2020 County Council - On the Road!

4-H County Council “On the Road” will be hosting meetings in Bayfield, Hesperus and Ignacio!

March 5th meeting will be at the Senior Center in Bayfield from 6:30 pm to 8 pm
April 2nd meeting will be at the Oxford Grange from 6:30 pm to 8 pm
May 7th meeting will be in Hesperus (location TBD) from 6:30 pm to 8 pm
June 4th meeting will be at the La Plata County Fairgrounds at 7:07 pm

We will send agenda’s out before the meeting. We ask that clubs in the area bring refreshments or desserts. County Council will provide dinner!

Extension Office Update

We are in the process of hiring a new office assistant and Emily, our office manager is still new, so please be patient with us while we are training everyone and getting them up to speed on 4-H and all of our other programs.

Angela will be out of town from March 17-29 but will be available by phone and email. Please feel free to text, call or email with any questions during that time.
Angela’s cell – 970-749-8883 & email – fountainaj@co.laplata.co.us

Extension Advisory Committee

4-H parents, we are looking for new members for our Extension Advisory Committee. We typically meet 3 to 4 times a year at the Fairgrounds. Members of this committee act in an advisory capacity to the Board of County Commissioners with respect to CSU Extension Service programs and issues and work with La Plata County Extension Office personnel in planning, developing, implementing and evaluating programs and performance. If you are interested, please apply at http://co.laplata.co.us/cms/one.aspx?pageId=1633876

Please take a survey on the date & time of our Awards Banquet in October.
https://www.surveymonkey.com/r/LXT39R8
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Alerts!

**County Council Meeting**
March 5th at 6:30 pm, at the Bayfield Senior Center

**4-H Horse Council**
March 4th at 6:00 pm, in the Extension Building

**Fair Camping Spaces**
You may start signing up for Fair camper spaces on Monday, June 1st at 8:00 am. You may call or come in to the office. The cost is $40.00 to the Fair Board.

**FFA Taco Dinner, Pie Auction & Dance**
Saturday, February 29th at the La Plata County Fairgrounds. Dinner is from 5-8:30 pm, pie auction is 7-8 pm and the dance is 8-10:30 pm. Adults are $10 & children, 5-13 are $5.

**Poultry Project Meetings**
There are only 2 poultry project record books:
- **Market**-used for any market species: turkey/s, chickens (fryers and roasters), ducks, geese
- **Breeding**-used for Egg production, Show Birds, Breeding turkeys, breeding chickens, breeding waterfowl. Basically if you are doing any project that is not a market/meat project you use the Breeding record book.

**If you are doing both a market and a non-market project you will have 2 records books.** You cannot put breeding and market projects together in one book, they are judged separately!

If you are new to the poultry project please consider joining our Facebook Page

These meetings count towards you Poultry Supreme Awards! All meetings are at the La Plata County Fairgrounds.
- March 26 – Florida room – 6:30 pm
- April 23 – Florida room – 6:30 pm
- May 28 – Florida room – 6:30 pm
- June 25 – Florida room – 6:30 pm
- July 23 – Animas room – 6:30 pm

**Shooting Sports Hunter Education Course**
If you have enrolled in (or are thinking about enrolling in) the Shooting Sports Projects, and have not done a Hunter Education Course, here is your chance!

La Plata County Shooting Sports requires that all Intermediates (11 to 13 years. old) and seniors (14 to 18 years old) have passed a Hunter Education Course. Juniors (8-10 years old) only have to take the course if they want to participate at State Fair.

We have scheduled a special youth, hunter education course! All youth 8 and older are welcome. (Ages 8 to 12 must have a parent or guardian present). This is a two part class; online class then classroom & live fire. Be sure to register for BOTH classes.

Students must complete the online portion of the Colorado Internet Hunter Education Curriculum prior to attending the conclusion class. All students will present their completion certificate at the start of class. The online portion of this course is $24.50 and is available at [https://www.hunter-ed.com/colorado/](https://www.hunter-ed.com/colorado/).

The date for the class/live fire day for Sunday, March 1st, 9 am to 3:30 pm. The class will cover laws & regulations, ethics, firearm handling, firearms handling, and action types. Students will then take the written test, and then do the live fire at the indoor range at Chapman Hill. Parents are responsible for transporting youth from the Fairgrounds to the indoor gun range. Please register for this portion of the class here: [https://www.register-ed.com/events/view/153760](https://www.register-ed.com/events/view/153760)

Please call or email Angela if you have any questions.
4-H and FFA Beef Weigh-in
Saturday, March 14, 9 am - 11 am, Fairgrounds Pavilion

Remember to bring a copy of your Bill of Sale and Brand Inspection. If you don’t have a brand inspection, Chad will be at the weigh in to do brand inspections. All animals must be broke to lead. All market beef that will be shown at the Colorado State Fair must have a nomination card and pay $3.00 to get a retinal scan.

*Please use the Taco Bell Entrance and exit thru DHS. We will have barricades set up to guide you.

Rabbit Project Day
Sunday, March 15, 11 am to 5 pm, Extension Building

We have a fun filled, educational day planned: tattoo clinic, breed ID, how to pose different breeds of rabbits, proper feed and housing requirements, why we do showmanship, what is required to have meat pens and single fryers and discuss sportsmanship and show ethics. We will also be tagging in rabbits, so please bring your rabbits and RSVP by March 11th to Sandy Wade sfwade@frontier.net or 970-769-3095. Lunch is provided to all those that RSVP.

Future Rabbit Project meetings will be held at the La Plata County Fairgrounds.

April 23 – Pine room –5:30 pm
May 28 – Pine room –5:30 pm
June 25 – Pine room –5:30 pm
July 23 – Pine room –5:30 pm

Add, Drop and Enrollment Deadlines

The last day for the 2020 4-H enrollment is fast approaching! April 1st, is the last day that anyone can enroll in 4-H and still participate in the La Plata County Fair. If you know of anyone that has not enrolled yet, please contact them and let them know they must do so by April 1st.

The last add a project is May 1st and the last day that to drop a project, without penalty, is June 1st. For all adds or drops, you can go to www.co.4honline.com or contact Angela at 970-382-6465 or fountainaj@co.laplata.co.us

San Juan Basin 4-H Leadership Camp
April 3-4, 2020

The camp will be engaging Intermediate & senior 4-H members from Archuleta, La Plata, Montezuma, and San Juan County, New Mexico at the Hesperus Camp.

We will have leadership and life-skills trainings as well as completing an obstacle course and maybe zip lining! It will be a fun, challenging camp that will allow youth to build relationships with others across our region. Registration is now open; please contact Angela for more information and to register.

*We will be electing our new District 5 Officers at the camp. If you are interested in running for District 5 President or Vice President, you need to attend this camp.

District President & Vice President Elections

If you are interested in running for District 5 President or Vice President, please read the expectations below and attend the San Juan Basin District Leadership Camp, April 3-4, 2020 where we will be electing our new District 5 officers.

District Presidents are expected to:

- Conduct business at his/her respective district meetings
- Serve as a member of the Officer Team
- Promote active participation of district members in state/district activities
- Sign and abide by the State 4-H Officer Contract
- Be responsible for expenses incurred during term in office
Presidents must attend:

- **Colorado State 4-H Conference (4 days):** usually held the last week in June (June 23-26, 2020—this year and June 21-25, 2021)
- **Leadership Development Conference & 4-H Day at Capitol (four days):** usually held the last weekend in January or whenever the last Monday in January falls (LDC – January 22-24, 2021; 4-H Day at the Capitol – Monday, January 25, 2021)
- **Youth Fest (three days):** usually the second weekend in February (February 12-14, 2021)
- **Colorado Leadership Camp (three days):** the first weekend in November (November 6-8, 2020)
- **Officer Team Retreat & New Mexico State 4-H Conference:** (Officer Retreat – July 10-12, 2020; New Mexico State Conference – July 13-17, 2020)
- **All the Officer Team meetings:**

  One absence from Officer Team meetings that is not excused by the president, vice president or an Adult Leader Advisor constitutes removal from the Officer Team.

**District Vice Presidents** are expected to:

- Assume the duties of the District President in his or her absence.
- Be counselors at Youth Fest.
- Possibly be asked to step in when a District President is not able to attend one of the conferences.
- Facilitate the think tanks at the Leadership Development Conference with their District President.

**New Family Orientation**

All families are welcome to attend our New Family Orientation. It will be April 8th, at 6:30 pm at the La Plata County Fairgrounds. We will be talking about what to expect in your first year in 4-H and how to prepare for Fair. Please bring any questions you have! Please RSVP to Angela. We will provide light snacks.

**CODY Project Kickball Tournament**

Saturday, April 18th, 9:00 am at the La Plata County Fairgrounds

The CODY Project is having a kickball tournament! We are looking for teams, refs, scorekeepers!

Teams will consist of 9 players and only cost $50.00 team. We will have 2 divisions: 14 & under and 15 & over.

All proceeds will go to local counseling services.

**4-H Volunteer & Leader Meeting**

Wednesday, April 22, 6:30 pm, Extension Building

We will be discussing summer activities, fair and any concerns you or your members may have. We will have a Potluck Dinner and 4-H will supply the meat from T’s Smoke House, so please RSVP and bring a salad, side, or dessert. fountainaj@co.laplata.co.us or 970-382-6465

**2020 La Plata County 4-H Scholarships**

Seniors, don’t forget to apply for our 2020 Higher Education Scholarships! We will be offering four (4) $500 dollar scholarships to 2019-2020 currently enrolled members that are in good standing and are looking to go on to higher education in the fall of 2020. Applications are due by May 1, at 5:00 pm, in the Extension Office. Scholarship Award recipients will be announced at the June 4th County Council Meeting. Applications are available at the Extension Office or Angela can email you one.
**Fun Shoot**

4-H Fun Shoot is scheduled for May 2 at 10 am at the Wright’s property. Here you can participate in any discipline you want and learn new skills. You are welcome to bring a friend that is interested in joining the shooting sports program and 4-H!

**Horse Project - Important Dates**

**Horse Camp** – May 1-3

**Spring Fling in Durango**
Horse Show May 16th @ 9 am
Gymkhana May 17th @ 9:30 am

**Horse Certificates** are due ONLINE by May 1st at 5:00 pm
**Horse Safety Take Home Test** due by June 1st at 5:00 pm

**Friday Night Lights - Gymkhana in Durango**
June 12th at 5:30 pm

**Invitational in Durango**
Horse Show June 27th @ 9 am
Gymkhana June 28th @ 9:30 am

**San Juan Basin District in Durango**
Horse Show July 11th @ 9 am
Gymkhana July 12th @ 9:30 am

**Horse Camp – May 1-3, 2020**

This camp is open to any and all 4-H members (you do not have to be enrolled in the 4-H Horse Project to participate) in the San Juan Basin (Archuleta, Dolores, La Plata and Montezuma Counties).

If you haven’t been to 4-H Horse Camp before, we will begin, on Friday, with dinner at 6:30 p.m. On Saturday, we will have clinics, games and swimming. Then Sunday we will have more games before cleaning up and it will be over by about 2:00 pm.

To enhance the camping experience, bring your tent and lawn chair. We are going to set up tents downstairs in the Exhibit Hall. We will also be going swimming on Saturday evening so don’t forget your bathing suit and towel. Registration is very limited; please contact Angela if you are interested.

**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 6th 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 9th, one for Ignacio/Bayfield area and another for Marvel/Breen area, from 9 am to 10:00 am.
Meat Quality Assurance (MQA)

MQA is scheduled for Wednesday, May 6th at 6:30 pm at the La Plata County Fairgrounds, Extension Building. Please note that if you are in a Breeding or Market project, you are required to take the MQA class, your 1st year of taking the project AND the first year you are a senior (14 as of December 31, 2019).

If you haven’t taken the MQA class before and you are doing a BREEDING OR MARKET project, you are required to attend. ALSO if you are planning on taking pigs to the State Fair in 2020, you are required to attend even if you did the class last year.

I understand this is confusing, so please let me know if you have any questions.

Camping Spaces at the Fair

We will start accepting reservations for camping spaces at the fair on Monday, June 1 at 8 am. You are welcome to come in to the office and sign up or give us a call at 970-382-6465. Space is VERY limited and will only be taken on a first come, first served basis. Cost is $40.00 per space.

Record Books for all Livestock, Horse, Dog, General Natural Resource, and Family Consumer Science

All Record Books are available at the county website: www.laplatacounty4h.org, if you have any questions or problems, please call Angela at 970-382-6465

4-H Adventure Day Camp

We are excited to be doing Adventure Day Camp again this year! Activities will run the week of June 15th to 19th, 9 am to 3 pm each day. You can sign up for the full week 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.

I am still working on the official schedule but it looks like the 15th & 16th will be STEM days! I intend to have a cooking day, sewing day and heritage arts day as well. Each day will have a max of 20 members. Enrollment will be on a first come first serve basis.

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 22-26, 2020

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 due by Friday, May 8th at 5:00 pm
Calendar of Events *Dates are subject to change*

**MARCH**
1. Youth Hunter Safety Class – 8:30 am – Extension Building**pre-registration required**
2. Catch-It Tour – 8:30 am – Meet in the Fairgrounds Parking Lot
3. Exchange Club Meeting – 6:30 pm – Extension Building
4. Horse Council Meeting – 6:06 p.m. - Extension Building
5. County Council Meeting – 6:30 pm – Bayfield Senior Center
6. C.O.D.Y. Meeting – 6:30 pm – Extension Building
7. 4-H/FFA Market Beef Weigh-in - 9 a.m. till 11 a.m. – Pavilion
8. Rabbit Project Day – 11:00 am – 5:00 pm – Extension Building
9. Bayfield, Durango & Ignacio Spring Break
10. Deadline to register for SJBD Leadership Camp
11. Four States Ag. Expo Montezuma County Fairgrounds
12. Fair Board Meeting – 6:30 pm – Extension Building
13. Poultry Meeting – 6:30 pm – Extension Building

**APRIL**
1. Deadline for all returning and New 4-H Members to register in 4-H and still participate in the La Plata County Fair
2. Horse Council Meeting – 6:06 p.m. - Extension Building
3. County Council Meeting – 6:30 pm
4. San Juan Basin Leadership Camp – Hesperus Camp*Pre-registration required
5. FFA Pig Sale at McGee Park, Farmington – 10 am
6. New Family Orientation – 6:30 pm – Extension Building – Please RSVP to Angela
7. C.O.D.Y. Meeting – 6:30 pm – Extension Building
8. C.O.D.Y. Event – Kickball – Fairgrounds Ballfields
9. Volunteer Meeting – 6:30 pm – Extension Building – PLEASE RSVP to Angela
10. Rabbit Meeting – 5:30 pm – Extension Building
11. Poultry Meeting – 6:30 pm – Extension Building
12. Fair Board Meeting – 7:00 pm – Extension Building

**May**
1. Last day to ADD Projects.
2. Dog ID Forms MUST be uploaded to 4honline by 5 pm
3. Horse Certificates MUST be uploaded to 4honline by 5 pm
4. Horse Safety Test due by 5 pm
5. Higher Education Scholarships due by 5 pm
6. Horse Camp – Fairgrounds * Pre-registration required
7. Fun Shoot – 10 am – Wrights Property in Ignacio
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)
10. County Council Meeting – 6:30 pm
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.*
12. Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
13. Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
14. C.O.D.Y. Meeting – 6:30 pm – Extension Building
15. Extension Office closed for Memorial Day
16. Rabbit Meeting – 5:30 pm – Extension Building
17. Poultry Meeting – 6:30 pm – Extension Building
18. Fair Board Meeting – 7:00 pm – Extension Building
### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1</td>
<td>Last Day to DROP Projects</td>
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<tr>
<td>1</td>
<td>Fair Camper Sign Up</td>
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<td>4</td>
<td>4-H County Council Meeting - 7:07 pm – Extension Building</td>
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<tr>
<td>12</td>
<td>Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena</td>
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<tr>
<td>13</td>
<td>Ranch Horse Versatility Clinic – times TBD – LPC Fairgrounds</td>
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<tr>
<td>15</td>
<td>4-H Community BBQ, Tickets, Posters and Fair Entry Forms Available</td>
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<tr>
<td>15-19</td>
<td>Adventure Day Camp – All Week – Pre-registration Required</td>
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<tr>
<td>17</td>
<td>C.O.D.Y. Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>19-21</td>
<td>Ramble in the Rockies Swine Jackpot – La Plata County Fairgrounds</td>
</tr>
<tr>
<td>21</td>
<td>Old Fort Jackpot – La Plata County Fairgrounds</td>
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<tr>
<td>22-26</td>
<td>State 4-H June Conference - CSU Campus</td>
</tr>
<tr>
<td>25</td>
<td>Rabbit Meeting – 5:30 pm – Extension Building</td>
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<tr>
<td>25</td>
<td>Poultry Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>27</td>
<td>Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds</td>
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<tr>
<td>28</td>
<td>Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds</td>
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### JULY

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>4-H Horse Council Meeting – 6:06 pm – Extension Building</td>
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<tr>
<td>2</td>
<td>4-H County Council Meeting – 7:07 pm – Extension Building</td>
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<tr>
<td>3</td>
<td>Extension Office Closed in Observance of Independence Day</td>
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<tr>
<td>7-14</td>
<td>Exchange Trip</td>
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<tr>
<td>11</td>
<td>San Juan Basin District Horse Show – 9 a.m. – La Plata County Fairgrounds</td>
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<tr>
<td>12</td>
<td>San Juan Basin District Gymkhana – 9:30 a.m. - La Plata County Fairgrounds</td>
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<tr>
<td>15</td>
<td>ALL CLUB TREASURERS BINDERS &amp; IRS FORMS ARE DUE BY 5 P.M. to the Extension Office</td>
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<tr>
<td>15</td>
<td>Shooting Sports Fair Shoot Entry Forms due by 5 p.m. to the Extension Office</td>
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<tr>
<td>15</td>
<td>4-H Fair Dog Show Entry Forms due by 5 p.m. to the Extension Office</td>
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<tr>
<td>15</td>
<td>C.O.D.Y. Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>20-24</td>
<td>All 4-H/FFA Animal and Community Service Record Books, Fair Entry Forms and Fair Royalty Applications due into the Extension Office</td>
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<tr>
<td>23</td>
<td>Rabbit Meeting – 5:30 pm – Extension Building</td>
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<tr>
<td>23</td>
<td>Poultry Meeting – 6:30 pm – Extension Building</td>
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<tr>
<td>24</td>
<td>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.</td>
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<tr>
<td>24</td>
<td>ALL Sold and Unsold Truck Raffle Tickets are due by 5:00 pm</td>
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<td>25</td>
<td>County Fair Shotgun ONLY Fair Shoot – 9 a.m. – Witt’s property in Ignacio</td>
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<tr>
<td>30</td>
<td>County Council Meeting &amp; BBQ Preparation &amp; Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or <a href="mailto:fountainaj@co.laplata.co.us">fountainaj@co.laplata.co.us</a> **</td>
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TBD

Fair 4-H Dog Show – 9 am – Grassy Area next to the Extension Building

### AUGUST

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1</td>
<td>La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds</td>
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<tr>
<td>1</td>
<td>Open Class Rabbit Show – 9 a.m. - La Plata County Fairgrounds</td>
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<tr>
<td>1</td>
<td>County Fair Shoot (not Shotgun) – 9 a.m. – Wright’s property in Ignacio</td>
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<tr>
<td>2</td>
<td>La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds</td>
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<td>3</td>
<td>4-H Demonstration Contest and Hippology test, Dog, Poultry, Rabbit &amp; Breeding Project Tests.</td>
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<td>4</td>
<td>4-H Cake Decorating and 4-H Creative Cooks Contests</td>
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<td>4</td>
<td>4-H Record Book Interviews for Horses and Dogs in the AM</td>
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<tr>
<td>4</td>
<td>4-H Record Book Interviews for Beef, Sheep, Swine, Goat, Rabbit &amp; Poultry in the PM</td>
</tr>
<tr>
<td>4</td>
<td>4-H General, Natural Resource and Consumer Science Entry and Interview Judging Day from 8 a.m. to 10 a.m.</td>
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<td>Fashion Review Judging – 1 p.m. - Patio</td>
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<tr>
<td></td>
<td>4-H Public Fashion Review - 7 p.m. - Patio</td>
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</tbody>
</table>
Official dates for La Plata County Fair

5-9

4-H Livestock projects delivered and weighed in

8

4-H County Fair BBQ - Senior Center Lawn

8

Junior Livestock Sale

8

County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio *$5.00 charge per entry.

9

CODY Project Foam Party – 11:00 am – Between both Arenas – Bring clothes that can get wet & dirty!

9

All Animals & Projects must be picked up and taken home at 2:00 pm

9

4-H and Open Class Premiums can be picked up between 2 pm and 3 pm

11

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

19

C.O.D.Y. Meeting – 6:30 pm – Extension Building

28-Sept 7

Official Dates of Colorado State Fair, Pueblo, CO

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**Club Reports**

**Animas Valley 4-H - February, 2020**

Saturday February 8th Animas Valley 4h had a fun visit to the humane society to see and learn about the animals there and how it is run.

On February 11 Animas Valley 4H Held their monthly meeting at Animas Valley Grange. We reviewed meeting minutes and reports. Sydney, the president, reminded us of important deadlines coming up. We also discussed several activities that we are interested in doing including movie night, making and delivering Easter cards to residents at Sunshine Gardens, and tea with the Grangers.

We are going to make Easter cards at the March meeting, and have scheduled to deliver them on April 5. We have tentatively scheduled tea with the Grangers for March 29th.

**Generation’s 4-H February 2020**

The meeting was called to order at 6:35 pm and Lucy led the pledges. There were 15 kids and we tabled the minutes and the treasurer's report until the next meeting. Jordan motioned and Audry second. We talked about the chili cook off and then we talked about what we as a club we would like to do for something fun. We also decided to donate $200 to the church to help pay with some things, Cole motioned and Bailey second. Jerami, Paige and Colale are doing demonstrations next month. We adjourned the meeting at 7:03 Jerami motioned and Hayden second.

-Kylee Pontine

**Ignacio Westerners 2-10-20 Report**

The meeting was called to order at 7:06 pm Monday, February 10th, 2020. There were 29 members/guests attending the meeting. First, we introduced everybody in the club for the benefit of new members and we said what we were thankful for. Next, we celebrated February birthdays. Then, Payton M. gave the treasurer's report. Rylee P. read the minutes. Old Business: fundraisers we are going to do concessions at the Ignacio fairgrounds during horse shows. The Livestock Judging team gave the livestock judging report. They need a donation. We are going to donate $75.00. Next, Guy R. read the hubs. Payton W. gave the Royalty report. Demonstrations: Taylor J., Brody Z., Bailey S., Payton Z., and Natalie W. We adjourned the meeting at 8:15 pm.

Sincerely, Vaughn C. Lee, Reporter

**Mountaineers 4-H February, 2020**

The club started on 2-13-2020 at 7:12. 23 guests and members attended meeting. The old business is the Valentine's cards for the nursing home people. The new business is the turkey federation set up on the 29th and the officers March demonstrations. And we had no committee, announcements, and member reports. The meeting adjourned at 7:26.

By: Mariah Kennedy
Mt. Allison Getters 4-H February 2020

Meeting was called to order on February 10, 2020 at 6:43 pm. We had 8 members, 0 clover buds and 0 guests. January minutes were read. Treasure report was given for the month of January. We discussed old business on writing community service reports. We discussed new business on fall fundraiser, county leadership and important dates. Meeting was adjourned at 7:36 pm.
Sincerely, Veronica B. Reporter

Pine River 4-H Club Meeting
February 3rd, 2020

Called to order at 7:01 pm
Pledges led by Cora Hansen
Most were absent with no guests
January’s minutes approved by Moriah and seconded by Riley

Reports
Treasurer’s Report: beginning balance $662.14, no money in or out
HUB’S Report for March is Lanston
County Council: Faith and Hansens went
C.O.D.Y.: kickball tournament in April

Old Business
For our fundraiser we decided to do both RMCF caramel apples and chocolate bars
Demonstrations for March: Cora and Shaylee
Recreation for March: Cora
Clover Buds Activity for March: Kyle
Adjourned at 7:26; Kyle approved and Rylie seconded

Pioneer 4-H 2-10-20

Pledge’s lead by Nathen
Roll call: Annabel, Emmett, Colton, Billy, Brianna, Iris, Addison, Waylon, Ansley, Derick, Savanna, Mosses, Nathen, Jacob, Brian, Isaac, Lia, Hana,
We decorated valentines together and will share them as our community service.
March community service will be a book exchange. Bring any unwanted books and feel free to take some home. Any leftover will be donated to the local library.
It was voted on that May 9th we will have a pancake dinner, desert auction, and dance. We will have a special gift for Mothers.
Meeting adjourned at 8:05pm
If you are not receiving the 4-H hubs Angela every month please let us know.
Beef weigh in is March 14, 9 am to 11 am. Animals must be broke to lead.
Sheep and goat weigh in is May 6, 3:30 to 6:30 with meat quality assurance at 6:30 pm all 1st year animal members and senior member must attend this meeting. A secondary tag in for goats and sheep is May 9th at Breen.
To be involved with fair 2020 you must be signed up by April 1.
https://co.4honline.com
Rocky Mountain Rough Riders February 2020

The Rocky Mountain Rough Riders met on February 10th at the La Plata County Fairgrounds. The meeting was called to order at 5:38 P.M. In total there were 25 members and no guests in attendance. We were given Treasurer's, Country Council, Youth Fest, LDC, and Leader reports. There was no unfinished business. Under new business we discussed Demonstration Dates and if we should have small groups at each meeting to help with record books. We were reminded about the next meeting which will be held at the La Plata County Fairgrounds on the 9th of March. Before the meeting was adjourned we gave out a quick announcement of the CODY Project, Quilting meetings, and Hunter Safety Courses. The meeting was then adjourned at 6:11 P.M.

Weasel Skinners December 2019

The weasel skinner 4-H club met on December 12, 2019. The meeting was called to order at 5:38. In total we had 14 members, 2 leaders, and 9 parents attend. We had our Treasurer, Reporter, Historian/ Scrapbook, Parliamentarian, Recreation Officer, Health Officer, Safety Officer, reports. Under unfinished business Vote on t-shirts & hoodies which bid are we going with? Vote on shirt/sweatshirt artwork. Under new business we discussed Sign Thank you cards and photos - LPEA, D&SNGRR, Dgo Joes, Ben E. Keith. January sledding. We then had a reminder of Thurs., Jan. 9, Leadership meeting, Extension building 9-1 pm, RSVP to Angela Fountain by Christmas. Caroling, Meeting, Hiking, Refreshments, Demonstrations. The meeting was adjourned at 5:58 pm P.M.

-Colton Cheese

Weasel Skinners January 2020

Our last meeting was at Sunnyside Library on January 9th, 2020. It was called to order at 5:58 p.m. and the pledges were led by Daniel Latham. There were 17 members, 11 parents, and 4 guests. There were no other officer reports. Old business included voting on whether we should buy t-shirts and hoodies because they would cost more. Announcements stated that the February bowling meeting start time was changed from 5 p.m. to 6 p.m. and we had an upcoming hike at Bisti Badlands on Saturday January 25th. The meeting was adjourned by Daniel Latham and Jordan Wilbanks. Demonstrations were made by Sidney Elliott and Rebekah Latham and Barry Latham. Our next meeting will be at Rolling Thunder Lanes, Ignacio on Thursday, February 13th, 2020 from 6 to 8 pm.

-Colton Cheese

Weasel Skinners February 2020

The February meeting was at the Rolling Thunder Lanes, The bowling alley in Ignacio, New México. It started at 6 pm and ended at around 8 pm. We made a motion to use $500 to $600 instead of $300. The motion was made by Jordan Wilbanks and was seconded by Colton Cheese. Almost everyone showed up and we had pizza and drinks, and played in the arcade. All of the adults talked about using the app Bing for better communication. We also passed out Weasel skinner shirts and jackets to everyone who came. Everyone had a blast! Even the adults!!

-Colton Cheese
Here are 11 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 yourself feel good.** Find a mirror, make it fun. If it doesn’t feel right to start with, you will soon be laughing at yourself and feel better naturally. The muscles we use to smile will tell our brain we are happy. Do it for at least 30 seconds.

2. **Smile to make others feel good.** Create that connection, open communication, trigger those mirror brain cells that make us experience empathy for others.

3. **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’. Again, this will tell our brain we are happy and make us feel better. Get up from your desk regularly.

4. **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.

5. **Physically remove the tension.** If you feel tense in the arms, shake your arms; if you feel tight in your chest, stretch and expand or breathe deeply.

6. **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.

7. **Talk to someone.** Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions.

8. **Disengage and re-engage emotions.** Park a challenging emotion to deal with later, rather than just avoiding it. Acknowledge and accept the feeling then use your emotional intelligence to help generate a more useful emotion.

9. **Label your emotion.** The part of the brain that can label or name an emotion is the same part that ‘feels’ the emotion. Labelling is proven to reduce the intensity. Just by saying “I feel angry” you actually feel less angry.

10. **Label emotions for others.** We can often disarm an emotionally charged situation by acknowledging what people are feeling. “I sense you are angry, can you tell me how you feel?” This encourages others to consider and label their emotions with greater accuracy: “Yes, I feel angry” or “No, I am not angry, I am annoyed”.

11. Talk to someone. Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions. – Angela is ALWAYS available to talk to. 970-749-8883

**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