



Colorado
State
University

Extension

La Plata County Extension Office
2500 Main Avenue, Durango, CO 81301
(970) 382-6465

LA PLATA COUNTY FAMILY NEWSLETTER

December 2016

Greg & Angela would like to wish everyone
a Happy and Safe Holiday Season!



Greg Felsen
4-H Youth Development

Angela Fountain
4-H Administrative Assistant

In this month's Hubs:

Reenrollment deadline!! – p 2

Future Dates to Remember – p 2

National Western Stock Show

LDC

Youth Fest

S.M.A.R.T. Goals – p 3

New Feed Laws – p 4

TC Scholarship Fund – p 5

Calendar – p. 6

For Sale – p 7

Club Reports – p. 8

Suicide Prevention – p 10

Axis Health – p 10

Reenrollment is Due December 31st!!!!!!!

All 4-H enrollments MUST be done electronically at <https://co.4honline.com>
Any member who was in 4-H last year MUST enroll by December 31, 2016. We encourage all returning volunteers to enroll as soon as possible as well.

To enroll, go to <https://co.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. DO NOT MAKE A NEW PROFILE! If you have any questions, please call or email Angela. 970-382-6465 or fountainaj@co.laplata.co.us

******If you do not reenroll by Dec. 31st, you will not receive the January HUBS******

Enrollment Fees for 2016-2017 4-H Year

Unfortunately, we still do not have 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 you must be enrolled and paid by December 31, 2016.

ALERTS!

County Council Meeting

December 1 at 7:00 pm

Next 4-H Horse Council meeting will be on January 4 at 6:00 pm

Members & Leaders - **Don't Forget to reenroll!** Reenrollment ends December 31, 2016!!!

National Western Stock Show in Denver is January 7th to 22nd

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 27-30**. This includes a trip to the State Capitol for a tour on the 30th (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. Please let Angela know ASAP if you are interested

Youth Fest

The 2017 Youth Fest will be held at the Ponderosa Retreat Center in Larkspur, CO in **February 10-12**. 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.

S.M.A.R.T Goals for Your Record Books

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!

New Feed Laws - Veterinary Feed Directive and Guidance 209

What do you need to know?

1. On January 1, 2017, the Food and Drug Administration (FDA) will require a Veterinary Feed Directive (VFD) for all medically important antibiotics administered in livestock feed and water.
2. Over-the-counter sales of medically important antibiotics will also end.
3. In order to acquire a VFD you will need to have a Veterinarian Client Patient Relationship (VCPR) and then you will be able to gain access to these antibiotics. It then becomes your responsibility to keep records for two years.

How does this affect 4-H?

1. It will affect all individuals who have previously fed medicated feeds or used over the counter antibiotics in water.
2. You will need to update your VCPR and attain a VFD in order to acquire these antibiotics.
3. You will need to communicate with whoever you get your feed from to determine what you plan to do to address this change.
4. You will no longer be able to go purchase bagged feed or feed of any kind with medically important antibiotics unless you have a VFD in place.
5. Prepare for this change and make sure you have everything you need in place.

Resources

1. Colorado State University Extension Office
2. <http://feedstuffs.com/vfd.aspx>
3. <http://copork.org>
4. <http://fda.gov/AnimalVeterinary/DevelopmentApprovalProcess/ucm449019.htm>
5. <http://fda.gov/AnimalVeterinary/DevelopmentApprovalProcess/ucm071807.htm>
6. www.pork.org/certification
7. <http://www.bqa.org/certification>



TC Rockwell Leadership Scholarship Fund

To all our fellow 4-H, FFA, and Fair Committees

The Generations 4-H Club would like to challenge you all to meet or exceed our club donation of **\$100.00** to the TC Rockwell Leadership Scholarship Fund. As many of us know TC life ended way to young. The Generations 4-H Club voted to keep his memory alive and what better way to do that then to give to the 4-H members a little of TC.

TC was very involved in our 4-H community helping other 4-H members with his rabbit knowledge in and out of the rabbit barn. TC was involved in most of the 4-H leadership activates like Youth Fest, D2D (Denver to Durango), Rabbit Camp, etc.

We would like this Scholarship Fund to work closely with TC's mom Kylie, when she is ready. We hope that this Scholarship(s) will help young leaders get to go to these Leadership camp and help guide our youth to be great leaders in our community, state, nation, and where ever their young minds may take them.

**If your club is up for the challenge!!!!
Checks can be made to La Plata County 4-H
In the memo please put TC Rockwell Scholarship Fund and the
money will be designated to the leaders of our future.**

In times of loss it is helpful to be reminded to move forward and move beyond our sadness — whether the advice comes from friends and family or someone smarter than us. To make things good out of a sad situation and to live humble and full of love.

If you have any question please contact my mom Tiffany Cugnini at 970-739-0807.

**Sincerely,
Keyton Cugnini and the Generations 4-H club**

Important Dates in 2016-17 **Dates are subject to change**

DECEMBER

- 1 La Plata County 4-H Council Meeting - 7:07 p.m. Extension Building
Christmas card signing party
- 11 Catch-It Committee Tour
- 23-26 Extension Office Closed for Christmas
- 30 Extension Office Closed for New Years
- 31 Last Day for 4-H re-enrollment. After this date, returning members may reenroll but will be charged a \$30.00 Late Fee**

JANUARY

- 1 Extension Office Closed for New Years
- 3 County Council Meeting – 7:07 p.m. – Extension Building
- 4 Horse Council Meeting – 6:06 p.m. - Extension Building
- 7-22 National Western Stock Show – Denver
- 12 LDC Registration due to the Extension Office by 5:00 pm
- 16 Extension Office Closed for Martin Luther King, Jr. Day
- 27 Youth Fest registrations are due by 5:00 pm
- 27-30 Leadership Development Conference for Senior-aged 4-H'ers in Denver

FEBRUARY

- 1 Horse Council Meeting – 6:06 p.m. - Extension Building
- 2 County Council Meeting - 7:07 p.m. Extension Building
- 10-12 Youth Fest - Statewide event for younger 4-H Members (9 to 13 years old)
- 12 Catch-It Livestock Tour
- 20 Extension Office Closed for President's Day
- TBD Citizenship Washington Focus Applications due into the Extension Office by 5 p.m.

MARCH

- 1 Horse Council Meeting – 6:06 p.m. - Extension Building
- 2 County Council Meeting - 7:07 p.m. Extension Building
- 3-5 Rabbit Camp
- 8 Catch-It Meeting – 6:30 pm – La Plata – Birthing
- 16-18 Four States Ag. Expo Montezuma County Fairgrounds
- 28-April 1 Bayfield, Durango & Ignacio Spring Break
- TBD 4-H/FFA Market Beef Weigh-in - 9 a.m. till 11 a.m. – Pavilion

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**
- 5 Horse Council Meeting – 6:06 p.m. - Extension Building
- 6 County Council Meeting - 7:07 p.m. Extension Building
- 12 Catch-It Meeting – Record Book Help – 6:0 pm – Extension Building
- 17-21 Volunteer Appreciation Week

For Sale

We are selling clover necklaces and earrings! All of the proceeds will go to the TC Rockwell fund. These items are lovingly made and donated by Goken Ranch.



CLOVER EARRINGS



CLOVER NECKLACE

The necklaces are on back order, so please let Angela know you are interested and she will let you know when they arrive.

Remy

- 16.3 hands
- 16 years old
- Gelding
- Off the track Thoroughbred
- Trained in English riding: beginning show jumping, dressage and arena show patterns.
- Remy is a rescue horse that has been trained from a race horse into a show and pleasure gelding.
- Due to his background, Remy can be energetic, but is a sweet horse who loves people. He is not spooked by many things as a result of his exposure to various environments.
- I am selling him because, due to medical reasons, I am no longer able to ride. I want him to go to a loving home which has time to ride him often and continue with his training. He needs a strong leader who can work with him.
- For more information or questions, please call Cameron Elder at (970)560-4125 or email at cameronelder@gmail.com
- Asking for \$3000.00 but will negotiate the price for the right owner.
- He hasn't ever done Western or Speed Events but he could be taught to do both.





Club Reports



4-H County Council Report for November, 2016

The 4-H County Council met at the La Plata County Fairgrounds at 7:07 pm, November 3, 2016.

The meeting was called to order by our co-president, Shaylee Owen. The Pledge of Allegiance and the 4-H Pledge were led by Karley Udero. There were no official minutes from the October meeting to be approved. The Treasurer's report was read. Our current balance is \$61,412.21. The 2016-17 budget was read and approved.

In old business, we discussed both the Fair and Awards Banquet. We went over both of these and what we would like to work on next year.

In new business, we officially instated our new 2016-17 La Plata County 4-H County Council Officers. The results are: Shaylee Owen and Vincent Lopez are Co-Presidents, Iain McCourt is Vice-President, Isabella McGaw is the Treasurer and the Secretary is Katherine McCourt. We made the motion to remove both Sara McCourt and Kayla Stevens as signers on the bank account and to add Isabella McGaw and Jessie Kugle instead. This motion was unanimously approved.

The meeting was adjourned at 7:38 pm by Shaylee Owen. We then had a short officers meeting before a pizza dinner. The next meeting will be December 1, 2016 at the La Plata County Fairgrounds.

Animas Valley Report for November, 2016

The Animas Valley 4-H club met on November 15th at 7:02 pm. We started the meeting by introducing all of our new officers for this year. President is Karlee Udero, Vice-President and Treasurer is Sydney Flores, Secretary is Cat Shirley, Parliamentarian is Natalie Shivers, Reporter is Lucy Flores, County Council Reps are Karlee Udero, Samantha Udero, Juliet Loftis and Song Leader is Timothy Loftis. We had one guest. Then, we read letters from the Catch-it kid that we are sponsoring. The Treasurers Report, the Council Report and the Parliamentarian's moment were presented. We decided that we would only do one exchange next meeting so we voted on doing either a Secret Santa or a Cookie exchange and the Cookie exchange won. We also decided to meet at 6:00 for decorating the tree and the Grange Hall and doing the Cookie exchange. We had our song to close up the meeting. Our next meeting will be December 13, at 6:00. Our meeting was adjourned at 8:00 pm.

-Lucy Flores, Reporter

Florida Four Leaf Report for November, 2016

The meeting started at 6:45 on November 8 2016. Jenna Baker read out the minutes of the September meeting. Brock Fassett read out the treasurer's report. Caleb Lee reported on the hubs. Isabella McGaw reported on the council meeting. Many birthdays happened on the weekend or will happen! Kali Fassett's birthday was the day before! Congrats Kali! The poinsettia fundraiser was a big success! Brock Fassett reported that we made more than \$700 and 58 were sold! Caleb Lee and Maddie Mortimer reported on their trip to California when they were judged at the National Rabbit Show. Isabella McGaw went to a conference called CLS. For our next fundraiser we will be selling beans and doing another dance. The dance will be held in the spring as well for selling beans we will sell in the winter. We are trying to get 8 new tables for the grange. Our next meeting will be held on December 13.

In service, Kate Baker

Generations Report for November, 2016

The Generations meeting was called to order at 7:03 pm on November 9, 2016. Dalton lead the pledges. Keyton read the minutes. We had 14 members and 4 guests joining the club. For old business we discussed how our community service for Rena and Roger Cole Ranch went good. In new business, we talked about our Christmas party. We also disused open enrollment for the new 4-H year and we looked at project list. The club talked about our new club logo on our shirts for this year. As a club we wanted talk about our club budget. In our club we would like to do a scholarship in honor of T.C. Rockwell. In announcements we covered the Livestock Judging fundraiser. We talked about keeping updated with events on the club google calendar. The meeting was adjourned at 8:03 on November 9, 2015.

Paige Porter

Mountaineers 4-H Club Report for November, 2016

The November meeting of the Mountaineers 4-H Club was called to order at 7:08 pm on November 10, 2016. We had 13 members present. Payten lead the club in the pledges. We discussed the minutes of the October meeting and they were approved. Next was the treasurer's report which was also approved. We discussed the reenrollment dates for 4-H members and made sure everyone was receiving the HUBS newsletter. For new business we discussed community service for November and December. We decided also to make a donation to TC Rockwell's family. This includes trash pickup and angel tree shopping. We also planned our Christmas party and gift exchange. Are meeting was adjourned at 7:40.

Kenna Patcheck, Reporter

Mountain Shadows Report for November 14, 2016

Meeting was called to order at 6:42 pm. Pledges were led by David. We have one new member, Violet Isgar. Clover buds were dismissed to the newly renovated basement area for their activities. Selene and Jessica reported on the trash pick-up. It went well. The Breen Grange history night had a small turn out with a great history lesson about our area. We will be doing a concession stand at the Breen Grange holiday bazaar on November 26th. Our Dec community service will be the Angel tree and we will do the shopping for that on Dec 4th at 1 pm. The club Christmas party is December 18th at 2 with a short meeting before. There will be a potluck and a white elephant gift exchange following. Meeting adjourned at 7:23 pm

Respectfully submitted,

Madalynn Stephenson, Club Reporter for Mountain Shadows 4-H

Mt. Allison Go-Getters Report for November 14, 2016

The meeting was called to order at 6:40 pm. Kaylee lead the club in the pledges. We had nine members, three clover buds, and two guests. Eli read September's minutes, Moriah made a motion to approve them with amendments and Allison seconded it. Eli read October's minutes and made motion to approve them and Moriah seconded it. Tegan gave the treasures report. Shaylee read the catch-it letters. Kaylee made a motion to donate \$100.00 to T.C. Rockwell's family and Zoey seconded it. We decided who was bringing what food for our Thanksgiving Senior Dinner. We discussed our upcoming canned food drive and Pictures with Santa. Moriah and Joseph are doing demonstrations at the next meeting and the Eggers are brining snacks. Madison made a motion to adjourn the meeting at 7:24 pm and Eli seconded it.

Madison Egger, Reporter

Pioneers 4-H Club Report for November 14, 2016 7:43 pm

President/ Newsletter- Naomi, Vice President- Isaac, Treasurer- Annabel, Roll call/Secretary-Renee

Old Business:

- 4-H club Halloween party on the 30th

-Community service of October: Stuffed animal donation to the hospitals

New Business:

Current money in the bank is 970 dollars and 50 cents

For community service Dakota move to find a way to honor veterans, Ashlynn second it (motion passes)

Committee to help form this: Ashlynn, Isaac, Naomi, Billy, Colt, Dakota

Dakota also move that we help the FFA gather non-perishable foods for people this thanksgiving, Ashlynn second it

Dakota amend motion to spend 50\$ on potato's for the FFA, Ashlynn second it (motion passes)

Committee to help form this: Colt, Ashlynn, Annabel

Ashlynn motioned to do the angel treat the mall this Christmas to help kids, Dakota second it

Total amount to spend as a club is \$100 (motion passes)

Committee to help form this: Colt, Billy, Isaac, Nathan

Meeting closed at 8:31 pm

Rocky Mountain Rough Riders Club News

Good Afternoon! This is Charley Mooney reporting with Oct-Dec news! In October we elected our new officers. Congratulations to Oakley (president), John (V.P.) Addy (Sec) Iain (Parliamentarian), Halle (Returning Treasurer), Charley (Reporter), Annie, Lilly, Lauren song and game leaders. We are looking forward to a great new year! In November we planned our Christmas party and discussed our community service projects. We voted to put together senior food baskets for Project Merry Christmas. We also decided to change our meetings to 5:30 during the school year. Our December meeting will be a potluck sledding party on Dec 10th at the fairgrounds and Buckley park. WOO HOO! We will be putting together our senior baskets, creating holiday cards for the seniors and planning for basket distributing AND having a great time drinking hot cocoa and sledding! Don't forget to sign up for your projects and renew your membership online by Dec 31st! Our next meeting is Jan 9th at 5:30 at the Fairgrounds.

This is Charley Mooney saying Happy holidays...until next time!

Suicide Prevention & Hotlines:

Axis Health – They have a 24/7 hotline, where you are able to call with questions, concerns or someone to talk to. 970-247-5245

Pediatric Partners of the Southwest- They are equipped to assist with any concerns and have professionals that specialize in assisting youth. Horse Gulch Health Campus, 810 E 3rd Street, Suite #301 Durango, CO 81301

ALL school counselors are available to assist any student.

Axis Health offers FREE trauma support to ANYONE – Monday thru Friday between 8 am and 5 pm. All you need to do is walk in and say that you have experienced a traumatic event and that you need to see someone. 281 Sawyer Drive, Suite 100, Durango, CO 81303 - Phone: 970.259.2162

The definition of a traumatic event is: “An experience that causes physical, emotional, psychological distress, or harm. It is an event that is perceived and experienced as a threat to one's safety or to the stability of one's world. A traumatic event may involve: A move to a new location, Anxiety, Death of a friend, family member, or pet, Divorce, Fear, Hospitalization, Loss of trust, Pain, Physical injury or illness, Separation from parents (perceived abandonment), Terrorism or mass disaster, Violence or war.”