Colorado State University Extension

In The Loop

Garfield County 4-H, STEM, FCS, & Ag/Hort News

April 2018 Newsletter

For back issues visit the Garfield County Extension Web site at garfield.extension.colostate.edu/

For more information contact the CSU Extension office at (970) 625-3969

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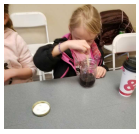
Save the Dates

-Animal Uploads - NOW
-SS Saftety - Apr 7th
-Last day to enroll in a livestock project - Apr 13th
-Goose Paperwork due - Apr 16th
-County Council Nominations - Apr 17th
-Register for State Conference - Apr 16th
-1st Year meeting - Apr 18th
-Shamrock Shindig - May 18th

This event will be good for members in the 1st year of any 4-H project even if its not your 1st year in 4-H! Even veteran 4-H members will leave knowing more than they came knowing!

Project superintendents will be on hand to explain the project, show examples of best products to use, review project requirements, answer all of your questions!



Cloverbuds - April 21st

Cloverbuds will meet at the Garfield County Fairgrounds 10am-11:30am. Please RSVP to Kaycee or Alice at 970-625-3969 so that we have enough supplies on hand for all the youth. Siblings welcome.

Animal Uploads - by April 27th

If you are showing an animal this year at the Garfield County Fair, you must enter all of your animal's information on 4honline.com now. This has to be done in order for you to then be able to choose that animal when you do your fair entry in June. The following pages will help you know what to put in each slot as you upload your information. As a county, we have decided what information needs to go in each slot. Do not follow the titles of the slots, instead follow the format on the following pages so that everyone's information will be uploaded in a consistent format. That way we can run reports on certain fields and get the most accurate results. If you have trouble or questions, please contact the Extension Office for help. 970-625-3969 All uploads must be done this month for animals that you have purchased or bred. The system will lock you out for certain species by the end of April. Doing them by April 27th, will give the office staff a couple days to check them!

Last day to change, drop, or add 4-H projects is May 1st!

Extension Programs are available to all without discrimination.
Colorado State University, U.S. Department of Agriculture, and Garfield County cooperating.

Placement of uploaded items

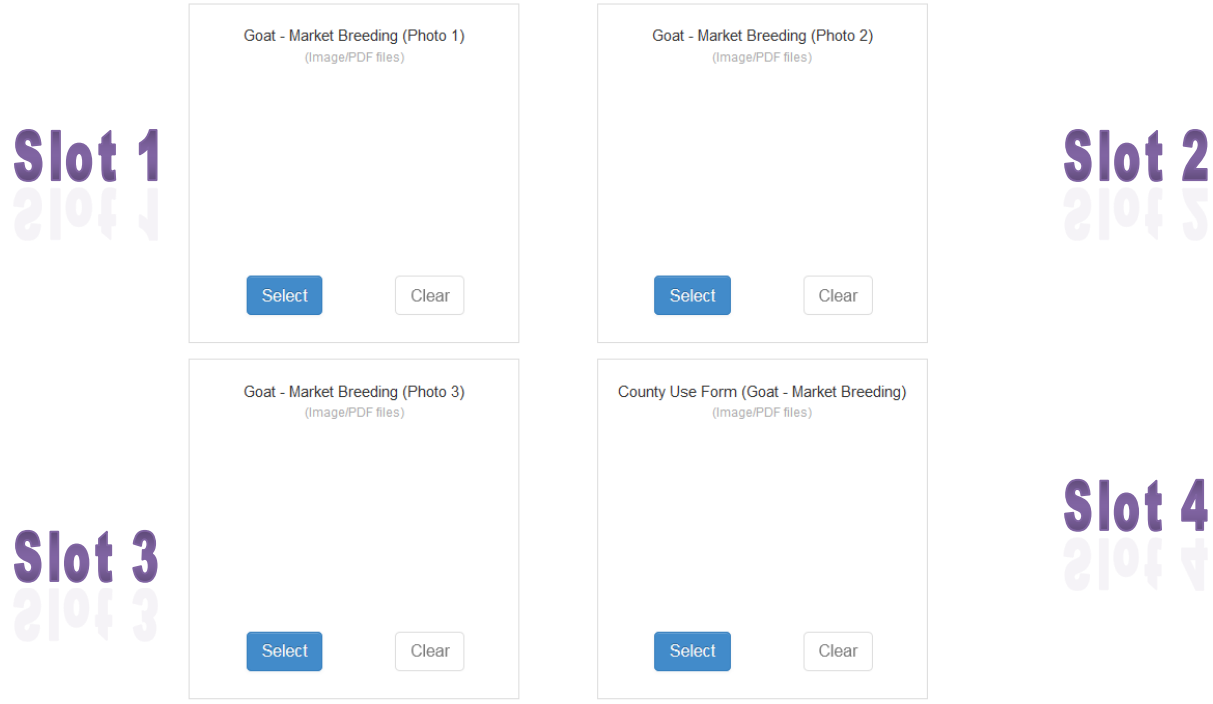
For most species (Show birds, ducks, geese, dairy goat, fiber goat, breeding goat, utility goat, market goat, Breeding Rabbit, Market Rabbit, Pet Rabbit, Breeding Sheep, Market Sheep) :

On the Slot 1 – upload a photo

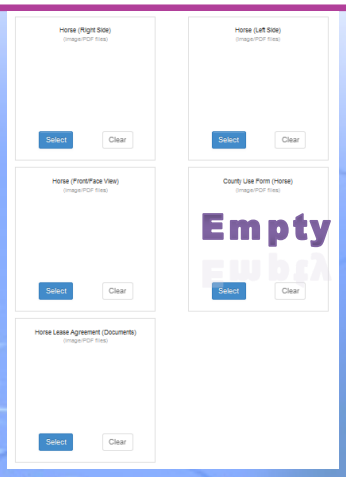
On the Slot 2 – upload a photo preferably with the animal and exhibitor

On the Slot 3 – upload your ownership papers (purchase receipt, registration papers, breeding supplement page from last year's record book, etc) If you are the Producer of the current animal, make sure the ownership papers include your ownership of the mother at the time of birth of the animal that you are entering in a Producer class.

On the Slot 4 – County Use Form – upload your "Producer Declaration Form". If you're not entering a Producer class, this space will be left blank.



Horse exhibitors will enter 3 pictures (right side, left side, face view), their horse lease agreement if applicable, and leave the County Use Form spot empty.



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Placement of uploaded items

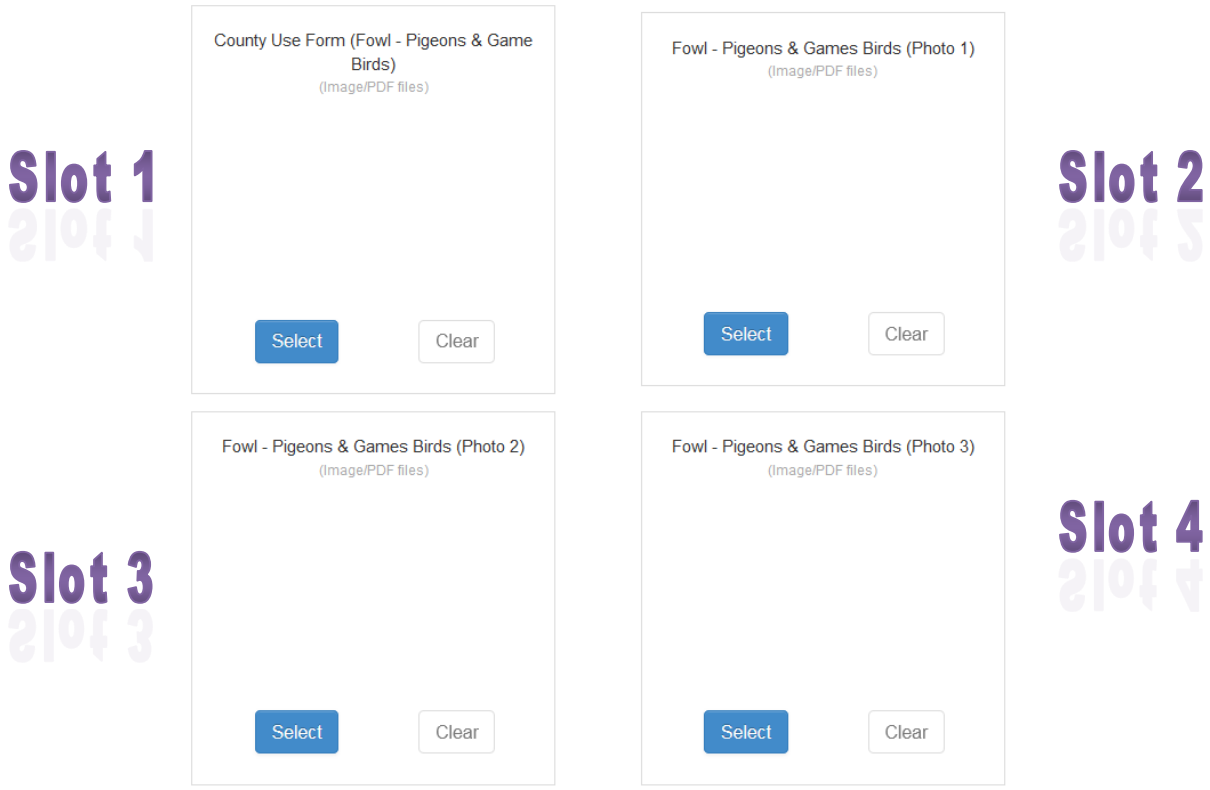
For these species: Pigeons & Game birds, Breeding Chicken, Market Chicken, Breeding Turkey, Market Turkey:

On the Slot 1 - County Use Form – upload your "Producer Declaration Form". If you're not entering a Producer class, this space will be left blank.

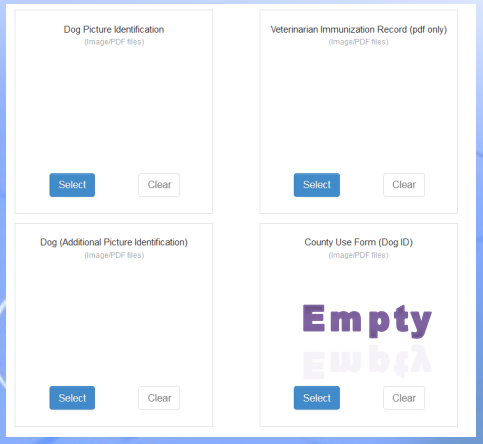
On the Slot 2 – upload a photo

On the Slot 3 – upload a photo preferably with the animal and exhibitor

On the Slot 4 – upload your ownership papers (purchase receipt, registration papers, breeding supplement page from last year's record book, etc) If you are the Producer of the current animal, make sure the ownership papers include your ownership of the mother at the time of birth of the animal that you are entering in a Producer class.



Dog exhibitors will enter 2 pictures, their immunization record, and leave the County Use Form spot empty.



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Placement of uploaded items

For Breeding Swine:

On the Slot 1 – upload your registration papers if your animal is a purebred

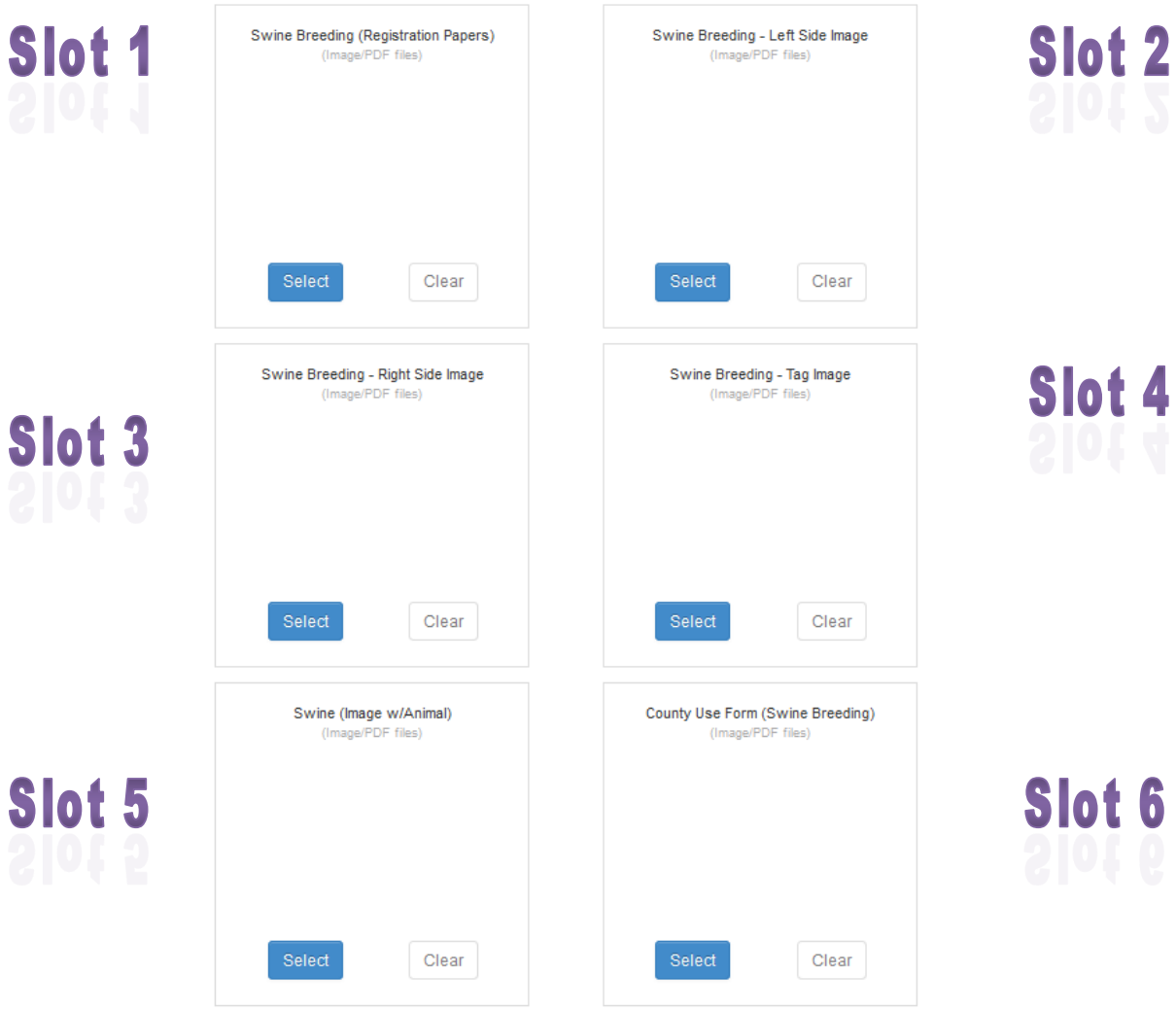
On the Slot 2 - upload a photo of the left side

On the Slot 3 – upload a photo of the right side

On the Slot 4 - upload a photo of the tag if applicable

On the Slot 5 – upload your ownership papers (purchase receipt, breeding supplement page from last year's record book, etc) If you are the Producer of the current animal, make sure the ownership papers include your ownership of the mother at the time of birth of the animal that you are entering in a Producer class.

On the Slot 6 – County Use Form - upload your "Producer Declaration Form". If you're not entering a Producer class, this space will be left blank.



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Placement of uploaded items

For Market Swine:

On the Slot 1 – upload a photo of the left side

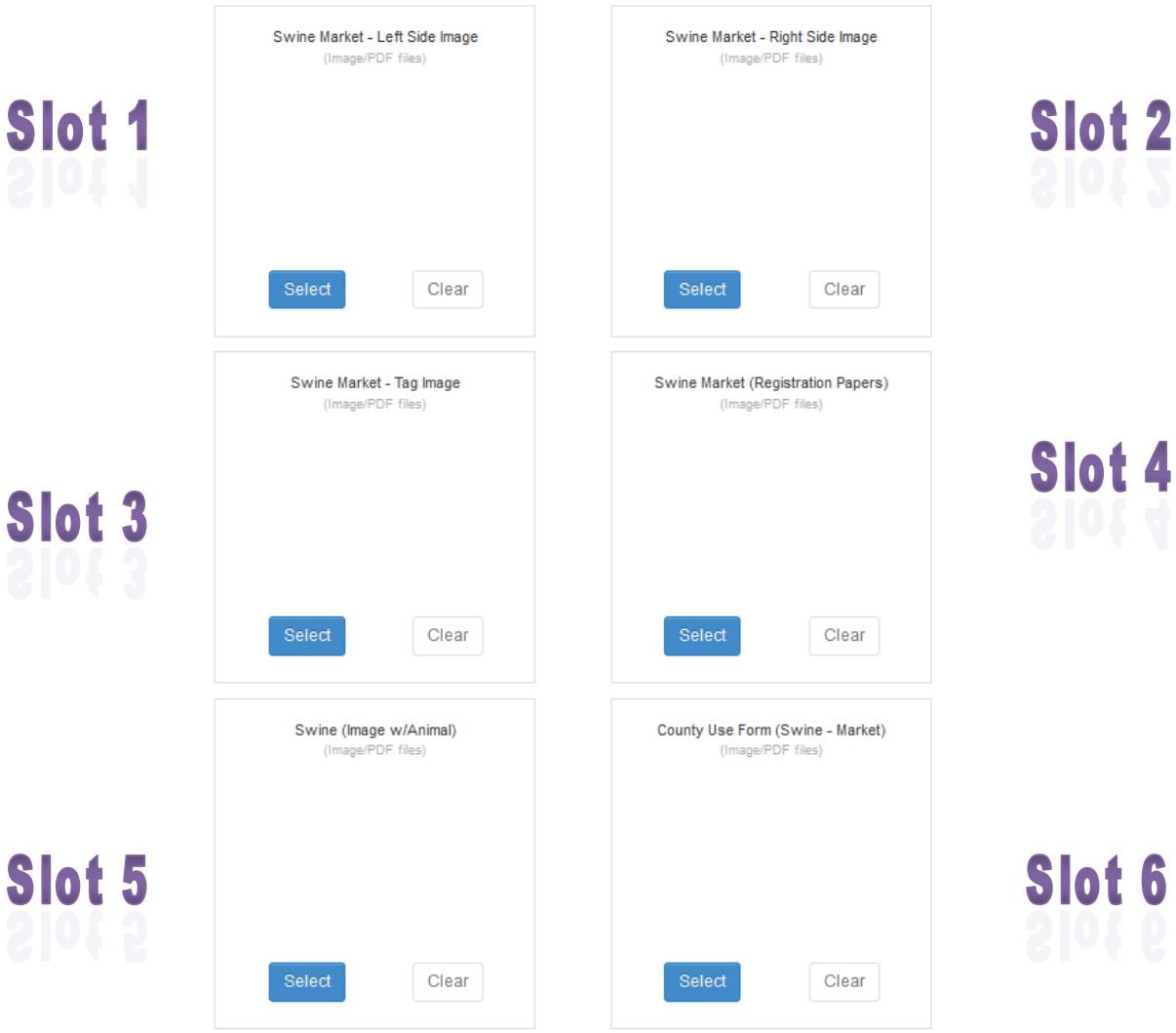
On the Slot 2 - upload a photo of the right side

On the Slot 3 – upload a photo of the face showing ear notches

On the Slot 4 - upload your registration papers if your animal is a purebred

On the Slot 5 – upload your ownership papers (purchase receipt, breeding supplement page from last year's record book, etc) If you are the Producer of the current animal, make sure the ownership papers include your ownership of the mother at the time of birth of the animal that you are entering in a Producer class.

On the Slot 6 – County Use Form - upload your "Producer Declaration Form". If you're not entering a Producer class, this space will be left blank.



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MQA Class - Last Class to participate in fair

Who: REQUIRED for all livestock members: Beef, Swine, Sheep, Goat, Fowl, and Rabbits

-Must be attended in your first year of a 4-H/FFA Livestock project
-Retake if you are a newly turned Intermediate (11 yrs as of 12/31/17)
-Retake if you are a newly turned Senior (14 yrs as of 12/31/17)
-4-H and FFA members in MARKET or BREEDING LIVESTOCK projects must attend this class. This is required to complete your 4-H project and it is required to exhibit at the Fair. Example: If you took WMQA in 2017 but also had your 14th birthday in 2017… you must take it again - you're now a new Senior. Likewise, if you had your 11th birthday in 2017, you must take it again - you're now a new Intermediate.

When: April 16th - 6:00 p.m.

Where: Garfield County Fairgrounds, Event Hall
If you have any questions about WMQA requirements, call the Extension Office.
WMQA training must be completed before tag-in.

Summer Office Paid Internship

Garfield County Extension will be hiring a summer assistant. Please submit a letter of application and resume by Friday, April 13th to Carla at the office or by email at carla.farrand@colostate.edu. This position is a temporary part-time position and does not include benefits.

Monthly Meetings - April 2018

-Tuesday, April 3rd - Fair Board - Garfield County Fairgrounds Event Hall - 6:00pm
-Monday, April 16th - Horse Advisory Mtg - Garfield County Fairgrounds Extension Office 6:30pm
-Tuesday, April 17th - Leadership Class - Garfield County Fairgrounds Event Hall 7:00pm
-Tuesday, April 17th - County Council (nominees to attend) - Garfield County Fairgrounds Event Hall 7:30pm
-Saturday, April 21st - Cloverbuds - Garfield County Fairgrounds North Hall - 10:00am
-Tuesday, April 24th - Superintendents' Mtg - Garfield County Fairgrounds Event Hall - 5:30pm
-Tuesday, April 24th - Livestock Marketing Committee Mtg - Garfield County Fairgrounds Event Hall - 6:30pm
-Wednesday, April 25th - Shooting Sports Council Mtg - Garfield County Fairgrounds Event Hall - 7:00pm

Shooting Sports Happenings

-All Thursdays - Air Rifle/Air Pistol practices - Garfield County Fairgrounds South Hall 6:00pm
-Saturday, April 7th - Last Safety Training - Sheriff's Annex 9am-noon (REQUIRED TO PRACTICE)
-All Mondays starting April 9th - Range Shooting practices - Sportmans' Club Range in Rifle 6:00pm - EVERYONE MUST SIGN A RANGE RELEASE PRIOR TO PRACTICE
-Friday, April 13th-Sunday, April 15th - Shooting Sports Certification Training Mesa County - begins at 6:00pm -Saturday, April 21st - Ducks Unlimited Benefit dinner - Battlement Mesa Rec Center - Call Tom Slappey if you can help serve
-Saturday, June 2nd - Mesa County Invitational Shoot
-Saturday, June 23rd - Garfield County Invitational Shoot - Sportsmans' Club Shooting Range-Registration 7:00am -Saturday, June 30th - Delta County Invitational Shoot

Shotgun members
Prior to the 1st range practice, you will need to stop by the Extension Office and purchase a punch card for clays. Each punch is $3 for 25 shots. Also, expect to supply your own shells this year; we have a very limited supply at the range to offer for practicing.

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Colorado State University, U.S. Department of Agriculture, and Garfield County cooperating.

GARFIELD COUNTY
COLORADO STATE UNIVERSITY EXTENSION

Summer Assistant Job Description

TITLE: Garfield County Extension Summer Assistant

REPORTS TO: County Director and/or Administrative Assistant

PRIMARY OBJECTIVES: The Extension Summer Assistant will have the opportunity to assist with youth and adult educational programs. This will include all Extension programs.

- Family and Consumer Science
- 4-H Youth Development
- Agriculture, Horticulture and Natural Resources.

EMPLOYMENT DATES: May 15 - August 14 (dates are flexible)

COMPENSATION: $10.00 hourly up to 40 hour a week, plus reimbursement for program expenses, no benefits.

EXAMPLES OF DUTIES:

- Assist with camps, school enrichment, and community programming
- Respond to client request for information regarding Garfield County Fair, 4-H programs, projects, etc.
- Assist with Fair Entry for 4-H, FFA and Open Class
- Assist at the County Fair, including Interview Day, Livestock Check-in, County Contest, Shooting Sports Contest, set-up before and clean-up following fair
- Assist with answering phones, preparing and producing a newsletter for 4-H
- Maintains files including registration forms etc.
- Assist with media relations and promotion of programs
- Assist with other duties as assigned

MINIMUM QUALIFICATIONS:

- Candidate must be highly self-motivated and able to work with limited supervision.
- Candidate must be currently enrolled or have completed coursework, as an undergraduate college student in a degree program with a focus on youth development, education, science, agriculture, or related field
- Valid Colorado driver's license

DESIRABLE QUALIFICATIONS: ***Preference will be given to***

- Candidate who has completed two years of college focusing on the areas listed above
- Computer and office equipment experience
- Bi-lingual in Spanish and English

KNOWLEDGE AND SKILLS:

- An interest/experience in working with minority or underserved populations
- Excellent oral and written communication skills are required as well as working as part of a team
- Must be available to work a flexible schedule including some nights and weekends

Note: Candidates are subject to background check prior to employment

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2017 GARFIELD COUNTY 4-H INVITATIONAL SHOOT

General Information

Saturday, June 23, 2018

LOCATION: Rifle Sportsmen's Club

REGISTRATION: Pre-registration is ***strongly recommended***. Registrations may be submitted to the Garfield Extension Office, but **must** be turned in (NOT POST-MARKED) no later than **Friday, June 15th, 2018**. **Late registrations must be brought to the shoot and must include the $5.00 late fee *per discipline or event***.

Call the Garfield Extension Office (970.625.3969) to obtain a registration form

CHECK-IN: Registration and check-in begin at 7:00 a.m. Events begin immediately following remarks and range orientation.

Awards will be presented immediately following completion and scoring of individual events.

FOOD: A food concession stand will be available all day, but there is NO scheduled lunch break! Competitors must plan their lunchtimes during their relays off.

FEES: $10.00 for each shotgun, western heritage, or .22 pistol discipline; $5.00 for each other event; **MAXIMUM OF FIVE EVENTS PER PARTICIPANT.** Payment **must** accompany entry form. **Make checks payable to:**
4-H Shooting Sports. For more information, see the registration form.

RULES: The contest will follow the State 4-H Shooting Sports Rule Books.

Contestants must possess a valid Colorado Hunter Safety Card, or file a waiver with the Garfield County Extension Office prior to the shoot. All participants are expected to know and obey all standard NRA range rules and commands. All equipment is subject to inspection by range officers for safety of function.

EQUIPMENT: Each contestant must provide his or her own firearms. Bring a ground mat, your own eye and ear protection, and kneeling rolls.

FOR SQUADING PURPOSES, MEMBERS SHARING EQUIPMENT MUST SO INDICATE ON REGISTRATION FORM.

AMMUNITION: All contestants must provide their own ammunition (including arrows).

PROTECTIVE GEAR: All contestants must provide their own eye and ear protective gear. Contestants who do not bring proper protective gear **will not** be allowed to compete.

SCORING PROTEST: Tie-breakers or shoot-off procedures will be based on existing rules (i.e., NRA, ATA.). Targets will be available for review after scoring for 15 minutes. Scoring protests must be made during that time. When new targets are posted on the scoring board, previous target scores are final.

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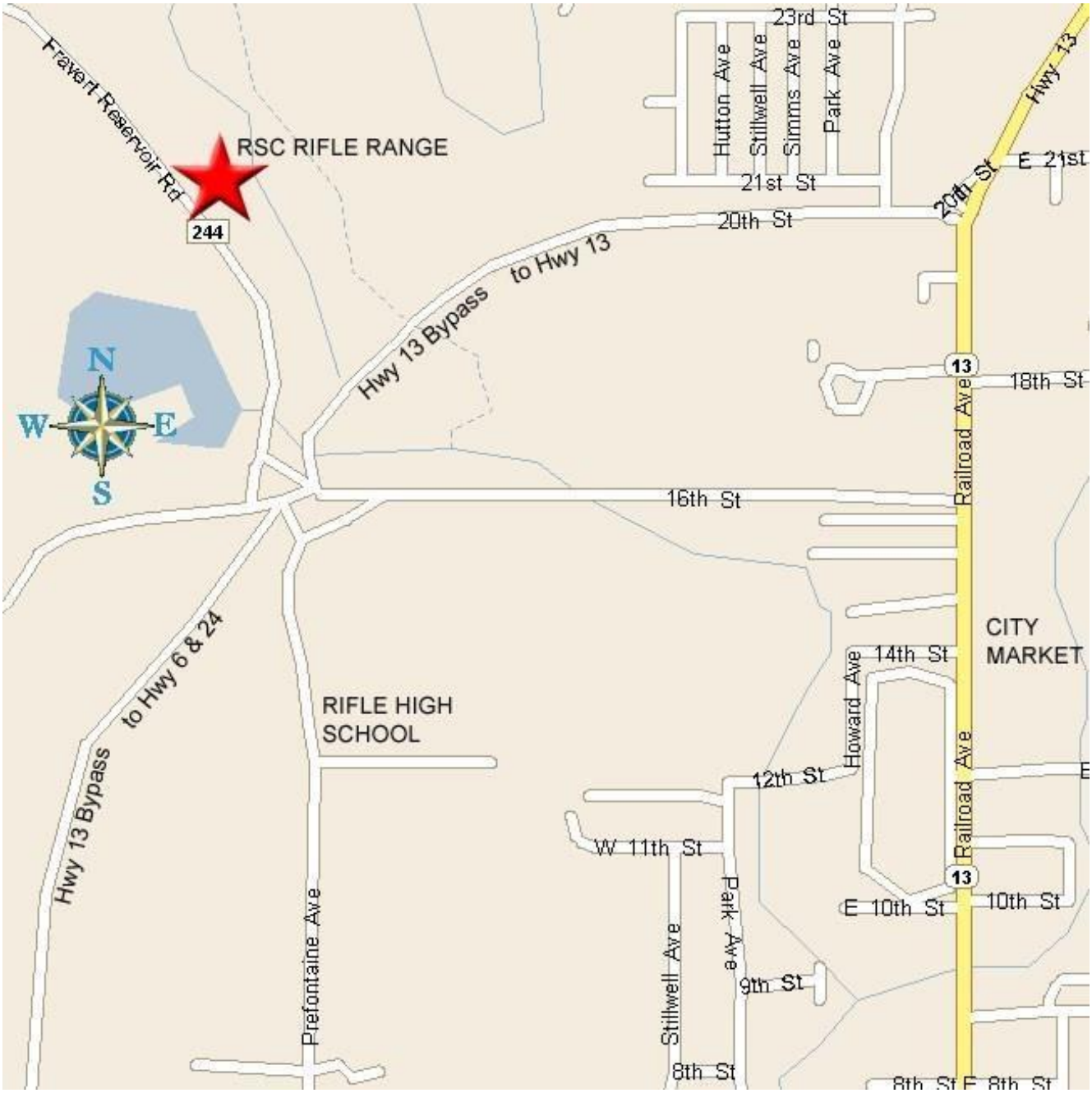


From Interstate 70, Exit 90 (Rifle Exit) - Traveling West on I70

Follow Interstate 70 to the #90 exit. Go north on Hwy 13. At the intersection of Hwy 13 and the Hwy 13 Bypass, turn west (left). At the top of the hill, turn west (left) again at the Forest Service signs. Continue on past the Forest Service building until you see the range signs.

From Interstate 70, Exit 87 (West Rifle Exit) - Traveling East on I70

Follow Interstate 70 to the #87 exit. Go east on Hwy 6 & 24. At the intersection of Hwy 6 & 24 and the Hwy 13 Bypass, turn north (left). At the top of the hill, turn west (left) again at the Forest Service signs. Continue on past the Forest Service building until you see the range signs.

From Hwy 13 - Traveling South on Hwy 13

At the intersection of Hwy 13 and the Hwy 13 Bypass, stay right on the bypass. At the top of the hill, turn west (left) again at the Forest Service signs. Continue on past the Forest Service building until you see the range signs.

ENTRY FORM

GARFIELD COUNTY 4-H INVITATIONAL SHOOT - Saturday, June 23, 2018

Rifle Sportsmen's Club Shooting Range North of SH 13 & Fravert Rd., Rifle CO 81650

Due in the Garfield Extension Office (P.O. Box 1112, Rifle, CO 81650) Friday, June 15, 2018

Fax: (970) 625-3917 Email: Alice.Smith@colostate.edu

No Refunds for No-Shows! Participation requires signing the RSC Range Release Form

NAME: _____ AGE (As of December 31, 2017): _____

ADDRESS: _____ TELEPHONE: _____

CITY / STATE / ZIP _____

4-H CLUB: _____ HUNTER SAFETY NO: _____

LEVEL (Junior or Senior): Juniors: Age 8 - 13, as of December 31 _____
Seniors: Age 14 or older, as of December 31

IN WHAT COUNTY ARE YOU ENROLLED FOR 4-H?

FEES:	**PARTICIPANTS MAY ENTER IN A MAXIMUM OF FIVE (5) EVENTS!**
Shotgun, WH, .22 Pistol - $10.00	
All Other Events - $5.00 EACH	

Shotgun - Trap	***(Shotgun is $10.00)***	Archery - Compound Bow: Unlimited	
Shotgun - Skeet	***(Shotgun is $10.00)***	Archery - Compound Bow: Limited	
Western Heritage **(requires Youth Handgun Act form) ($10.00)**		Archery - Compound Bow: Traditional	
.22 Pistol **(requires Youth Handgun Act form) ($10.00)**		Archery - Recurve / Long Bow: Limited	
.22 Rifle - 50' Hunt		Archery - Recurve / Long Bow: Traditional	
.22 Rifle - 50' Scope		Muzzleloading - Unlimited	
.22 Rifle - 50' 4-Position Sporter		Muzzleloading - Traditional	
.22 Rifle - 50' 3-Position		**Each Event: $5.00**	**Shotgun: $10.00**

Calculate Fees for the Above Events: **$** _____

Late Registration Fee (for registrations received or post-marked afterJune 15, 2018) - Add $5.00: **$** _____

TOTAL ENTRY FEES - MUST BE SUBMITTED WITH THIS ENTRY FORM! **$** _____

Please make checks payable to: Garfield County Shooting Sports Council

Complete the Following and Bring or Mail to the Above Address

Your signature on this entry authorizes participation in the Garfield County Shoot, and constitutes an agreement to abide by the rules as outlined in the Colorado 4-H Shooting Sports Rule Book. You agree that, in no event, will the superintendent, contest management, any County Fairboard, 4-H Leader, or Extension personnel be held responsible for any loss or damage to property, person, entrants, or other persons whether the loss or damage arises from negligence or any other causes.

Member Signature: _____ Date: _____

Parent's or Guardian's Signature: _____

PRINTED NAME of 4-H Shooting Sports Certified Leader: _____

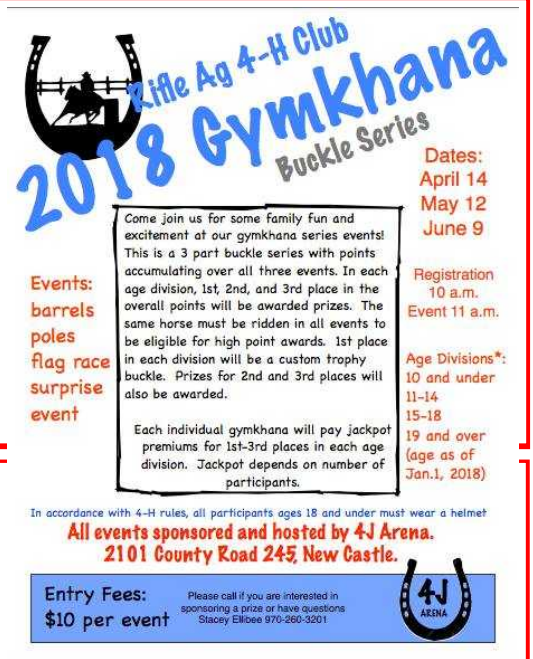
4-H Shooting Sports Certified Leader's Signature (NOT your club leader!): _____

Entries MUST be signed WITH ALL SIGNATURES to be valid. Unsigned entries WILL NOT be processed.

The 2018 Jr. Livestock Show and Sale Rulebook and the 2018 Horse Show Rulebook are posted on the Garfield County Extension Website at: http://garfield.extension.colostate.edu/programs/4-h/garfield-county-4-h-programs/

Please call the Extension Office if you need a printed Livestock or Horse Rulebook

Open rides for all Horse Project members every Thursday at the fairgrounds from 6-8pm.
-April 5th will be an open ride;
-April 12th will focus on English riding;
-April 19th will be an open ride;
-April 26th will focus on Ranch w/cattle



4-H County Council 2018-2019

Applications are now being accepted for the 4-H County Council for both officers and advisors. Application is included in this newsletter and is due by April 15th.

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Hi Garfield County: my name is Abi Saeed, and I am a new CSU Extension Agent! I will start at the Extension Office on May 7th!

Ever since I can remember, I have always had a passion for science and nature. Born in Pakistan, my family immigrated to Canada when I was 11 years old. In Canada, I was able to further explore and develop my knowledge within science and received an Undergraduate degree in Zoology from the University of Guelph in Ontario. Building a strong fondness for entomology, I completed my Master's degree at the University of Kentucky (in 2014), where I conducted research on solitary bees and pollination. After completing my MSc. in Entomology, I began working as a Research Technician and Pollinator Specialist in a Turf and Landscape Entomology lab in Kentucky: where I assisted in pollinator and pesticide research. In 2015 I was hired as a Consumer Horticulture Program Instructor and Master Gardener Coordinator by Michigan State University Extension, and conducted several educational programs for adults and youth (both local and state-wide). After 3 years of fine-tuning my knowledge within horticulture, I am excited to diversify my roles and expertise within extension education. I am thrilled about being able to serve the community in my position with Garfield County CSU Extension: as the Agriculture, Horticulture, and Natural Resources (Adult and Youth) Extension Agent.

In my spare time: I enjoy hiking, camping, and exploring the outdoors. I love working out and playing sports: I played rugby competitively for 6 years, in addition to coaching the University of Kentucky women's team for 2 years. Known as the 'Buglady' by friends and family, I am always on the lookout for cool critters to add to my insect collection, and love to talk about the fascinating world of invertebrates. I also enjoy relaxing days with my cats (Juniper and Tuft), watching movies, playing board games, and making wire jewelry and crafts.

I am excited about getting started in Garfield County, and can't wait to meet you all!

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GARFIELD COUNTY 4-H COUNCIL
Colorado State University Extension

Garfield County 4-H Council Officer & Advisor Application

Application deadline to the Garfield County Extension Office: **April 15th**

Contact Information:	
Name	
Mailing Address	
City, ST Zip Code	
Home/Cell Phone	
E-Mail Address	
Years in 4-H/Age	
High School/Schooling	
Shirt Size (Men, Lady, or Youth)	

You must be a Garfield County 4-H Member to apply for these positions.
Do not attach additional pages to this application.

Check the box(es) of the position(s) for which you would like to be considered:

- ❒ President
- ❒ Vice President
- ❒ Secretary
- ❒ Treasurer
- ❒ Historian
- ❒ Reporter
- ❒ Advisor (4-H Adult Leader only)
- ❒ Alternate Senator/Senator (2-year term)

Please list what activities, committee participation, and/or office(s) you have been involved with in your club and/or council?

What one 4-H project, activity or leadership role has meant the most to you and why?

Describe your leadership skills or characteristics that will help you serve as an effective officer.

In 4-H our motto is to “make the best better.” What goal(s) would you have for 4-H Council to make this year better and how would you accomplish this?

Please share any additional comments here that would make you the best candidate?

Garfield County 4-H Council Officer/Advisor Responsibility Agreement

Congratulations on your nomination to the Garfield County 4-H Council. This experience will provide opportunities to gain skills in leadership and citizenship. As an officer/advisor candidate you will need understand the responsibilities that you are agreeing to if elected. Please review and initial the box next to the responsibilities and expectations of the office(s) you are nominating for.

Expectations Agreement for Council Officer/Advisor

- ❑ I understand meetings are scheduled every third Tuesday of the month (except December and June) and will attend.
- ❑ I will promote 4-H in Garfield County.
- ❑ I will attend officer training and help plan and facilitate leadership sessions.
- ❑ I understand I will need to serve on committees and help with fund raisers.
- ❑ I understand I will need assistance and will work closely with other officers, Leaders, and Extension Staff.
- ❑ I understand that I will need to attend leadership camp(s) throughout the 4-H year to learn and experience new ideas.

As President, (must be 14, 4-H age)

- ❑ I will be prepared to lead meetings by attending agenda building sessions.
- ❑ I will use Parliamentarian Procedure running meetings.
- ❑ I will communicate with the Vice President and CSU Extension Office if I will be absent.
- ❑ I will work with advisors, 4-H Agent(s) and officer team to plan and execute Mini Trip.
- ❑ Attend LDC, District Retreat, State Conference and Mini-Trip
- ❑ Submit President record book for judging by September 15th

As Vice President, (must be 14, 4-H age)

- ❑ I will be prepared to lead meetings in the absence of the President by attending agenda building sessions.
- ❑ I will use Parliamentarian Procedure running meetings.
- ❑ I understand I will serve on and chair committees and will follow through.
- ❑ Serve as the chair of the activities and program committee
- ❑ Attend LDC, District Retreat, State Conference and Mini-Trip
- ❑ Submit Vice President record book for judging by September 15th

As Secretary,

- ❑ I will keep an accurate record of all the meetings, including writing the motions as stated to assist the President.
- ❑ I will keep an accurate Council membership role and record attendance.
- ❑ I will be prepared to read the minutes of the last meeting and correspondence and turn in the minutes for each meeting to the Extension Office.
- ❑ I will inform the President and CSU Extension Office if it is necessary to be absent.
- ❑ Submit Secretary record book for judging by September 15th

As Treasurer,

- ❑ I will take charge of Council's monies and keep an accurate record.
- ❑ I will prepare or read the prepared report at each meeting.
- ❑ I will pay Council bills out of the treasury only as approved by the Council.
- ❑ Submit Treasure record book for judging by September 15th

As Reporter,

- ❑ I will work with the Secretary to prepare a monthly report to go in the newsletter.
- ❑ I will promote 4-H events.
- ❑ I understand I may need assistance and will work closely with other officers, Advisors, and Extension Staff.
- ❑ Submit Reporter record book for judging by September 15th

As Historian,

- ❑ I will make a 4-H scrapbook to be displayed at the Garfield County Fair.
- ❑ I will provide history for and of the Garfield County 4-H program and council.
- ❑ I will work closely with the Secretary and Reporter to cover all 4-H events.
- ❑ Submit Historian record book for judging by September 15th

As Senator/Alternate Senator, (must be 14, 4-H age)

- ❑ I will represent Garfield County at State, Regional and District 4-H meetings
- ❑ I will attend LDC, District Retreat, State 4-H Conference
- ❑ I will be prepared to give a report to Council after each meeting.

Expectations Agreement for Advisor, (must be 21)

- ❑ I understand meetings are scheduled every third Tuesday of the month (except December and June) and will attend.
- ❑ I will promote 4-H in Garfield County.
- ❑ I will attend officer/leadership training.
- ❑ I understand I will need to advise on a committee(s).
- ❑ I understand that I will need to assist the 4-H Agent(s) as a chaperone on leadership camps or 4-H Council events.
- ❑ I will help with flow of meeting and encourage participation—make it fun.
- ❑ I will work with 4-H Agent(s) to follow up with officer team to assure they are fulfilling their responsibilities, i.e. Secretary has minutes.

Garfield County 4-H Council Officer/Advisor Leadership Camps

Leadership Camps throughout the 4-H Year

- ❑ CLC – Colorado Leadership Camp
  - First weekend in November in Glenwood Springs
  - Registration is $135, plus a dinner
  - 6th – 9th Grades
- ❑ LDC – Leadership Development Camp
  - Last weekend in January in Denver
  - Registration is $160, plus lodging of $70, plus 3 to 4 meals
  - 4-H Age 14 & up
  - Business and Formal attire is required for some of this event.
  - Required for President, Senators and Alternate Senators
- ❑ Youth Fest
  - Typically, the 2nd weekend in February in Larkspur
  - Registration is $130, plus 3 meals
  - 4-H Age 10 – 13
- ❑ Youth Fest Counselor
  - Registration is $80, plus 3 meals
  - 4-H Age 16 & up
  - Usually a District Officer is asked to fill this position, but can open up to other members.
- ❑ District Retreat
  - Typically, the 2nd or 3rd weekend in March in Glenwood Springs
  - Costs are approximately $70 in registration, plus lodging of $70
  - 4-H Age 10 & up
  - Required for President, Senators and Alternate Senators
- ❑ State 4-H Conference
  - Typically, the 3rd week in June
  - Registration is $410, contest(s) is $50, plus 3 meals
  - Business and Formal attire is required for some of this event.
  - Required for President, Senators and Alternate Senators
- ❑ Garfield County Mini-Trip
  - Typically, in July
  - Registration fees are $125, plus spending money
  - 4-H Age 10 & up, without a parent
  - Required for President
- ❑ 4-H Council Officer Retreat
  - Typically, in June or July
  - Fees are covered by Garfield County 4-H Council
  - Required for all new officers
  - Past year officers are invited to attend

Garfield County 4-H Council Officer/Advisor Agreement Signature Page

As a nominated candidate and potential Garfield County 4-H Council officer, you will provide a vital role in the execution and accomplishments of the Garfield County 4-H Council.

This agreement is designed to help you understand your role and responsibilities to making this 4-H year the best. By reading, initialing and signing below you are agreeing to:

1. Confirming that you understand the basic time commitments and responsibilities for the office(s) you are nominating for.
2. You are committing to fulfilling those time commitments and responsibilities
3. Requested and reviewed the Garfield County 4-H Council Bylaws
4. Understand Article III, Section 5 of the Garfield County 4-H Council Bylaws
    a. "Officers cannot miss more than four (4) meetings in any one year and may not be absent for more than two meetings in a row. In a situation where this happens, the position will be terminated unless extenuating circumstances occur. Early notification must be given of any absence."

If you are unable to commit to the expectations of the office(s), you should consider being a club representative to the Garfield County 4-H Council and serve as a committee member.

I can and I will fulfill the expectations and duties for the office(s) for which I have chosen to nominate for.

Name (printed):	
Signature	
Date	

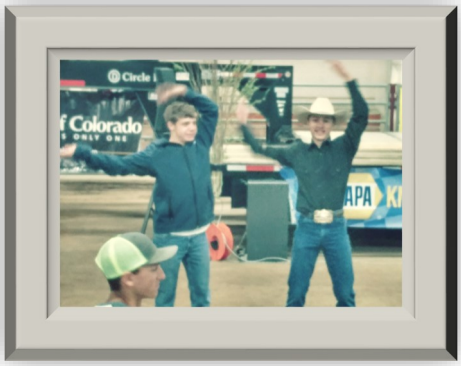
Application deadline to the Garfield County Extension Office: **April 15th**

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.
Extension programs are available to all without discrimination.

GARFIELD COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Shamrock Shindig

May 18th at the Garfield County Fair Grounds



Silent auction

Live auction

Dance

We need your help to make this a great event again!!!! Last years baskets were amazing and our auction was a success.

All clubs must donate a basket full of goodies…

This year's theme is FAMILY TIME!!!

Please follow the date requirements:

Basket ideas: April 1st

Basket Descriptions/theme: April 15th

Basket pictures: May 1st

Basket due into the Extension Office May 10th

Online Facebook bidding starting May 11th

Shamrock Shindig Dance & Auction May 18th

Extension Programs are available to all without discrimination.
Colorado State University, U.S. Department of Agriculture, and Garfield County cooperating.

Sheep and Rabbit Showmanship and Nutrition Clinic!

Learn to feed and show your animals to win!

Saturday, May 19th, 2018

Any level of knowledge is welcome!

Please RSVP to Josey Morford by May 16 at 970-456-3450

Clinic will be held at 5600 County Road 100, Carbondale, CO

Rabbits from 9-11am, lunch from 11-12, Sheep from 12-2pm

Please bring $5 for pizza lunch

COLORADO STATE UNIVERSITY EXTENSION

Colorado 4-H State Conference June 19-22, 2018

Background/Eligibility/Registration

http://www.colorado4h.org/events_opportunities/stateconference.pdf

State Conference is held at the CSU campus in Fort Collins and is for 14-18 year old 4-H members. This conference is designed and developed by the State 4-H Officer Team. The conference hosts speakers, state contests, workshops, international education with Colorado State 4-H Youth Exchange, banquet, awards ceremony and more!

Registration

Registration will be through 4HOnline on April 16. Check with your county Extension office for their county deadlines to register.

Contest Pages are being Updated!

Updated Links will be available soon!

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Colorado State University Extension programs are available to all without discrimination. To simplify technical terminology, trade names or products and equipment occasionally will be used. No endorsement of product names is intended nor is criticism implied of products not mentioned.

Family Matters

Improving Health Together

April, 2018 Newsletter

For back issues visit: **extension.colostate.edu/Pubs/fammatrs/fmmenu.html**

For more information contact the CSU Extension office nearest you, or visit: **extension.colostate.edu**

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Extension programs are available to all without discrimination. Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.

Seize the Snack!

Jessica Clifford, MS, RDN
CSU Extension Nutrition Specialist

Adapted by Glenda Wentworth
Family & Consumer Science
Extension Agent

Snacking continues to be on the rise. A vast majority of us eat a snack at least once or more throughout the day. We also tend to allow our children to graze throughout the day without giving much thought to it. Snacking is just as important as breakfast, lunch, and dinner. Because snacks are being consumed more frequently we need to be mindful of the snacks we feed our children.

Children are very active and their energy needs are high. In addition to that, children's small bodies have a limited capacity for food. So they need to eat every 2 – 3 hours. Grazing is becoming commonplace in our homes; however, a more structured eating pattern is best for young children. A satisfying healthy and nutritious snack is an important part of a child's daily eating pattern. A snack should be offered midway between meals so your child is not famished before the next meal. It should be offered long enough after the previous meal so your child has time to get hungry, but not too hungry. A snack should be offered long enough before the next meal so your child will be comfortably hungry in time for the next meal. Therefore, a planned and consistent snack time is helpful for your child to curb their hunger in between meals. or your child.

To help curb your child's hunger from one meal to the next, snacks should contain a variety of foods and beverages from each food group (whole fruits, vegetables, whole grains, lean protein, and dairy/calcium). Serve whole grain bread or crackers with cheese, peanut butter, or a glass of milk. Serve fruit with cheese, cottage cheese, yogurt or milk. Vegetables can be served raw or cooked with a dip or some form of meat, fish or poultry. A carrot dipped in hummus is a great snack.

Another option is a smoothie coupled with some whole grain bread or crackers. Remember to offer water for thirst with meals and snack times as well as in between.

Let's Talk

Have your child sit at a table to eat snacks. It helps to be mindful of eating and establishes good habits.

Don't allow your child to run around the house with food in hand. This is unsafe as your child could choke. It may also cause us to eat mindlessly and possibly overeat. When not paying attention to what we are eating, we can miss out on the enjoyment and taste of food.

Try to make this a time you sit down with your child. It is more relaxing and it helps to keep things calm. It also teaches them to enjoy their food.

Snacking can be a great way to have healthier foods if we make wise choices about what, when, and how our children snack.

Recipes for Health:

Fruit Dip

Ingredients:

· 1 cup yogurt, non-fat vanilla (8 oz.)

· 1 fluid ounce orange juice, 100% juice, frozen concentrate (thawed)

· 1 tablespoon lime juice

· 1 1/2 teaspoons brown sugar, optional (1/2 tablespoon)

· Fruit such as:

· 2 apples (cored and sliced, peeled if necessary)

· 1 pear (cored and sliced, peeled if necessary)

· 1 peach (pitted and sliced, peeled if necessary)

· Sliced bananas

· Sliced strawberries

· Sliced mango

· Sliced kiwi

Directions:

1. In a bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.

2. Mix well.

3. Place dip into small bowls, serve on a plate and surround with fruit.

4. To round out the snack; add some whole grain crackers or bread.

Recipe Source:
https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-dip

Asuntos Familiares

mejorando la salud juntos

abril de 2018

Extensión mas cercana o viste el sitio de Web **extension.colostate.edu/Pubs/fammatrs/fmmenu.html**

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Los programas de Extension son accesibles sin discrimination. Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.

Aprovechemos los bocadillos!

by Jessica Clifford, MS, RDN
Especialista en nutrición de la Extensión de CSU

Adaptado por Glenda Wentworth

Agente de la Extensión de Ciencias para la Familia y el Consumidor

El consumo de bocadillos continúa aumentando. La mayoría de nosotros come algunos bocadillos al menos una vez, o más, durante el día. También, les permitimos a nuestros niños apacentar durante el día sin darle mucha atención al hecho. El comer bocadillos es tan importante como el consumo del desayuno, el almuerzo o la comida. Debido a que estos bocadillos son consumidos con más frecuencia, necesitamos pensar mejor sobre los que les damos a los niños.

Los niños son muy activos y sus necesidades de energía son altas. Además de eso, los pequeños cuerpos de los niños tienen una capacidad limitada para los alimentos. Por lo mismo, ellos necesitan comer cada 2-3 horas. El apacentar se está volviendo una actividad común en nuestros hogares; pero, una manera más estructurada de comer es lo mejor para los niños pequeños. Un bocadillo saludable y nutritivo es una parte importante de la alimentación diaria de los niños. Los bocadillos como refrigerios deben ser ofrecidos entre comidas para que los pequeños no se encuentren hambrientos antes de la siguiente comida. Deben ser ofrecidos mucho antes de la siguiente comida para que los niños tengan hambre, pero no mucha. Así, estos bocadillos deben ser ofrecidos con el tiempo suficiente antes de la siguiente comida para que los niños se sientan cómodamente hambrientos justo antes de comer. Por eso, la planeación de una hora consistente para consumir un bocadillo ayuda mucho para que su niño/a controle su hambre entre comidas.

Todo lo que se come y bebe es importante, ya sea una comida o tan solo un bocadillo. Como padres, debemos usar los bocadillos para complementar la hora de la comida. Ser cuidadosos con proveer selecciones saludables a la hora del refrigerio es importante para una alimentación completa de los niños.

El permitir que los niños se llenen con bocadillos azucarados evitará que ellos reciban nutrientes importantes que necesitan durante el día. Es importante pensar en las decisiones que hacemos cuando consumimos bocadillos. Deben tomarse decisiones saludables mientras se limitan las grasas saturadas, azúcares añadidas y sal. El planear los bocadillos es una parte esencial para mantener el control de la selección de alimentos para su hijo/a.

Para ayudar a los niños a controlar su hambre entre comidas, los bocadillos deben contener una variedad de alimentos y bebidas de cada grupo (frutas enteras, verduras, granos enteros, proteína magra y lácteos/calcio). Sirva pan o galletas de grano entero con queso, crema de cacahuate o un vaso de leche. Sirva fruta con queso, requesón, yogurt o leche. Las verduras pueden ser servidas crudas o cocinadas con un aderezo o con algún tipo de carne, pescado o pollo. Una zanahoria con humus es un gran bocadillo. Otra opción es un batido acompañado de algo de pan o galletas de grano entero. Recuerde ofrecer agua con las comidas y bocadillos, así como a todas horas.

Receta para la salud:

Aderezo de fruta

Ingredientes:

· 1 taza de yogurt de vainilla sin grasa (8 onzas)

· 1 onza líquida de jugo de naranja, 100% de jugo, concentrado congelado (descongelado)

· 1 cucharada de jugo de limón

· 1 ½ cucharaditas de azúcar morena, opcional (1/2 cucharada)

· Fruta como:

o 2 manzanas (sin centros y en rodajas, peladas si es necesario)

o 1 pera (sin centro y en rodajas, pelada si es necesario)

o 1 durazno (sin hueso y en rodajas, pelado si es necesario)

o plátanos en rodajas

o fresas en rodajas

o Mango en rodajas

o Kiwi en rodajas

Indicaciones:

1. En un tazón, combine el yogurt, el jugo concentrado de naranja, el jugo de limón y el azúcar morena.

2. Mezcle perfectamente.

3. Coloque el aderezo en contenedores pequeños y sirva en un plato rodeado de fruta.

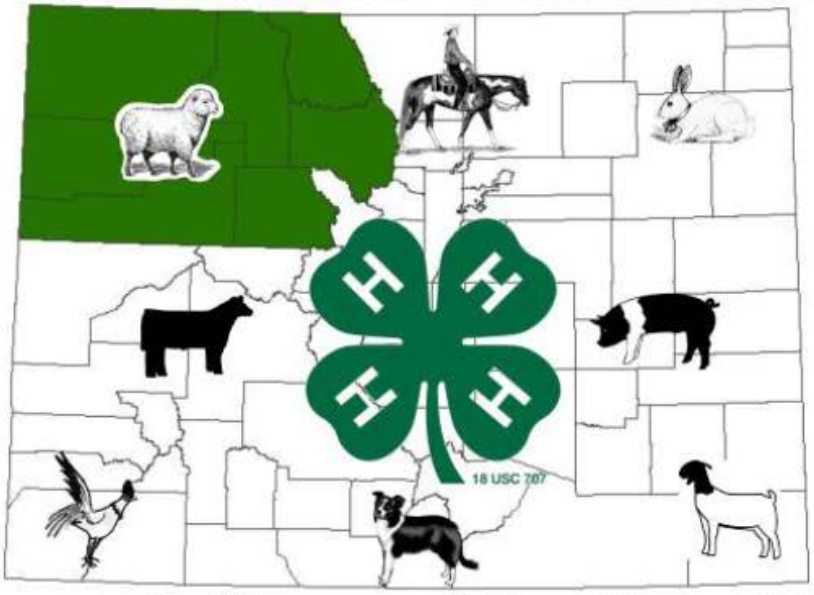
4. Para completar el bocadillo, añada galletas o pan integrales.

Fuenta de receta:
https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-dip

Hablemos

Pida que sus niños se sienten a la mesa para comer sus bocadillos. Es bueno pensar bien los alimentos a consumir y en el establecer buenos hábitos de alimentación. No permita que su niño corra por la casa con comida en las manos. Esta acción no es segura ya que su niño pudiera ahogarse. También podría causar comer sin pensar y posiblemente apoyar el comer de más. Cuando no se pone atención a lo que se come puede uno perderse la satisfacción de disfrutar el sabor de los alimentos. Use esta hora para sentarse y convivir con su hijo/a. Es un momento muy relajante y ayuda a mantener las cosas en calma. También les enseña a los niños a disfrutar sus alimentos. El comer bocadillos puede ser una excelente manera para consumir alimentos saludables si hacemos selecciones bien pensadas acerca de qué, cuándo y cómo sus niños los consumirán.

2018
Northwest Colorado



Livestock, Horse and Dog Exposition

June 11-15, 2018
JACKSON COUNTY FAIRGROUNDS
WALDEN, COLORADO

Jackson County is pleased to host the 2018 NORTHWEST COLORADO 4-H EXPOSITION (EXPO), June 11-15 at the Jackson County Fairgrounds in Walden. The horse portion of the event will be June 11-13, the dog section running from June 11-12, and the livestock section running from June 14-15.

EXPO began in 1969 with the purpose of helping 4-H livestock members develop grooming and showmanship skills in the show ring. In the continuing tradition of EXPO, 4-H members will spend the first day in workshops with resource specialists from the livestock industry. The second day is full of excitement in the show ring, in which youth exercise their skills acquired the previous day.

EXPO is set up to be a learning experience for 4-H livestock project members and not a livestock contest or county fair. Even though there are showmanship, prospect and riding classes at EXPO, the real purpose is to teach and give "hands on" experience to 4-H members on how to have a successful livestock project at their county fair.

Save the date!
Registration packets will be available soon.

Colorado State University, U.S. Department of Agriculture and Rio Blanco cooperating.
Cooperative Extension programs are available to all without discrimination.

2018 GARFIELD COUNTY JUNIOR SUPERINTENDENT APPLICATION

Must be completed by applicant and mailed/dropped off by **Friday, April 28, 2018** to
CSU Extension Office, PO Box 1112, 1001 Railroad Ave, Rifle, CO 81650 or Fax 970-625-3917

(No late applications accepted)

NAME _____GRADE _____

ADDRESS_____

SHIRT SIZE_____ E-mail address_____

PHONE_____Emergency Contact Name and Number_____

4-H CLUB/FFA_____YEARS in 4-H/FFA _____

1.) Why do you want to be a Jr. Superintendent? _____

_____

_____

2.) What qualities do you possess that would make you a good Jr. Superintendent?

_____

_____

3.) Please list your major 4-H projects and Fair activities. _____

_____

4.) Are you able to attend the Jr. Superintendent meetings monthly in Rifle
(Last Tuesday of every month at 6 p.m.)? Yes No

Are you available the month of July to work on fair, events, and committees; and available fair week beginning on Saturday before the fair? Yes No

Do you have any conflicts with any Jr. Superintendents fair dates?_____If so, which ones, why? _____

5.) Please rank your department preferences - 1st, 2nd, and 3rd choice.

4-H/FFA: _____Swine_____Sheep_____Goat_____Beef_____Rabbit
_____ Poultry_____Horse_____Dog_____Premier Exhibitor_____Barn
_____General Projects____Shooting Sports_____Robotics_____Rocketry
_____ Round Robin____County Contest

Open Class: _____Horticulture_____Needlework_____Crafts_____Fine Arts
_____Baked Goods _____Floriculture _____Special Contests

REFERENCES: Two references required. One reference needs to be a Superintendent in the department you are applying for, Club leader, or FFA Advisor. The second reference needs to be one of your teachers, counselors, principal at the school you attend, coach, or organizational leader. Do not use a reference that is related to you.

A. Reference Name _____

Day Phone _____ Work Phone _____

B. Reference Name _____

Day Phone _____ Work Phone _____

Garfield County Fair Code of Conduct

The Garfield County Fair Board expects the 4-H/FFA members, leaders, parents and other adults participating in all associated fair activities will:

1. Adhere to program rules, curfews, dress codes, policies and rules of the facility.
2. Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship, and be a positive role model.
3. Abstain from illegal behaviors and avoid use of alcohol and tobacco during 4-H/FFA events and activities.
4. Fully participate in scheduled activities and required duties.
5. Respect other's property and privacy rights.
6. Abstain from child abuse (physical and/or verbal) and harassment.
7. Accept personal and group responsibility for behavior, including and financial damage
8. Adhere to rules of safety.

Consequences for violating any of these codes may include, but are not limited to: removal, at the individual's expense and without refund, from participating in the event in which the code of conduct has been violated; restitution or repayment of damages; sanctions from participation in future 4-H/FFA or fair events; forfeiture of financial support for the event; removal from offices held; etc.

Age, offices held in the 4-H/FFA organization, length of offices held or perceived status, and previous fair experience are not grounds for behavior outside of established guidelines.

It is the responsibility of all program participants to enforce the code of conduct and intervene when necessary to enforce the rules.

I understand that if accepted as a Jr. Superintendent member, I_____will follow all Jr. Superintendent Rules and policies, provide positive leadership and direction to County Contest/Fair members, and work to create a great County Contest/Fair experience for myself and all participants. If accepted, I will try to attend all training and planning meetings. I understand the constitution states that I may only miss a total of two meetings. I also agree to work cooperatively with other Jr. Superintendents to carry out my Fair responsibilities for the betterment of the Garfield County Contest/Fair and the enjoyment of the County Contest/Fair members.

Signature_____Date_____

Parent/ Guardian_____Date_____

Extension Programs are available to all without discrimination.
Colorado State University, U.S. Department of Agriculture, and Garfield County cooperating.

GARFIELD COUNTY JUNIOR SUPERINTENDENT
JOB DESCRIPTION

Position Title: Junior Superintendent

Time Required: Approximately 40 hours that will include; meetings monthly, early work days, Quality Assurance, Saturdays (livestock tag-in), county contests, pre-fair help, fair set up, fair week, tear down and evaluation of county contests and fair.

Location: Garfield County, Colorado; Colorado State University Extension

Volunteer Job Description: Individual will work cooperatively with fellow Junior Superintendent members in developing and implementing a quality County Contest/Fair. All youth will receive an opportunity to learn through appropriate leadership under the direction of the Junior Superintendent and Superintendents.

General Responsibilities:

- **Attend all Superintendent meetings**
- Must be a minimum of 14 years of age and /or a freshman in high school and not have turned 19 prior to December 31st in year of application.
- Take full responsibility for planning and conducting your department or committee activities and assist when needed in all events that are part of the County Contest/Fair.
- Attend all County Contest/Fair activities required by your specific department.
- Promote the County Contest/Fair as a positive educational opportunity for youth to exhibit their projects.
- Always maintain a professional attitude when handling County Contest/Fair participants, volunteers and parents
- Keep accurate records of department activities
- Work closely with superintendents/Coordinator by sharing in the planning and conducting of rules and activities
- Read, understand, follow, and enforce the rules of the Garfield County Contest/Fair
- Develop and conduct activities that will involve more youth in all aspects of the fair
- Assist other Jr. Superintendents and committee members as needed
- Evaluate and report feedback from your department to the advisors.
- Assist Extension Educators and Agriculture Education instructors before, during, and after the County Contests/Fair.
- Attend required number of 4-H Club meetings according to the Garfield County 4-H Policy
- Be in good standing as a 4-H/FFA member
- Behave as a good role model at all times (during school, outside of the classroom and during all Fair activities).
- Dress appropriately at all Fair activities
- Be in good academic standing (C average & above) at your high school or equivalent.
- It is preferred that you apply for a Jr. Superintendent position in an area you are not showing or involved in.

GARFIELD COUNTY ASST. JUNIOR SUPERINTENDENT JOB DESCRIPTION

Position Title: Assistant Junior Superintendent

Time Required: Approximately 40 hours that will include; meetings monthly, early work days, Quality Assurance, Saturdays (livestock tag-in), county contests, pre-fair help, fair set up, fair week, tear down and evaluation of county contests and fair.

Location: Garfield County, Colorado; Colorado State University Extension

Volunteer Job Description: Individual will work cooperatively with fellow Asst. Junior Superintendent members in developing and implementing a quality County Contest/Fair. All youth will receive an opportunity to learn through appropriate leadership under the direction of the Junior Superintendent and Superintendents.

General Responsibilities:

- **Attend all Superintendent meetings**
- Must be a minimum of 11 years of age and not have turned 15 prior to December 31st in year of application.
- Take full responsibility for planning and conducting your department or committee activities and assist when needed in all events that are part of the County Contest/Fair.
- Attend all County Contest/Fair activities required by your specific department.
- Promote the County Contest/Fair as a positive educational opportunity for youth to exhibit their projects.
- Always maintain a professional attitude when handling County Contest/Fair participants, volunteers and parents
- Keep accurate records of department activities
- Work closely with superintendents/Coordinator by sharing in the planning and conducting of rules and activities
- Read, understand, follow, and enforce the rules of the Garfield County Contest/Fair
- Develop and conduct activities that will involve more youth in all aspects of the fair
- Assist other Jr. Superintendents and committee members as needed
- Evaluate and report feedback from your department to the advisors.
- Assist Extension Educators and Agriculture Education instructors before, during, and after the County Contests/Fair.
- Attend required number of 4-H Club meetings according to the Garfield County 4-H Policy
- Be in good standing as a 4-H/FFA member
- Behave as a good role model at all times (during school, outside of the classroom and during all Fair activities).
- Dress appropriately at all Fair activities
- Be in good academic standing (C average & above) at your high school or equivalent.
- It is preferred that you apply for a Jr. Superintendent position in an area you are not showing or involved in.

2018 GARFIELD COUNTY ASSISTANT JUNIOR SUPERINTENDENT APPLICATION

Must be completed by applicant and mailed/dropped off by **Friday, April 28, 2018** to
CSU Extension Office, PO Box 1112, 1001 Railroad Ave, Rifle, CO 81650 or Fax 970-625-3917

(No late applications accepted)

NAME_____GRADE _____

ADDRESS_____

SHIRT SIZE_____ E-mail address_____

PHONE_____Emergency Contact Name and Number_____

4-H CLUB/FFA_____YEARS in 4-H/FFA ____

1.) Why do you want to be an Asst. Jr. Superintendent? _____

_____

_____

2.) What qualities do you possess that would make you a good Asst. Jr. Superintendent?

_____

_____

3.) Please list your major 4-H projects and Fair activities. _____

_____

4.) Are you able to attend the Jr. Superintendent meetings monthly in Rifle
(Last Tuesday of every month at 6 p.m.)? Yes No

Are you available the month of July to work on fair, events, and committees; and available fair week beginning on Saturday before the fair? Yes No

Do you have any conflicts with any Asst. Jr. Superintendents fair dates?_____If so, which ones, why? _____

5. Please rank your department preferences - 1st, 2nd, and 3rd choice.

4-H/FFA: ____Swine_____Sheep_____Goat_____Beef_____Rabbit
____ Poultry____Horse_____Dog_____Premier Exhibitor_____Barn
____General Projects____Shooting Sports_____Robotics_____Rocketry
____ Round Robin____County Contest

Open Class: ____Horticulture_____Needlework_____Crafts_____Fine Arts
____Baked Goods _____Floriculture _____ Special Contests

REFERENCES: Two references required. One reference needs to be a Superintendent in the department you are applying for, Club leader, or FFA Advisor. The second reference needs to be one of your teachers, counselors, principal at the school you attend, coach, or organizational leader. Do not use a reference that is related to you.

A. Reference Name _____

Day Phone _____ Work Phone _____

B. Reference Name _____

Day Phone _____ Work Phone _____

Garfield County Fair Code of Conduct

The Garfield County Fair Board expects the 4-H/FFA members, leaders, parents and other adults participating in all associated fair activities will:

1. Adhere to program rules, curfews, dress codes, policies and rules of the facility.
2. Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship, and be a positive role model.
3. Abstain from illegal behaviors and avoid use of alcohol and tobacco during 4-H/FFA events and activities.
4. Fully participate in scheduled activities and required duties.
5. Respect other's property and privacy rights.
6. Abstain from child abuse (physical and/or verbal) and harassment.
7. Accept personal and group responsibility for behavior, including and financial damage.
8. Adhere to rules of safety.

Consequences for violating any of these codes may include, but are not limited to: removal, at the individual's expense and without refund, from participating in the event in which the code of conduct has been violated; restitution or repayment of damages; sanctions from participation in future 4-H/FFA or fair events; forfeiture of financial support for the event; removal from offices held; etc.

Age, offices held in the 4-H/FFA organization, length of offices held or perceived status, and previous fair experience are not grounds for behavior outside of established guidelines.

It is the responsibility of all program participants to enforce the code of conduct and intervene when necessary to enforce the rules.

I understand that if accepted as an Asst. Jr. Superintendent member, I _____ will follow all Jr. Superintendent Rules and policies, provide positive leadership and direction to County Contest/Fair members, and work to create a great County Contest/Fair experience for myself and all participants. If accepted, I will try to attend all training and planning meetings. I understand the constitution states that I may only miss a total of two meetings. I also agree to work cooperatively with other Jr. Superintendents to carry out my Fair responsibilities for the betterment of the Garfield County Contest/Fair and the enjoyment of the County Contest/Fair members.

Signature_____Date_____

Parent/ Guardian_____Date_____

Extension Programs are available to all without discrimination.
Colorado State University, U.S. Department of Agriculture, and Garfield County cooperating.

Raise Your Hand For COLORADO 4-H!

www.4-H.org/RaiseYourHand

APRIL 1 - MAY 15, 2018

COLORADO STATE UNIVERSITY EXTENSION

Overview

In 4-H, we believe in the power and future of America's youth. However, only one in three youth say they have the skills they need to handle what life throws their way. Together, we can change that! We're asking 4-H alumni and friends to "Raise Your Hand" so that more youth can benefit from the life-changing opportunities that 4-H provides.

The three states with the most hands raised will win $20,000, $10,000 and $5,000! Help us grow the next generation of True Leaders—vote for ***Colorado 4-H*** now!

Voting is easy:

1

RAISE YOUR HAND

Fill out the form below to Raise Your Hand so that even more youth can benefit from the life-changing opportunities that 4-H provides.

2

COMPETE FOR COLORADO!

Raising your hand is a vote towards a $20,000, $10,000 or $5,000 award for the three states with the most hands raised.

3

PAY IT FORWARD

Tweet, post and share your support using the hashtag **#4HGrown**, and ask your friends and family to support and share.

Vote Now

The state I am voting for is: _____

First/Last name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Are you a 4-H Alum?
(Please select 'YES' or 'NO')

YES ☐ NO ☐

Stay in touch with me via email from National 4-H Council and state 4-H offices
(Please select 'YES' or 'NO')

YES ☐ NO ☐

4-H GROWS HERE

All entries must be recorded by the state office at 4-H.org/RaiseYourHand by midnight EST on May 15, 2018 to be counted towards the contest.

2018

GCF –Fairgrounds
IA – Indoor Arena
EH – Event Hall
SH – South Hall
NH – North Hall
EO – Extension Office

RD – Rugged Desperadoes 4-H Club
GA – Green Acres 4-H Club
RA – Rifle Ag 4-H Club
MP – Muddy Paws 4-H Club

CR – Country Roots 4-H Club
FS – Future Sportsman 4-H Club
MMS – Morrisania Mesa 4-H Club
BP – Brush Poppers

BR – Blue Ribbon 4-H Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Fair Board mtg – 6:00pm – EH FS mtg-Annex 6:30pm	4 Food Safety mtg - Meeker MP mtg-GCF-SH,7:00pm	5 Shooting Air Practice 6-8pm SH Open riding 6-8pm IA	6 Arapahoe County SS Certification Training	7 Arapahoe County SS Certification Training 4-H Shooting Safety mtg-9am Sheriff's Annex
8 Arapahoe County SS Certification Training	9 Range SS Prac-6-8pm RA mtg-Rifle LIb,6:30pm	10 MMS mtg – FS,6:30pm	11 BR mtg-Silt Library MP mtg-GCF-SH,7:00pm RD mtg-GCF-NH,6:30pm	12 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH CR mtg-RMS,6:00pm	13 Mesa County SS Certification Training Last day to enroll in Goat, Sheep, Swine, Chicken, Duck, Rabbit, Pheasant, or Quail-mkt & breeding	14 Mesa County SS Certification Training
15 Mesa County SS Certification Training County Council Applications due	16 MQA – GCF-EH 6pm Range SS Prac-6-8pm Goose proj. uploads due; Horse Adv-GCF-EO 6:30pm	17 Leadership class – GCF, EH 7:00 pm County Council mtg GCF, EH 7:30 pm Officer nominees to attend	18 1st year meeting 6-8pm - EH MP mtg-GCF-SH,7:00pm	19 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH GA mtg-GCF-EH,4:30 for Leathercraft; 6:30pm for mtg	20	21 Cloverbuds 10am-11:30 NH Retinal Scan Training–8:30-6pm
22 BP mtg-McCrays,6:00pm	23 Range SS Prac-6-8pm Container Gardens - 6-9pm -Carbondale	24 Superintendents' mtg – EH – 5:30pm Livestock Mkt Committee GCF, EH 6:30p	25 Shooting Sports Council GCF, EH 7:00p MP mtg-GCF-SH,7:00pm	26 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH	27 Safety Fair – Rifle Middle School 11am-2pm	28
29	30 Range SS Prac-6-8pm Cottage Foods Safety Class EH 6:00pm					

2018

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Add/Drop Deadline Last day to upload Horse/Dog IDs-5pm Breeding projects uploads deadline Fair Board mtg–6p–EH FS mtg-Annex 6:30pm	2 MP mtg-GCF-SH,7:00pm	3 Last day to do Sheep, Goat, and Swine uploads Shooting Air Practice 6-8pm SH Open riding 6-8pm IA	4 Sheep, Goat, Swine Spring Weigh-in 9am-4pm	5 Sheep, Goat, Swine Spring Weigh-in 9am
6	ABI STARTS7 Range SS Prac-6-8pm RA mtg-Rifle LIb,6:30pm	8 MMS mtg – FS,6:30pm	9 BR mtg-Silt Library MP mtg-GCF-SH,7:00pm RD mtg-GCF-EH,6:30pm	10 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH CR mtg-RMS,6:00pm	11	12
13	14 Horse Adv-GCF-EO 6:30pm Range SS Prac-6-8pm	15 Leadership class – GCF, EH 7:00 pm County Council mtg GCF, EH 7:30 pm Officer elections	16 MP mtg-GCF-SH,7:00pm	17 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH GA mtg-GCF-EH,4:30 for Leathercraft; mtg-6:30pm	18 Shamrock Shindig & Abi meet and greet 4-10pm	19 Cloverbuds 10am-11:30 NH Rifle Rendezvous
20 Rifle Rendezvous BP mtg-TBD,6:00pm	21 Range SS Prac-6-8pm Cottage Foods - 6-9pm –Carbondale Duck & Pheasant uploads due	22	23 MP mtg-GCF-SH,7:00pm	24 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH	25	26 State Western Heritage Invitational - Whitewater
27 State Western Heritage Invitational - Whitewater BP mtg-TBD,6:00pm	28 Office Closed	29 Superintendents' mtg – 5:30pm Livestock Mkt Committee GCF, EH 6:30p	30 Roaster Rabbit paperwork due Shooting Sports Council 7pm	31 Open riding 6-8pm IA Shooting Air Practice 6-8pm SH		

CSU Extension
1001Railroad Ave, Fairgrounds
P.O. Box 1112
Rifle, CO 81650
970.625.3969

Carla Farrand - County Director, 4-H/Youth Development, Family & Consumer Science
Kaycee Manuppella - 4-H Stem Program Associate, School Enrichment/Afterschool
Veronica Capraro, Stephanie Hinkley, Laura Dickard-AmeriCorps/4-H STEM representatives
Alice Smith– Administrative Assistant

The Extension Office is open Monday-Friday, 8 a.m. to 1 p.m. and 2 p.m. to 5 p.m. (closed daily 1-2). Because we are often in the field and involved in programming, we encourage you to call first for an ap-pointment, 970-625-3969. Thank you!

CSU Extension
Garfield County
P.O. Box 1112
Rifle, CO 81650