Beef, Sheep, Swine, Goat, Poultry & Rabbit Record Books AND Club Officer Books are due Sept. 10th by 5:00 pm

Livestock Record Books should be completed and turned in September 10, 2019 by 5:00 PM.

1. To be eligible for Supreme Livestock Awards, a Livestock Record Book must be completed.
   a. Catch-it contest participants MUST complete the Livestock Record Book for that breeding project.
2. Each Livestock Record Book will be judged by two judges.
   a. An average of the two scores will be taken.
   b. The interview score from fair will be added to the average.
3. Champion will be awarded if they qualify
   a. To every age group – Junior, Intermediate, Senior
   b. In every species – Beef, Dairy, Swine, Sheep, Goat, Rabbit, and Poultry
   c. For both breeding and market
   d. To qualify – Must have a score that is 90% or better
4. Those that choose to not turn in a Livestock Record Book will not be penalized, but they will not be eligible for Champion Record Book Award or Supreme Livestock Awards.

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.
Carcass Contest Results
The Carcass Contest Result Presentation will be on Thursday, September 19 at 6:30 pm. We will have root beer floats! We will be meeting in the Extension Building. If your animal was entered in the carcass contest, we recommend that you attend this educational presentation. All winners must be present to receive their cash awards.

State Fair Qualified Projects
All State Fair projects need to be picked up from the Extension Office between Wednesday, September 4th and Monday, September 9th. All projects will be stored in the Animas room. Please let Angela know if you will be unable to pick up your project by the 9th of September.

Junior Livestock Sale Pictures
Junior Livestock Sale pictures are available at the Extension Office. If you sold something at the Junior Livestock Sale, you should have had your picture taken. When you come in to pick up your picture, be sure to pick up the form for your buyers to sign when you bring them their thank you. You will not be able to pick up your check on October 1st, if you do not have this form signed. Remember, its best to thank your buyer NOW rather than months down the road.

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 appetizer OR dessert to share. Bring enough 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. If you would like to help set up the Exhibit Hall, plan to be there at 9 a.m. on Sunday – it shouldn’t take more than a couple of hours to get it set up nicely. 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.

4-H members that participated in the State Fair:
We would like to recognize you for all of your hard work at the Achievement Banquet! Please tell Angela what you showed in and your placing. fountainaj@co.laplata.co.us
**Do You Want To Be a County Council Officer?**

La Plata County 4-H Council 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 monthly 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 will 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.**

**Colorado Leadership Conference (CLC)**

*All 6th-9th Grade 4-H Members!*

Join your 4-H friends at the upcoming Colorado Leadership Conference (CLC) in Glenwood Springs, November 1-3, 2019. The conference will have several hands on workshops to develop your skills in communication, teamwork, critical thinking and social skills.

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 ($150) and make this opportunity available for a $50 cost which includes lodging, programs and 4 meals. Registration will open mid-September and limited to the first 10 members and final deadline October 17, 2019.

**Support Our Veterans**

La Plata County 4-H Council is collecting **new unused items** to be given to the veterans at the local Stand Down that will be held on October 16th.

**Items Needed:** shampoo, soap, toothbrushes, toothpaste, and deodorant. Adult sized clothing items such as socks, t-shirts, underwear, sweats, hats, gloves, and hand and feet warmers.

We have a collection box at the La Plata County Extension Office. We would like to thank our community for all the support you have given us.

**2019-2020 4-H Enrollment starts Oct. 14th**

Don’t forget that we are still using [www.Colorado.4honline.com](http://www.Colorado.4honline.com) to enroll! You will use your same log-in information as you did last year. If you forgot what email you used or changed your email, let Angela know and she will update your profile. If you forgot your password, please type in your email address then click on “forgot password”. Now is a good time to decide on what projects you will be doing next year!

If you cannot get online, Angela has paper forms you are welcome to fill out.

**Durango Cowboy Poetry Parade**

The Durango Cowboy Poetry Parade is on Saturday, October 5, starting at 10:00 am. We have an entry for La Plata County 4-H, so please join us! You don’t have to have a horse to participate.

**Community Service Opportunity!**

The Senior Center is looking for 6 people to help serve lunch on Thursday, Oct. 3 from 12 pm to 2 pm. Please let Angela know if you are available to help.
BBQ Cook-Off & Dance

Come out and support Mt. Allison Go-Getters 4-H Club at their BBQ Cook-Off and Dance on Sat. Sept. 21st at the Spring Creek Grange. Live music by Vanishing Breed. The BBQ is from 4:30 to 6:30 pm & Dance will be 6:45 pm to 11 pm. Adults are $15, kids (5 to 12 yrs. old) are $10.00

2019 Old Fort at Hesperus, Youth Deer Hunt

Colorado Parks & Wildlife (CPW) and the Fort Lewis College (FLC) Old Fort at Hesperus have teamed up to sponsor the 14th Annual Youth Deer Hunt. This special event will be held at the Fort Lewis College, Old Fort at Hesperus facility, south of Hesperus, CO. It is scheduled for November 22, 23 and 24 of 2019 and is open to Colorado resident youths only.

Any Colorado resident youth interested in participating must be 12 - 16 years of age as of October 23, 2019 and have successfully completed a hunter education course. Apprentice licenses are not valid for this hunt. Interested youth meeting these requirements must fill out and send in the application by October 1, 2019 by 5:00 PM. No late applications will be accepted.

Hunting will be limited to ANTLERLESS MULE DEER only. Participants will purchase an antlerless deer license specific to this hunt at the orientation prior to the hunt. Instructions will be sent to successful applicants. The Colorado Resident Youth licenses cost $15.50. YOUTH HUNTERS NEED TO BRING THEIR SOCIAL SECURITY NUMBERS IN ORDER TO GET THE LICENSE.

Youth hunters must have a mentor during the hunt. Mentors must be 18 or older and have a valid hunter education card. Hunter mentors will be available to those participants who do not have a parent or guardian available to be part of this unique experience.

Hunting equipment such as firearms, ammunition, knives, and safety orange garments will be made available to participants who don’t have access to these items. These items must be returned at the conclusion of the hunt. Participants will also be assisted with game care, if needed. Participants should prepare for all types of weather and wear proper attire to be comfortable and safe while hunting.

Youth in Action Award

The 4-H Youth in Action Awards give 4-H’ers the opportunity to share their stories of how 4-H has changed their lives and how they have, in turn, changed the lives of others. National 4-H Council will honor four confident leaders in the areas of Agriculture, Civic Engagement, Healthy Living, and STEM.

EACH pillar winner will receive:
• A $5,000 scholarship for higher education
• An all-expenses paid trip to Washington D.C. for the winner and a chaperone to participate in training opportunities and attend National 4-H Council’s Legacy awards, while engaging with Council leadership, celebrities & other prominent 4-H alumni and friends
• An opportunity to be featured as the 4-H Youth Spokesperson for their pillar area
• An official reference letter from National 4-H Council President & CEO, Jennifer Sirangelo

Applications close October 21, 2019, but 4-H’ers can visit the website (https://4-h.org/parents/4-h-youth-in-action-awards/#/timeline-resources) now to receive updates and tips for applying!

There is a webinar for YOUTH interested in applying. Participants will hear from previous winners about their experiences with the program and will walk away with tangible tips on how to submit a winning application. This is scheduled for September 7 @ 5:00 pm. Those youth applicants can register for that webinar here (https://zoom.us/webinar/register/WN_ef_cSIW4QvWDubUAQpkb8w)
Calendar of Events

SEPTEMBER

2 Extension Office Closed for Labor Day
4-9 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
10 4-H Beef, Goat, Poultry, Rabbit, Sheep, and Swine Record Books, Club President, Vice President, Secretary, Parliamentary and Reporter Books due in the Extension Office by 5 pm.
18 C.O.D.Y. Meeting – 6:30 pm – Extension Building
19 Carcass Contest Results – 6:30 p.m. – Extension Building
21 Mt. Allison Go-Getters BBQ Cook-off and Dance - Spring Creek Hall

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
5-6 Ranch Horse Versatility Clinic & Show
7-13 National 4-H Week
13 Achievement Banquet – 2:00 p.m. – Exhibit Hall
14 4-H Enrollment Opens for the 2019-2020 year!
16 C.O.D.Y. Meeting – 6:30 pm – Extension Building
20 Equestrian Halloween Play Day – 12 pm - Pavilion

NOVEMBER

1-3 Colorado Leadership Camp – Glenwood Springs – Pre-registration Required.
7 County Council Meeting – 7:07 pm – Extension Building
7 C.O.D.Y. Event in Memory of TC Rockwell – Time TBD – Exhibit Hall
11 Extension Office Closed for Veterans Day
20 C.O.D.Y. Meeting – 6:30 pm – Extension Building
28-29 Extension Office Closed for Thanksgiving

DECEMBER

5 La Plata County 4-H Council Meeting - 7:07 p.m. Extension Building
Christmas card signing party
24-25 Extension Office Closed for Christmas
31 Extension Office Closed for Christmas
31 Last Day for 4-H re-enrollment. After this date, returning members may re-enroll but will be charged an extra $30.00 fee

Club Reports

June 2019 County Council Minutes

The La Plata County Council met on June 6th. The meeting was called to order at 7:10 P.M. and the pledges were led by Emma Stevenson. We then took Roll Call and there were 8 clubs with a total of 15 people present. The May minutes were then red by Lauren McCourt and a motion to approve them was made by Kaleb Lee and seconded by Brock Fassett. There were no changes to the balance. We were then given the Fair Royalty, Livestock Judging, C.O.D.Y Project, and Extension reports. We then gave out scholarships and each receiver gave a speech. The receivers of the scholarships were Taylor Dossey, Morgan Allen, Kaleb Lee, Breann Waddell, Evan Roth, and Lucas Roderick. Under Old business we discussed having a Live Band, DJ, Both, or None. A motion to have a live band at the fair dance was made by Lauren Harwood and Seconded by Breann Waddell. We then decided to create a committee to get information and
prices on each band and make a decision on which band. Under New Business we discussed changing the date to the July meeting July 11th, instead of the 4th. A motion to adjourn the meeting at 8:15 was then made by Breann Waddell and was seconded by Kaleb Lee.

**Ignacio Westerners, June meeting**

The meeting was called to order at 7:07, Monday, June 10 2019. Taylor J. led the pledges. Fair royalty spoke to the club about getting some more people to be involved in fair royalty. Then demonstrations - Gary R. and Larissa G. Followed by the June birthdays. Then, Kori J. read the Hubs. Then we voted to have an ice-cream social at our July meeting. We voted to give businesses chocolate to sell for the club. We adjourned the meeting at 7:51 pm.  
Sincerely, Vaughn C. Lee, Reporter

**Ignacio Westerners, July meeting**

The meeting was called to order at 7:15 pm, Monday, July 8, 2019. We had our meeting at Ignacio Park and had an ice cream social. We also talked about fair deadlines. Then, we talked about some of the kids with livestock projects going and talking to buyers before the fair. We adjourned the meeting at 7:45 pm.  
Sincerely, Vaughn C. Lee, Reporter

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