National 4-H Week is Oct. 6 to 12, 2019

October 6th to 12th has been designated as National 4-H Week and is an excellent opportunity to promote 4-H in your schools and your community and recruit new members for your club. *Remember that Wednesday, October 9th is the day set aside to wear a 4-H shirt to school.

Durango Cowboy Poetry Parade
Saturday, October 5th

All 4-H members and parents are encouraged to participate in the parade! If you don’t have a horse, you can walk or ride a stick horse. Please meet at 9:00 a.m. at Park Elementary school if you would like to participate in the parade. Don’t forget to wear a green shirt to show your pride.

Ranch Horse Versatility Clinic & Show
Saturday, Oct. 5th & Sunday, Oct. 6th

Adult Clinic & Youth Clinic will be on Saturday and the Show will be on Sunday. Classes will be Ranch Reining, Ranch Pleaser, Ranch Trail & Cow Work. Cost is $150 for adults and $100 for youth.

3rd Annual Halloween Equestrian Play Day!
Sunday, Oct. 20th

Bring your horse, costume and be ready to have tons of fun! Classes will be: Costume Contest, Cones & Bones, Skelton Key Race, Trick or Treat, Mummy Race, Pumpkin Relay, Scary Race, Rag Race and $5 Ride a Buck! Games start at 12:00 pm. Cost is $20.00

Quilting Help

We have parntnered with the La Plata Quilters Guild and they are going to teach 4-H members quililing! If you have any interest in this amazing opportunity, please attend out introduction meeting on Monday, October 21st at 6:00 pm, at the LPC Fairgrounds.

Livestock Judging Team Introduction Meeting

If you are interested in joining the Livestock Judging Team, now is the time! They are having an introduction meeting on Thursday, Oct. 24th at 7:00 pm, in the Exhibit Hall.
This Month’s HUBS:
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Cowboy Poetry Parade – p. 1
Ranch Horse Versatility Clinic & Show – p. 1
Awards Banquet – p. 2
County Council Elections – p. 2
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La Plata County 4-H Achievement Banquet
You’re all invited to attend the 2019 La Plata County 4-H Achievement Program! It will be held on Sunday, October 13th at 2:00 p.m. in the Exhibit Hall. We hope you are planning to join us while we celebrate the accomplishment of many of our 4-H members, leaders and clubs. We ask that each family bring one side OR dessert to share. Bring enough of each to serve your family and a few others. Table service (plates, silverware, napkins) and drinks will be provided. Even if you are not anticipating receiving an award, come support your fellow club members. The Achievement Program is a great way to celebrate the end of the 4-H year and the start of a new one. Lastly, Remember we are all Winners in 4-H and achieve great personal, club, family and community goals through our dedication and commitment!

**we need photos of 4-Hers for the slide show. If you have any, please email them to Angela at fountainaj@co.laplata.co.us

*** We need MCs for the Awards Banquet! Please contact Angela if you are interested.

Do You Want To Be a County Council Officer?
La Plata County 4-H is seeking committed and responsible youth members for the 2019-2020 year. Council Officers will work together to make informed decisions for our county and act as representatives throughout our county, region and state for LPC 4-H. Duties will include attending meetings, attending mandatory leadership trainings, participating in county 4-H events and fundraisers, collaborating with other youth organizations and assisting with sponsorship development. County Council offers a great opportunity to gain leadership and life skills while having fun and making a difference in your community. Applications can be emailed out and are in the Extension Office. You can apply for multiple positions. If you’re serious about County Council then you’re serious about getting an application! (Positions are for President, Vice President, Treasurer, Secretary, Reporter and Parliamentarian)

**Please bring your applications to the October 3rd County Council meeting at 7:07 pm.

2019-2020 4-H Enrollment
Don’t forget that 4-H enrollment is going to be done online via https://colorado.4honline.com
The website will not be open to the public to enroll until October 14th at 8:00 am. If you have any trouble or questions please contact Angela at 970-382-6465 or fountainaj@co.laplata.co.us.
For those of you that do not have access to a computer/internet, please come into the Extension Office and fill out a paper form or use our computer to register. Greg and Angela are also willing to attend your club meetings and help with enrollment during the meeting. If any club leaders are interested, please contact Angela to schedule a time.
*Leaders & Volunteers, don’t forget that you need to reenroll every year, just like the 4-H members.

Alerts:

Junior Livestock Sale Checks
Checks are now available for pickup! Don’t forget your signed buyer form to pick up your check. We are open Monday through Friday, 8:00 am to 5:00 pm.

County Council Meeting
Thursday, October 3rd at 7:07 p.m. We will be electing New Officers!

4-H Horse Council Meeting
Wednesday, October 2nd at 6:06 p.m.
4-H Enrollment Opens on Monday, October 14th! Be sure to enroll as soon as you can. If you don’t know

For Sale – p. 5
How to do a Club Report – p. 6
Suicide Prevention – p. 7
**Colorado Leadership Conference (CLC)**

This is a great opportunity for **All 6th-9th Grade 4-H Members** to take advantage of. This is a Colorado State 4-H leadership event. It will be held in Glenwood Springs, CO from November 1st to 3rd. La Plata County 4-H will provide transportation and supervision for this event. In addition, La Plata County 4-H will subsidize the cost of the camp *(includes 2 nights lodging, 2 breakfasts, 1 lunch and workshop costs)* and make this opportunity available for a $50 cost plus 2 meals. Deadline to let the Extension office know if you want to go is October 17.

**For more information visit [www.colorado4h.org](http://www.colorado4h.org) or call Angela 970-382-6465**

**Please note, if you register then cancel, you will be charged the full price of $150.00**

***Partial to full scholarships are available!***

**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 TBD (Usually last weekend in January) Denver, CO
- **January:** Youth Fest – (Usually the 2nd weekend in February) in Larkspur, CO

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

**Community Service Opportunity!**

Help make reusable bags from old t-shirts! Sarah Burris has started a program where she is making reusable bags from old t-shirts. She has a very simple patter but she is in need of used (no holes) t-shirts and people to sew the bags! Please contact Angela if you are interested in helping.

**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](http://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.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. If you shop at Amazon.com, please consider supporting La Plata County 4-H by using smile.amazon.com - just select La Plata County 4-H as your choice of charitable organization.
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.

Colorado Farm Show Scholarships

The Colorado Farm Show is offering over $25,000 in scholarships to Colorado High School Seniors graduating in the winter of 2019 or the spring of 2020. Applicants must be pursuing a degree in an Agricultural field of study at the college or university of their choice. To date, the Farm Show has awarded a total of $233,000 in scholarships!

Scholarship applications and guidelines can be found at www.coloradofarmshow.com. Applications must be postmarked no later than November 1, 2019. Applications that are incomplete or late will not be considered.

Calendar of Events

OCTOBER

2 Horse Council Meeting – 6 p.m. – Extension Building
3 County Council Meeting (Election of new Officers) - 7:07 p.m. Extension Building
5 Cowboy Poetry Parade – 10 am
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
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<tbody>
<tr>
<td>5-6</td>
<td>Ranch Horse Versatility Clinic &amp; Show</td>
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<tr>
<td>6-12</td>
<td>National 4-H Week</td>
</tr>
<tr>
<td>13</td>
<td>Achievement Banquet – 2:00 p.m. – Exhibit Hall</td>
</tr>
<tr>
<td>14</td>
<td>4-H Enrollment Opens for the 2019-2020 year!</td>
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<tr>
<td>16</td>
<td>C.O.D.Y. Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>20</td>
<td>Equestrian Halloween Play Day – 12 pm - Pavilion</td>
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<tr>
<td></td>
<td>NOVEMBER</td>
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<tr>
<td>1-3</td>
<td>Colorado Leadership Camp – Glenwood Springs – Pre-registration Required.</td>
</tr>
<tr>
<td>7</td>
<td>County Council Meeting – 7:07 pm – Extension Building</td>
</tr>
<tr>
<td>7</td>
<td>C.O.D.Y. Event in Memory of TC Rockwell – Time TBD – Exhibit Hall</td>
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<tr>
<td>11</td>
<td>Extension Office Closed for Veterans Day</td>
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<tr>
<td>20</td>
<td>C.O.D.Y. Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>28-29</td>
<td>Extension Office Closed for Thanksgiving</td>
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<tr>
<td>24-25</td>
<td>Extension Office Closed for Christmas</td>
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<tr>
<td>31</td>
<td>Extension Office Closed for Christmas</td>
</tr>
<tr>
<td>31</td>
<td>Last Day for 4-H re-enrollment. After this date, returning members may re-enroll but will be charged an extra $30.00 fee</td>
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**FOR SALE**

**Nigerian x Oberhasli buck looking for a good home.**

Max is a 5 year old proven breeding buck. He is unregistered because he does not meet Mini-Oberhasli breed standards but comes from all registered stock and was bred at Animas Valley Farms in Aztec. He has been such an amazing herd sire for us and has produced so many great kids. We have an older doe that comes from the same lines as he does and is such an incredible dairy goat. We have now bred and milked some of his offspring and they are all very well build goats. He throws very colorful kids, as well as polled kids despite him having horns. He is very friendly and not at all aggressive toward people or other goats. If you are interested, please call Lorraine at 970-749-4714

Other goats are free to a good home: please call Lorraine at 970-749-4714
**Rabbit for Sale**: She is 2 years old, female, and has a pedigree. They will sell her for $20.00 and will include any remaining food and hay leftover. They also have some supplies that may go with her, if needed. If you are interested, please call or text at 970-779-4515. They are located near Dolores, but are willing to travel to Durango to drop her off.

**ATTENTION TO ALL CLUB REPORTERS:**

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

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

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

**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.”
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.

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Happy Halloween