

4-H



HUBS

Colorado
State
University

Extension

La Plata County Extension Office
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LA PLATA COUNTY FAMILY NEWSLETTER

November 2016

2016- 2017 4-H Enrollment is now Open!!

4-H enrollments MUST be done electronically at <https://colorado.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://colorado.4honline.com> You will need to click on "I have a Profile" and login with your family email address. If this email address is incorrect, please call our office as we will need to update this before you can proceed. If you have forgotten your password or never set one up, simply select the "I forgot my password" on the login screen to have a new password emailed to you. **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 aren't sure what projects you want to do, you have until May 1st to add projects and June 1st to drop them.

Greg Felsen
4-H Youth Development

Angela Fountain
4-H Administrative Assistant

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Alerts!

County Council Meeting

Thursday, November 3rd @ 7:07 pm in the Extension Building

No Horse Council Meeting in November or December.

Junior Livestock Auction Checks

If you have not picked up your livestock checks, please do so A.S.A.P. It is very important to get your "Thank You" letters to your buyers and add-on sponsors as soon as you can.

Enrollment Fees for 2016-2017 4-H Year

Unfortunately, we 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 31st, 2016.

2016 – 2017 La Plata County Council Officer Team

Iain Mc Court

Isabella McGaw

Vinny Lopez

Katherine Mc Court

Shaylee Owen

Our County Council is very excited to serve you as representatives for this coming year. They want to encourage clubs to choose representatives to attend County Council meetings. Our County Council Meetings are held the 1st Thursday of every month at 7:07 pm. Dinner is provided.

Livestock Record Books

Livestock record books are available on our website:

www.laplatacounty4h.org If you have any questions about your record books or where to find them, please contact at Angela 970-382-6465 or fountainaj@co.laplata.co.us

****All Other Record Books will be available soon****

4-H Tracker to help with your Record Book

The 4-H Tracker is a web-based application that will help 4-H members keep track of expenses, inventory and activities for all of their 4-H projects. This application will allow the 4-H member to enter items at the time of purchase through any device that will access the Internet. The 4-H member will be able to track all the activities done throughout the project with this application. You can sign up at: <http://co4htracker.colostate.edu/>

Livestock Feed Laws change as of January 1, 2017

Youth livestock exhibitors, parents and project advisors will face major changes regarding access to feed and water medications for all livestock including show pigs. That's when the U.S. Food and Drug Administration (FDA) will implement new rules, known as Guidance 209, for antibiotic use in all animals raised for food. Please talk to your Veterinarian and Feed Supplier about the changes and how it will affect your animals.

Livestock Record Book Corner

Enrollment has started. You can officially sign up for your livestock project. Junior Record Books did not change except for the Front Page. There are a few minor changes in the Intermediate and Senior Books. To eliminate confusion, the Financial Summary page columns have been changed a little. The first column is for 2016 animals and has been designated as such. In some cases, a few of the rows might have no value (or zero) in them. Any expenses for these animals in this record book will only be from August 1, 2016 not all the expenses from last year. The other columns are for your 2017 animals. If you have or plan to have more animals then there are columns, you may group your animals. Suggestions for grouping animals are by sex, by breed, or by animals that are fed alike. The Front Page and Market Vs. Comparison pages have been updated. The inventory pages have changed a little so that they match the feed expense page in layout for the totals at the bottom of the page.

Guide Books are still in the works. October has been an exceptionally busy month for me. So, I hope to roll them out by the second week of November.

We would like to know what everyone's version of Excel is. We might be able to solve some of the formatting issues by sending you a copy saved in your version. Also, I will be providing tips on how to put formulas, auto sum and other key tips in the Excel workbook so watch for those in the future. If we have enough interest, we could plan a meeting where we help each of you with formatting issues on your computers. If any of options are for you, just Angela or I know so we can help.

We will schedule meetings as the need arises. Please let us know what works for you and those things that you need clarification, more explanation, or help on.

Record Book Completion Guidelines: The following pages can be completed or started at this time.

- Beginning Inventory
- Goals
- Income – 2016 Fair animals sold.

Also questions, concerns, and comments are always welcome and given due consideration. We continue to strive to make the Livestock Record Books a valuable educational tool for our 4-H members.

Teddi Baird – Tharp

Livestock Record Book Superintendent

teddiabear@hotmail.com (970-217-5609)

S.M.A.R.T Goals

For project Record Books, we would like you to establish S.M.A.R.T goals. Here is a template you can follow to help you:
S.M.A.R.T Goal Setting Template

Brainstorm: Brainstorm possible project ideas and identify which idea you would like to develop into a goal.

Start writing your goal in parts: Specific: A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location.

When: Establish a time frame.

Which: Identify requirements and constraints.

Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, "Pick up park." But a specific goal would say, "My 4-H club will pick up the Roam Free Park twice a week over the summer months"

Be Specific: Write your goal

Measurable: Set criteria for measuring progress toward the attainment of each goal you set. To be considered measurable your goal must answer the “H” questions:

How much?

How many?

How will I know when it is accomplished?

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean twice a week over the summer months.

Make it Measurable:

Attainable: When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

Consider:

Attitudes, abilities, skills, and financial capacity to reach them.

Look for opportunities to bring yourself closer to the achievement of your goals.

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean, twice a week over the summer months utilizing a partnership with the city that supplies our club with gloves, bags and other needed resources.

Make it Attainable:

Realistic: To be realistic, a goal must embody an idea toward which you are both willing and able to work. Be sure that your goal represents substantial progress.

Consider:

Do we have the workforce needed to carry it out?

Have we identified all needed partners?

Do we have the time and commitment needed from our club members?

EXAMPLE:

We have 12 club members that would be willing to carry out this goal.

We will contact our city office.

Our Club Members can dedicate Tuesday Evenings and Saturday mornings for this project.

Be Realistic: (Answer above questions in accordance with your goal.)

Time Bound: A goal should be carried out within a specific time frame. With no time frame tied to it there’s no sense of urgency for its completion.

EXAMPLE: “My 4-H club will pick up all trash from the Roam Free Park, until the park is clean, on Tuesday Evenings and Saturday Mornings during the months of June, July, and August utilizing a partnership with the city that supplies our club with gloves, bags and other needed resources.”

Make it Time Bound:

Congratulations! You have a S.M.A.R.T Goal!

Market and Breeding Goat Classes

Jessie Kugle is having a Goat Market & Breeding class on Jan. 25th at 6:30 pm, at the La Plata County Fairgrounds. Everyone is welcome and Goat project members are encouraged to attend. Unfortunately, we will not have information on Dairy Goat at these classes.

Rabbit Project and Judging Team Meetings

Rabbit Project meeting is on Wednesday, Nov. 2 at 6:30 pm, in the Animas room at the Fairgrounds. Raejean has requested that all parents attend with their children. The meeting will be a wrap up of fair, suggestions for the next year and rule changes.

There will be a Rabbit Judging Team meeting following, where you will be electing new officers, going over next years' plans and a new budget.

Make Money for 4-H Without Having to Fundraise!!

Enroll in the City Market Community Rewards Program and every time you shop at City Market, you'll be helping to support La Plata County 4-H!!

In order to participate, you must have a City Market Value Card, enroll online and choose La Plata County 4-H as the organization that you'd like to support. You'll still get all the same discounts and prices, but the money you spend will count as votes toward the size of the donation that La Plata County 4-H will receive from the Community Rewards Program.

Go to www.citymarketcommunityrewards.com and click "ENROLL" It will prompt you to log in to your value card account. If you do not have one, you will need to set one up in order to participate. You will be able to enroll with your City Market Rewards Number or with the phone number you use as alternate ID.

Daniels Scholarship Program Application Now Open

Motivated college-bound high school seniors in Colorado, New Mexico, Utah, and Wyoming are encouraged to apply online for the Daniels Scholarship Program at DanielsFund.org. The application deadline is November 30, 2016.

The Daniels Scholarship provides the opportunity to obtain a college education at any two- or four-year accredited nonprofit college or university in the United States, complete with financial and personal support throughout the journey. Selected scholars are offered resources, encouragement, and inspiration far beyond the financial assistance needed to earn a college degree. The goal is not only to help Daniels Scholars succeed in college, but to ensure that they thrive beyond their years in college.

This four-year, annually-renewable college scholarship is a "last dollar" scholarship which covers the unmet need of the student after all other financial aid resources and their Expected Family Contribution have been applied. For students choosing to attend one of our 24 partner schools in Colorado, New Mexico, Utah, or Wyoming, their Expected Family Contribution will be covered in addition.

To be eligible to apply for the Daniels Scholarship Program, students must:

- Be a current high school senior graduating during the 2016-2017 academic year from a high school in Colorado, New Mexico, Utah, or Wyoming.
- Be a current resident of Colorado, New Mexico, Utah, or Wyoming.
- Be a citizen or permanent resident of the United States.
- Earn ACT scores of at least 17 in each category (Math, English, Reading, Science) or an SAT math score of at least 400 and critical reading score of at least 440. Writing scores are not required. All test scores must come from a single test. Super-scoring is not accepted.
- Demonstrate financial need.

For full details on the scholarship and to apply, visit www.DanielsFund.org/Scholarships where you will also find answers to frequently asked questions and additional promotional materials that can be downloaded.

FUTURE EVENTS TO THINK ABOUT!

National Western Stock Show in Denver is January 7 to 22, 2017.

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 in **January- dates are TBD**. This includes a trip to the State Capitol for a tour (weather permitting) and hopefully will allow us to meet with our local State Senators. We have the ability to send 10 senior members using our County funded transportation for this event. The cost for each member will be \$75.00 to cover the cost of registration, hotel, 2 breakfasts, 1 lunch, and 2 dinners. Please be prepared to cover the other meals. Limited partial scholarships will be available for this opportunity.

Youth Fest

The 2017 Youth Fest will be held at the Ponderosa Retreat Center in Larkspur, CO, 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.

Citizenship Washington Focus

CWA is a 4-H leadership program for 4-H youth, held in June. Delegations of 15-19 year-olds from across the country attend this six-day program at the National 4-H Youth Conference Center. The program is aimed at enriching young people's lives by broadening their appreciation and respect for themselves and others in the world. Participants attend workshops, committees, field trips and social events, giving them hands-on opportunities to learn and grow. Participants learn and practice skills that will make them better citizens and more successful individuals. For the first delegate, there is a three way split for expenses associated with this event. The Colorado 4-H Youth Fund sponsors approximately one third of the expenses for 1 youth, from each county, attending this event. The remaining two thirds come from the **Delegate (\$700.00)** and La Plata County 4-H Council (\$700.00). If La Plata County has more than one delegate, we will discuss how the cost (\$2100.00) will be split up between the delegate and the La Plata County 4-H Council.

We do not have the exact dates or an application yet but if you are interested, please contact Angela 970-382-6465.

4-H Adult Chaperones Needed

Every year, Colorado 4-H hosts state-wide leadership events. These are great events for both 4-H youth and Adult members. La Plata County 4-H is seeking registered Adult members to act as chaperones at these events. La Plata County 4-H will cover registration fees, transportation, lodging and conference associated food costs. Chaperones will be required to drive members to and from the event, monitoring our youth's participation and health, and making sure members are in bed at night. If you are interested, please come by the office and pick up a Chaperone packet and get your name on the list. We will meet with

individuals to go over logistics for each event. Depending on the amount of youth attending an event, will determine how many Chaperones will need.

Colorado State 4-H Leadership Events:

January: LDC - Leadership Development Conference TBD (Usually last weekend in January) Denver, CO

February: Youth Fest – February 10 - 12 in Larkspur, CO

June: Colorado 4-H State Conference – TBD (Usually 3rd week in June) Ft. Collins, CO

Please check out: www.colorado4h.org under Events and Opportunities for more information.

Asset of the Month Project

The Children, Youth and Family Master Plan (CYFMP) and Celebrating Healthy Communities (CHC) sends out a different asset each month with an essential question and tips to community partners to insert in their organization's newsletters. This top section in black is an introduction with the monthly piece being in blue below.

“The Developmental Assets are 40 research-based, positive qualities that influence young people's development, helping them become caring, responsible, and productive adults. Based in youth development, resiliency, and prevention research, the Developmental Assets framework has proven to be effective and has become the most widely used approach to positive youth development in the United States and, increasingly, around the world.”

(<http://www.search-institute.org/>)

The CYFMP and CHC utilize the Developmental Assets Survey as a periodic measure for how well our agencies and families are providing asset-rich supports, services and opportunities for La Plata County youth. Both organizations teach our community about the assets and how to utilize them in program development, parenting and in our daily lives.

Please join our community partners in promoting the Assets framework, by placing the following “Asset of the Month” in your newsletters, communications and interactions with youth and families. For a full list of the 40 Assets go to: <http://www.search-institute.org/what-we-study/developmental-assets>

Developmental Asset of the Month

Asset #33 Interpersonal Competence | Young person has empathy, sensitivity and friendship skills.

Local Data: 45% of La Plata County youth report having interpersonal competency. (Assets Survey 2015)

Essential Question: How do I model my ability to get along with others for my child in person, in groups and in my online communications?

Tips for supporting youth:

- Use “active listening” skills with your child. Ask clarifying questions, restate what you have heard to ensure you understand and empathize with what they are sharing with you.
- Make it a policy to never speak poorly of others in your home.
- Teach and model how to make “I” statements that reflect personal feelings without accusing or blaming others. “I get so angry/frustrated/upset about...” versus “You make me so mad or it's your fault that...”
- Encourage your child to make friendships among all ages across diverse settings such as neighborhoods, after school clubs, faith community and within your extended family.

Source: [Search Institute](http://www.search-institute.org/) 40 Developmental Assets for Adolescents

To schedule a Developmental Assets Workshop for youth and/or adults or a presentation of La Plata County Assets data, contact Pat Senecal at pat@ourhealthycommunities.org

Polo Cross Clinic!!

Erin Ballard will be holding a Polo Cross clinic at the Pavilion, Nov. 20 from 10 am to 2 pm, as part of a community school project.

She wanted to contact all of the 4-H clubs in the 4 Corners area and find those interested in learning more about this sport. She is planning to show a few short films on Polo Cross in the Extension Building then move out to the Pavilion where professional players and long term players will be coaching the kids and supporting them as they learn how to play! Helmets, Balls, Rackets, and Pylons will be provided. However, it is asked that you bring your own gear if you have it (i.e helmets). No food or drinks will be provided, so please bring you own.

FREE STUFF:

Popcorn Maker – The Extension Office has not used our popcorn maker in over 6 years.... We think it's time to give it to someone that will use it. If you want it, personally or as a club, let Angela know.

Boots – Size 8B

lightly used Justin's. If you are interested, please let Angela Know.



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

 **Club Reports** 

Generations' 4-H Club Minutes

The October meeting of The Generations 4-H Club was called to order at 7:05 pm on October 12, 2016. We had 11 members and 1 guest. Roma led us in the pledges and Keyton did the roll call. We answered by saying something we want to let others know about ourselves that doesn't involve 4-H. We had no minutes due to our last meeting being a club BBQ. We went over our club Code of Conduct and results from fair. We elected new officers: Sophia Belk - President, Roma Kreeger- Vice President, Mark Kempinski - Secretary, Treasure-Rylie Wonderling, Reporter-Paige Porter, Parliamentarian-Keyton Cugnini, Snack and game leaders- Ashley Anstead and Lucy Porter. We talked about October's Community Service Project. For October's Community Service we will meet at the Cole Ranch and help pick apples and make cider. We sang Happy Birthday to Sophia Hardesty. For the November meeting members need to bring ideas for our fundraiser. The meeting was adjourned at 8:14 pm.

Sent in by: Paige Porter

Mt. Allison Go-Getters

The meeting of the Mt. Allison Go-Getters was called to order at 6:51 pm. Madison led the club in the pledges. We had 9 members, 3 cloverbuds, and no visitors present. Teagan made a motion to table September's minutes to November's meeting and Kaylee seconded it. Allison gave the treasures report. We then discussed the upcoming State community service at Navajo State Park. We will meet at the Visitor's Center and spend about two hours cleaning the parks trails. We also talked about our Senior Thanksgiving dinner that will take place on November 19th at the Allison Grange. We will decide what each family will bring at the November meeting. We had our elections for officers. Shaylee Owen was elected for President, Kaylee Egger was elected for Vice President, Eli Armendariz was elected for secretary, Teagan Schleeter was elected for Treasurer, Madison Egger was elected for Reporter, and Moriah Ashley was elected for Parliamentarian. Teddi reminded the club that the next County Council meeting will be November 3rd. Allison and Madeline will be this year's representatives for County Council. Kaylee and Eli will be the alternatives. Moriah and Joseph will do their demonstrations and Eli will provide snacks at the next meeting. Re-enrollment was also discussed. Moriah made a motion to adjourn the meeting at 7:44 pm and Allison seconded it.
Madison Egger, Reporter

Mountain Shadows 4-H

Meeting was called to order at 6:45. Reese led pledges.
We elected new officers for the 2016-2017 year and are as follows:
President: Reese smith
Vice president: Garrett vanderberg
Secretary: Selene Stephenson
Treasurer: Josh Crawford
Parliamentarian: Tayler Dossey
Reporter: Madalynn Stephenson

Our community service for the month: Trash clean up on Oct 23 meet at the Breen Grange at 10:30
The grange is doing a history night in November if you would like to come and listen.
Sydney reported on the cowboy parade.
The Harvest festival did not have a very big turn out this year.
Tayler moved to adjourn the meeting at 7:23. Aidan sec. meeting adjourned.
Respectfully submitted,
Madalynn Stephenson, Club Reporter

Horse Council

In attendance : Rhonda Ledford, Angela Fountain, Kari Whirter, Laura Moore, Melanie Mooney, Lauren Loftis, Halle Moore, Charley Mooney, Juliette Loftis

Balance(received Westmeath) \$7000

Roy Mc Laughlin passed away voted to send flowers from 4-H in green theme \$50 to his memorial in memory of his contribution to trail judging

Changes for next year :

Continue to award saddles for overall

* need to raise \$3200 for awards

* looking for sponsors for saddles and buckles (\$600/saddle, approx. 150/ buckle)

novice class will not have overall buckle it takes away from the point of novice which is less competitive showing more for the experience than awards

Horseless horse will be overhauled

* not able to show at fair however can show at shows

* no tract at camp however able to come if borrows/brings a horse we will not provide horses

Reviewed fair and year end scores

Angela to see if round robin scores are available to view

Cowboy parade was safe and fun need more participants

Horse council has a Facebook page

Closed group

Melanie and Angela to admin

Please like page for updates

Bailing twine project

Potential to bring in a few thousand dollars

Kari Whirter to oversee

Contact Kari to be added to list for pick up day volunteers

Need container for fairgrounds

Encourage ranches and folks to save non contaminated (no trash). Bailing twine for recycling

Greg may have green team forming that can help

Need at least 20 volunteers

Kari talking to Sky Ute about collection there too

Trail ride comp cancelled this weekend

Discussions for future:

Adding a gymkhana?

Theme of horse camp

Hippology study group before fair

Parade committee and more participation

HAPPY THANKSGIVING!

Angela & Greg are so Happy and Thankful for all our wonderful members, leaders, volunteers and families.