LA PLATA COUNTY FAMILY NEWSLETTER

November 2019

2019- 2020 4-H Enrollment is Now 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 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.

Greg Felsen
4-H Youth Development

Angela Fountain
4-H Administrative Assistant
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**Alerts!**

**County Council Meeting**
Thursday, November 1st @ 7:07 pm in the Extension Building.

**Club Leader Meeting**
Wednesday, Nov. 13th at 6:30 pm at the LPC Fairgrounds. Please RSVP to Angela because we will have dinner.

**CODY Event**
Friday, November 15th at 6:00 pm at the LPC Fairgrounds. Paintball and Pizza Party!!

**Free Pumpkin Drop Off!**

**When:** Friday and Saturday, November 1 & 2 (Friday: 12-6 pm; Saturday: 9 am-2 pm)

**Where:**
La Plata County Fairgrounds (2500 Main Ave. – drive through the parking lot to the north side of the open arena – you will see a couple trailers in the dirt lot)

Eagle Park in Bayfield (1189 Bayfield Way)

**What:** Taking your pumpkins, gourds, fruit, and even bagged leaves (Fairgrounds location only and no walnut, cottonwood or aspen leaves please) – we will also have a prize for the heaviest pumpkin!

For more info, go to [http://www.durangogov.org/1031/Pumpkin-Drop-off](http://www.durangogov.org/1031/Pumpkin-Drop-off)

**Club Leader Meeting**
We have scheduled our Club Leader meeting for Wednesday, November 13th at 6:30 pm at the LPC Fairgrounds. We will have dinner, so please RSVP to Angela by the 8th.

**C.O.D.Y. Event – Nov. 15th at 6 pm**

**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)
**C.O.D.Y (Communities Overcoming Depressed Youth) Project**

C.O.D.Y project will have monthly meeting at 6:30 p.m. on the 3rd Wednesday of every month (Except Dec.) in the Extension building. It is our intention to carry on the legacy of T.C. Rockwell and Cody Ledford by providing educational and engaging events that address mental health and suicide prevention awareness. Everyone is welcome to attend these meetings.

**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

**Club Leader Meeting**

We have scheduled our Club Leaders meeting for Wednesday, November 13th at 6:30 pm at the Fairgrounds. We would love if we could get all Club Leaders and Co-Leaders to attend. We will be serving dinner and have special gifts. Please RSVP to Angela by Friday, Nov. 8th

**Livestock Record Book Corner**

Livestock Record Books are available at [www.laplatacounty4h.org](http://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!
Livestock Judging Team

The Livestock Judging team meets at 6:00 pm on the 2nd & 4th Thursday of the month, upstairs in the Exhibit Hall, at the Fairgrounds. The Livestock Judging Team is made up of members from 8 to 18 who learn terminology, public speaking skill and how to evaluate cattle, sheep, hogs and goats. Members have the opportunity to complete at contests in Colorado in March, April and May. Fundraising is used to pay for travel and entry fees for all team members. Contact Beth LaShell at 759-1387 with questions or come to the next meeting to learn more!

Citrus Fruit, Cider and Pie Fundraiser

The Livestock Judging Team is having its yearly fundraiser selling citrus fruit, apple cider and apple pies. Contact one of the current members to view the brochure. Angela will attach an order form in the HUBS email. Please fill it out and return it to the Extension office by Friday, November 22.

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.

Daniels Scholarship Program Application Now Open

We are excited to announce the online application for the Daniels Scholarship Program will be open from October 1 to November 14, 2019.

Approximately 230 new Daniels Scholars will be selected for the Class of 2020.

The Daniels Scholarship Program provides a four-year annually renewable college scholarship for high school seniors from Colorado, New Mexico, Utah, or Wyoming who demonstrate character, leadership, and service. The Daniels Scholarship Program offers resources, encouragement, and inspiration far beyond the financial assistance needed to earn a bachelor's degree. Our goal is to help each Daniels Scholar succeed in college and ultimately become independent, successful in a rewarding career, and actively engaged in their community.

Important information about this year's process:

1. The Daniels Scholarship is a "last dollar" scholarship to any two- or four-year accredited nonprofit college or university in the United States. Our scholars are responsible for covering only their Expected Family Contribution or EFC. However, if Daniels Scholars choose to attend one of our 24 partner schools, the Daniels Fund will also cover their EFC. All partner schools are located in our four state region of Colorado, New Mexico, Utah, and Wyoming. Click here for a list of partner schools.

2. The Daniels Scholarship is not an academic merit scholarship. However, there are minimum SAT or ACT requirements which can be found here.
3. Students do not have to meet Pell eligibility requirements to qualify for the Daniels Scholarship Program, but they must demonstrate financial need. We encourage high school seniors to register on our site and complete our Eligibility Questionnaire which determines a student’s financial and general eligibility to apply for the Daniels Scholarship. Click here to see a full list of eligibility requirements.

4. The first step of completing the Eligibility Questionnaire is to complete the 2020/2021 FAFSA at https://fafsa.ed.gov (available starting October 1, 2019) to determine their EFC. Students will use 2018 tax information to complete the 2020/2021 FAFSA.

For full details on the scholarship and to apply, visit our website at www.DanielsFund.org/Scholarships, where you will also find answers to frequently asked questions and additional promotional materials that can be downloaded, including a 20-minute video with detailed information about the program and how to apply.

FUTURE EVENTS TO THINK ABOUT!

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 24-27. 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 under Events and Opportunities for more information.

<table>
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<tr>
<th>ATTENTION TO ALL CLUB REPORTERS:</th>
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<tr>
<td>PLEASE remember that all club reports are due by the 27th of every month. Please send them to <a href="mailto:fountainaj@co.laplata.co.us">fountainaj@co.laplata.co.us</a></td>
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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
Rocky Mountain Rough Riders

The Rocky Mountain Rough Riders 4-H club met on October 14, 2019. The meeting was called to order at 5:34 P.M. In total we had 15 Members and 1 Guest attend. Under unfinished business, we discussed a date and time for an October fun night as a bonding activity for the club. Under New Business we discussed Scholarships for CLC in case we have any people go. We had our Treasurer, County Council, Leader, horse show, and Award Banquet reports. We then had a reminder or County Council Meetings, CODY Project and the date for our next meeting. Our meeting was then adjourned at 6:30 P.M.

Lauren McCourt

Mountaineers Club

Club meeting started on 10-10-2019 at 7:05 pm, 26 members and guests attended the meeting. On September 15th we did the road clean up. We have no new business at this time. 6 to 8 people showed up to the community business. In the announcement we were voting. No demonstrations this month. We adjourned the meeting at 8:15.

Report by: Mariah Kennedy

Mt. Allison Go-Getter, October Meeting

Meeting was called to order at 6:30 pm, Monday October 14, 2019. Veronica B. led us in the pledges. Treasurer report was giving. We talked about how our club BBQ fundraiser went. We elected officer positions. Discussed our upcoming community services for the next year. Planned our Senior Thanksgiving dinner on November 16, 2019. Voted on donating money to the judging team. Discussed snack for next month. Meeting was adjourned @ 7:44.

Sincerely, Veronica B. Reporter

Pioneer 4-H Club

4-H meeting 10-14-19
Pledge’s lead by Brianna
Roll call: Emmett, Jacob, Dakota, Savana, Brianna, Nathon, Ashland, Isaac, Colt, Annabel, Pearl.
Treasurers report: Bills were $125.00 for the catch-it program. Moved and paid.
We shared who we shared who won awards at the county banquet.
New business: Election of officers,
President- Annabel C. Vice president- Isaac G. Secretary- Brianna G. Treasure- Savanna M.
It was decided to hold a pumpkin carving and pizza dinner on October 28, Monday evening at 6:30pm. Everyone is to bring their own pumpkin to carve and each family bring a pizza to enjoy. The club will provide drinks.
November 16, 7:30 am we voted to do our annual pancake breakfast for the veterans. (public invited)
We will NOT have our regularly scheduled meeting in November. We will cover the needed agenda at one of our functions.
It was also discussed that we would offer to host and provide deserts for a farewell dinner for Greg as he announced that he has accepted a different position.
Meeting adjourned at 8:05 pm
Angela & Greg are so Happy and Thankful for all our wonderful members, leaders, volunteers, parents and families.

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