock projects delivered and weighed in**
10  **4-H County Fair BBQ - Senior Center Lawn**
10  **Junior Livestock Sale**
10  County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio *$5.00 charge per entry.
11  CODY Project Foam Party – 11:00 am – Between both Arenas – Bring clothes that can get wet & dirty!
11  All Animals & Projects must be picked up and taken home at 2:00 pm
11  4-H and Open Class Premiums can be picked up between 2 pm and 3 pm
13  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
21  C.O.D.Y. Meeting – 6:30 pm – Extension Building
27  C.O.D.Y. Support Group – 7:00 pm – Extension Building
23-Sept 2  Official Dates of Colorado State Fair, Pueblo, CO

**SEPTEMBER**

2  Extension Office Closed for Labor Day
3-8  State Fair 4-H Exhibits must be picked up from Extension Building - Animas Room
4  4-H Horse Council Meeting - 6 p.m. - Extension Building
The La Plata County Fair is always a wonderful, fun event but it can be very emotional and stressful. Because of this, I really want to stress to everyone that we all need to be kind and respectful to each other. Remember that there are (at least) two sides to every story and that we are all trying our best. Give people slack and before you react to anything, take a step back and reflect on the situation and how you can make it better.

Here is a reminder of our Code of Conduct for both our 4-H members and 4-H parents.

**4-H Member Code of Conduct**

Program participants at all levels are expected to abide by the stated rules for 4-H activities and events and will:

- Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship and act as a positive role model;
- Adhere to program rules, curfews, dress codes, policies and guidelines;
- Fully participate in scheduled activities;
- Respect other's property and privacy rights;
- Apply rules of safety to individuals, groups and property; and
- Accept personal responsibility for behavior.

The following behaviors will not be tolerated:

- Behaviors including the possession or use of: alcohol or illegal drugs; tobacco products; stolen goods; weapons (unless a part of a sanctioned shooting sports event); fireworks.
- Sexual, physical or verbal abuse;
- Females in rooms of males, and males in female rooms.

**Colorado 4-H Adult/Parent Code of Conduct**

4-H helps youth form attitudes that will enable them to become self-directing, productive, and contributing members of society. Youth learn from their experience. Part of their experience is observing and modeling their behavior after adults they know and respect. To contribute in a positive way to youth development Colorado 4-H Leaders, Volunteers, Parents and other adults will:

- Conduct themselves in a mature, courteous and respectful manner, use appropriate language, exhibit honesty, good sportsmanship and act as a positive role model.
- Provide a safe learning environment, free of physical abuse, mental abuse, ethnic, racial and sexual harassment or exploitation of the 4-H member.
- Learn and live by the principles of the 4-H Pledge, 4-H Motto and 4-H Slogan.
- Adhere to all program rules, policies and guidelines including the State 4-H Dress Code and use of the 4-H Clover.
- When transporting 4-H members, have a valid Colorado driver's license and insurance as prescribed by Colorado law and maintain the vehicle so that it is safe and reliable for the conditions, weather, and distance for which it will be driven.
- Abstain from the use of alcohol and illegal drugs while participating in 4-H events/programs. These are not allowed at any 4-H sponsored program, event and/or activity where youth are present. Leaders should limit their tobacco use to areas where youth are not present. This applies to local club meetings, county, district, state, and national events.
- Respect the rights and authority of leaders, parents and Extension Agents.
- Refrain from physical or verbal abuse.
- Apply rules of safety to individuals, groups, and property.
- Accept personal responsibility for behavior.
Conduct not in keeping with 4-H Youth Development standards will not be tolerated. Violation of items listed above will result in consequences to the participant. Law enforcement may be called and illegal behaviors may result in citations or arrest. Consequences may include removal, at the individuals’ expense and without refund, from participation in the event; restitution or repayment of damages; sanctions on participation in future local, state, regional or national 4-H events; and forfeiture of financial support for this event.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia

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.”
Mission – To raise awareness for mental health and depression in youth and provide information and support to families with struggling youth within La Plata County and beyond.

Our primary goal is to establish events and educational programs that remove the stigma surrounding depression and suicide.

CODY Project Meetings are held at the La Plata County Fairgrounds, the 3rd Wednesday of the month at 6:30 pm.

Join us for a

Mental Health Awareness Foam Party on Sunday, August 11th at 11 am, by the Livestock Barn!

*Be sure to wear clothing that can get wet and dirty and bring a change of clothes!
Pioneer 4-H Club

We started by playing ninja tag.
Members present: Dakota, Ashland, Colt, Brianna, Nathen, Billy, Pearl, Sam,
Clover buds: Jacob, Savannah
Parents 3
Leaders 1
Meeting called to order @ 7:10 by Ashland, pledges led by Nathen,
Old business: Cemetery clean up as reported on by Savannah, it was good and we picked up lots of trash.
T Shirts: we decided to order colored t-shirts, we decided to order. Motion made by Billy, seconded and passed. A committee was made of Billy, Colt, and Savannah to make the final decision on color.
New Business: Colt asked if we needed to do community service for June. Possibly washing fire trucks, Rusty will check. WE decided to have the livestock tour on Saturday the 20th of July at 8:30 at the woods. We will wash fire trucks afterwards and have a club BBQ. The club will provide burgers, buns, fixins, and drinks. The motion was made by Nathen, Seconded, motion passed.
We will have a record book night in lieu of our last meeting.
Nathen did a demonstration on how to wire an extension cord
Brianna did a demonstration on how to and why you iron your fabric
Jacob did a demonstration on how to cradle a lacrosse ball.
Billy did a demonstration on leathercraft, what resist is and how it works.
Meeting adjourned at 7:52

Weasel Skinners 4-H Club

We met on June 10th at the Sunnyside library. We played a game and started out the meeting. We looked at the sales report from selling truck raffle tickets at Tractor Supply and we sold out. We also looked at the route we are going to take for the livestock tour. Our next meeting is on July 10th at the Sunnyside library if anyone would like to join us.