Meat Quality Assurance Education Night
Wednesday, May 8th at 6:30 pm
LPC Fairgrounds, Extension Building
Root Beer Floats will be provided!!!

- The CSU program requires youth to attend an Ethics and Wholesome Meat Quality Assurance training in order to participate in a livestock project. All first year livestock members, all first year seniors (14 years as of 12/31/18) must attend, as well as all Swine project members that are planning on showing at the Colorado State Fair.
- We encourage all 4-H/FFA members to attend this informative educational opportunity.
- We will have an educational presentation that will start at 7:00 pm.
- If you have any questions, or are unsure about whether or not you have to attend, please call Angela at 382-6465.
In this month’s HUBS:
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Alerts!

4-H County Council
*Date Changed* Thursday, May 9th at 6:30 pm, On the Road at the Breen Grange in Hesperus.

Project Drop Date
Last day to Add projects is May 1st!
Last day to Drop a project is June 1st!

Fair Camper Spaces
You may start signing up for Fair camper spaces on Monday, June 3rd at 8:00 am. You may come in or call the office – 970-382-6465. The cost is $40.00. Please make your check out to La Plata County Fair Board.

QPR Training – Become a Gatekeeper!
QPR Trainings are scheduled for May 16th at 6 pm and May 30th at 6 pm. Both classes will be held at the LPC Fairgrounds, Pine room.

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

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.

Project Drop Deadlines
The last day for the 2019 4-H enrollment is fast approaching! The last day that to drop a project, without penalty, is June 1st. For all drops, you can go to www.co.4honline.com or contact Angela at 970-382-6465 or fountainaj@co.laplata.co.us

All Record Books Are Online!
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 Angela at fountainaj@co.laplata.co.us or 970-382-6465

QPR Training
QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1.5 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

If you are interested in becoming a Gatekeeper, please pre-register with Angela, 970-382-6465. We will be offering 2 trainings; Thursday, May 16th @ 6 pm and Thursday, May 30 @ 6 pm. Both will be held at the La Plata county Fairgrounds, in the Pine room.
Livestock Record Book Corner

The Record Book Committee met again on April 24th to discuss the second phase of record books. This is the phase after fair. The meeting went very well, and the committee is in the process of finalizing details for this phase that will be available soon. Review last month’s Livestock Record Book Corner for a reminder of phase 1 and the completion requirements for before and during fair.

Record Book Completion Guidelines: The following pages can be completed or started at this time for all livestock projects.

- First Page – Project and Project Agreement (completed)
- Beginning Inventories (completed)
  - Animal
  - Equipment
  - Miscellaneous
- Goals (completed)
- Involvement Records
  - Animal Purchase (completed for most animals)
  - Feed Expense
  - Health Expense
  - Other Expense
  - Supplemental Breeding Pages
  - Breeding Questions
  - Market Performance.

Checklists are available on the county website and have been 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 Handhardt, Kaycee Chadborn, Russell Greer, Aimee Woods, Sandy Wade, and Deb Denious. We would like to express our gratitude to Pattie Smith, Jessie Kugle, and Megan Stephenson for their contributions to this committee. We wish them well as they have resigned from the committee to concentrate on other pursuits.

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

Mary Moreno Memorial Award – All Around 4-H Member

Club Leaders, Did you know you can nominate one of your 4-H members for an All Around 4-H Member Award! This award is given at the 4-H Awards Banquet. All you need to do is mail a letter of recommendation to Vicky Moreno, 775 County Road 300, Durango, CO 81303 or email it to Angela fountainaj@co.laplata.co.us by June 30th!! If you have questions about this award, please call Vicky at 970-759-4032
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 10th 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.laplata.co.us**

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

Saturday, June 15, 2019
La Plata County Fairgrounds
Entries accepted the morning of show.

**Rumble in the Rockies Swine, Sheep & Goat Show**

Come one, come all to the Rumble in the Rockies Swine Jackpot June 15-16 in Durango at the La Plata County Fairgrounds. This is a perfect opportunity for you to showcase your summer project and get some ring time before county fair. We will have banners and cash prizes. The swine will show Saturday and Sunday. Goats and lambs will show Sunday only.

For more information contact Leon Hanhardt at 970-553-0809 or Judd Jenkins at 970-749-5839 or Brad Fassett at 970-759-5430.

Poultry Meetings

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

- May 6 – Florida room – 6:30 pm ***Mandatory Tag In***
- 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**

- 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

- **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.

- 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

****All of our Gymkhanas and Horse Shows are open to the public. ****
Shooting Sport Practices & Shoot Dates:

Archery with Frank Smith – Weather Permitting - Starting Tuesday, May 14 practices will be at 13414 Hwy 140. This is 2 miles south of the Breen Community Building and 2 miles north of Fort Lewis Mesa Elementary school. Practices will start at 6:30 pm and will be every Tuesday at 6:30 pm, weather permitting. If for some reason we cannot have practice Frank will do his best to notify everyone before. If you have questions, please call Frank Smith 970-759-3961

22 Rifle, Archery and Muzzleloading with Tim & Donna Karp, Kevin Roth, & Brad & Amanda Egger – Weather Permitting - Starting Wednesday, May 15 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Wednesday, weather permitting. Please call Tim Karp, after 5 pm, with any questions 970-946-0938

Shotgun with Tim Karp & Kevin Roth - Weather Permitting - Starting Thursday, May 16 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Thursday, weather permitting. Please call Tim Karp, after 5 pm, with any questions 970-946-0938. Please bring your own clays.

22 Rifle & Muzzleloading with Nate Sanburg - Weather Permitting - Starting Thursday, May 16 practices will be at the Bayfield Range 3983-4013 C. R. 223, Bayfield. Practices will start at 6:00 pm and will be every Thursday.

**Don’t forget that you are required to have a minimum of 3, one hour practices with the same coach, for each discipline you are shooting. **

4-H Fun Shoot is scheduled for Saturday, June 8th at 9 am at the Wright’s property. Here you can participate in any discipline you want and learn new skills. Please bring a friend that is interested in joining 4-H and the Shooting Sports Program!

The Fair 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

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 2018 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.
Tickets are available at the Extension Office.

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

Ignacio FFA Chapter presents their bi-annual Rocky Mountain Oyster and Chicken Fry

June 1, 2019
5:30 PM-11 PM
Spring Creek Hall
7814 CR 334  Ignacio, CO 81137

Prices for Dinner
Adults: $10
Children 10 & under free

We will be collecting separate for the dance. If you would like to stay for the dance, a $5 donation will be collected at the door. **Pies and student projects will be auctioned off during dinner**

Serving Rocky Mountain Oysters, Chicken, Coleslaw, Beans, Rolls, Dessert, Tea and Lemonade
Proceeds to benefit the Ignacio FFA Chapter
This is a tobacco and alcohol free event.
## Important Dates in 2019 *Dates are subject to change*

### May

- **May 3-5**: Horse Camp – Fairgrounds * Pre-registration required
- **May 4**: C.O.D.Y. Event – 6:00 pm to 9:00 pm - Fairgrounds
- **May 6**: Rabbit Tag-In – 6:30 pm - La Plata County Fairgrounds
- **May 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)
- **May 8**: Meat Quality Assurance Training – 6:30 pm – Extension Building
- **May 9**: **Date Change** - County Council Meeting – 6:30 pm – On the Road at the Breen Grange in Hesperus
- **May 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.*
- **May 15**: Rabbit Member Meeting – 6:00 pm – Florida room
- **May 15**: C.O.D.Y. Meeting – 6:30 pm – Extension Building
- **May 15**: Poultry Member Meeting – 6:30 pm – Animas room
- **May 16**: QPR Training – 6:00 pm – Pine Room - *Pre-registration required
- **May 18**: Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
- **May 19**: Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
- **May 27**: Extension Office closed for Memorial Day
- **May 28**: C.O.D.Y. Support Group – 7:00 pm – Extension Building
- **May 30**: QPR Training – 6:00 pm – Pine Room - *Pre-registration required

### June

#### JUNE

- **June 1**: Last Day to DROP Projects
- **June 3**: Fair Camper Sign Up
- **June 4**: Adventure Day Camp – Art of Sewing, part 1 – 9 am to 3 pm *Pre-registration required
- **June 5**: Adventure Day Camp – SW Cultural Day – 9 am to 3 pm *Pre-registration required
- **June 6**: Adventure Day Camp – Cake Decorating – 9 am to 3 pm *Pre-registration required
- **June 8**: Adventure Day Camp – S.T.E.M. – 9 am to 3 pm *Pre-registration required
- **June 11**: County Council Meeting - 7:07 p.m. - Extension Building
- **June 15**: Adventure Day Camp – Heritage Arts, Fiber – 9 am to 3 pm *Pre-registration required
- **June 17**: Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena
- **June 18**: Shooting Sport Fun Shoot – 9 am – Wright’s Property, Ignacio
- **June 19**: Narrow Gauge Rabbit Show – 9 am – La Plata County Fairgrounds
- **June 20**: Adventure Day Camp – Art of Sewing, part 2 – 9 am to 3 pm *Pre-registration required
- **June 21**: Adventure Day Camp – Cooking Adventure – 9 am to 3 pm *Pre-registration required
- **June 22**: Adventure Day Camp – Youth Livestock Day – 9 am to 3 pm *Pre-registration required
- **June 23**: Adventure Day Camp – Hiking & Hot Springs – 9 am to 3 pm *Pre-registration required
- **June 24**: 4-H Community BBQ, Tickets, Posters and Fair Entry Forms Available
- **June 14-16**: Ramble in the Rockies Swine Jackpot – La Plata County Fairgrounds
- **June 15**: Old Fort Jackpot – La Plata County Fairgrounds
- **June 17-21**: State 4-H June Conference - CSU Campus
- **June 19**: C.O.D.Y. Meeting – 6:30 pm – Extension Building
- **June 22**: Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds
- **June 23**: Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
- **June 25**: C.O.D.Y. Support Group – 7:00 pm – Extension Building
- **June 25-July 2**: Exchange Trip

### July

#### JULY

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

AUGUST
County Council Meeting & BBQ Preparation & Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or fountainaj@co.laplata.co.us **
La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds
Open Class Rabbit Show – 9 a.m. - La Plata County Fairgrounds
La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds
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 - 10 am
Fashion Review Judging – 1 p.m. - Patio
4-H Public Fashion Review - 7 p.m. - Patio
Official dates for La Plata County Fair
4-H Livestock projects delivered and weighed in
4-H County Fair BBQ - Senior Center Lawn
Junior Livestock Sale
County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio *$5.00 charge per entry.
All Animals & Projects must be picked up and taken home at 2:00 pm
4-H and Open Class Premiums can be picked up between 2 pm and 3 pm
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
C.O.D.Y. Meeting – 6:30 pm – Extension Building
C.O.D.Y. Support Group – 7:00 pm – Extension Building
Official Dates of Colorado State Fair, Pueblo, CO

For Sale Quarter Horse/Arab Chestnut Gelding - $500
1995 Quarter Horse/Arab Chestnut Gelding. 16.2h. Carson is a fantastic trail horse, in the arena, with kids. He stands well for the farrier. No buck, bite or kick. Great crossing streams and around water. Catches very easily. Well behaved. Gets along with other horses, dogs and mules. Bought him in 2012 with bill of sale paperwork. Has Cushing’s and takes meds twice a day. Would love a happy home for him. $500 or best offer. Has many more miles in him!
TONYA ANDERSON  dunamis374@gmail.com
**Generations 4-H Club**

We called the meeting to order at 6:30 pm on April 3rd. Stetson lead us in the pledges. There was 23 members at the 4-H meeting. We discussed the minutes from March. Jordan approved and Jeremey seconded. We discussed livestock projects and recorded books and to get your record book started soon. We would be cleaning the Church for community service on the 14th at 1 pm. We will be volunteering as a club at the CODY project on May 4th. Riley and Jordan both gave us their demos. We adjured the meeting at 7:19 pm.

The Generations 4-H Club, Lucy Porter the Reporter.

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**Pine River 4-H Club Meeting, February 4th, 2019**

Called to order at 6:30 pm by Shaylee
Pledges led by Kyle
All present, except 4; we had 1 guest, Gracie - cloverbud
Lanston approved reading of December’s minutes and Caleb seconded

**Reports**

Treasurer’s Report: made a deposit on Jan. 8 with the truck raffle money; total $658.33
HUB’S Report: Lanston
Next Month: Tanley
County Council: showdown report - Lanston, Tanley, Shaylee
C.O.D.Y.: movie event, March 9
Leader: responsibilities are going well
Project: hool-a-hoop activity by Shaylee

**Old Business**

Nov. Food Drive: donated to women’s shelter, Lion’s club, Bayfield’s pantry
Dec. Adopt a Grandparent: rescheduled to April’s meeting
Fundraisers: Rocky Mountain Chocolate bars
Annual Rec. Activity/Party: hot spring, cupcake, pizza party at Pagosa (canceled)

**New Business**

Start record books and folders now
Reminders: 4-H enrollment complete by May 1 for new members
June 1 deadline to drop projects

**Demonstrations: Lanston & Tanley**

Next Month: Amelia

**Recreation Activity: Caleb**

Next Month: Kyle
Meeting adjourned at 7:52 pm; Lanston approved & Tanley seconded

**Next Meeting: March 7th at 6:30**

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**Pine River 4-H Club Meeting, March 4th, 2019**

Called to order at 6:33 pm
Pledges led by Caleb
All present but 2; 2 guests, David and Lucy
Lanston approved the reading of Feb. minutes and Caleb seconded

**Reports**

Treasurer’s Report: haven’t gotten a monthly statement yet, total balance $658.33
HUB’s Report: Tanley
Next Month: Amelia
County Council: On the Road meeting on Thursday
C.O.D.Y.: movie morning is Saturday
Leader: April 1st deadline for project determination

**Old Business**
Annual Recreation Activity was rescheduled to April 1st at 11 to 12ish

**New Business**
Donated $45 to the awards banquet

**Demonstrations: Amelia**
Next Month: no demonstrations in April

**Recreation Activity: Kyle**
Next Month: no recreation in April

Meeting was adjourned at 7:32 pm
Lanston approved and Kyle seconded

**Next Meeting April 1st at 6:30**

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**Pine River 4-H Club Meeting, April 1st, 2019**

Called to order at 7:11 pm
Pledges led by Cora Hansen
All present and no guests
Kyle and Rylie approved the reading of March’s minutes

**Reports**
Treasurer’s Report: last month $ 613, that went down because of the dinner and the pizza
HUB’s Report: Amelia
Next Month: Kyle
County Council: Thursday in Ignacio, On the Road
C.O.D.Y.: Mental Health mardi gras May 4th
Bob received a new 4-H shirt and told us about his time as a shooting instructor. We shared the projects we are doing this year with Bob.

**Old Business**
Shaylee’s Calf/Safety Demonstration
**Demonstrations**: Shaylee Calf Safety Demo, 9 AM
**Next Month**: Caleb
**Recreation Activity**: Tanley
**Next Month**: Shaylee
Meeting adjourned at 7:50; Kyle and Caleb approved

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**Westside Wranglers 4-H Club**

Called to Order at 6:36 by Kyndra Gillen.
Pledges
Reviewing last month’s notes by Lila Peine
Played the game "Bop it!"
Reviewed March HUBS
Scheduled upcoming demonstrations
Adjourn meeting
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.”

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.