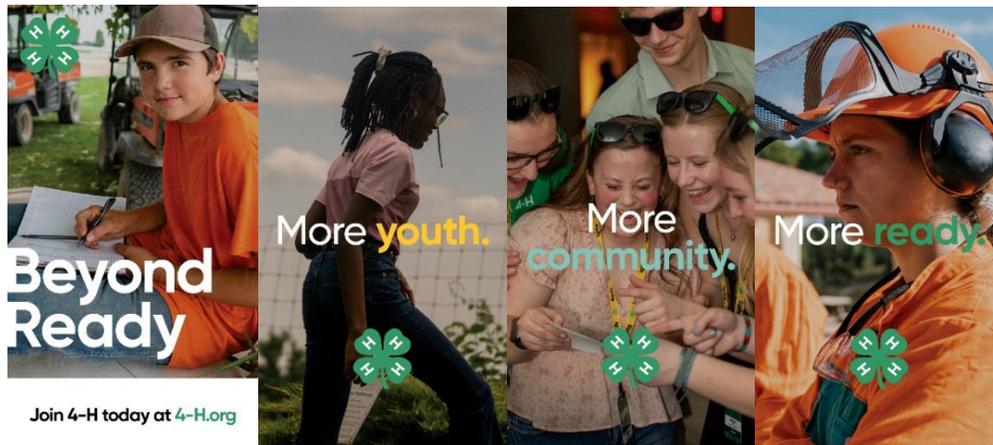


Teller County 4-H Newsletter

BEYOND READY

“To Make the Best Better”



About 20 years ago, Tufts University conducted a study around the efficacy of 4-H Positive Youth Development. Recently the university reconnected with 332 young adults who were part of the original study as 4-H members and here is a snapshot of what they learned...

RECONNECTION STUDY

The **Reconnection Study**, one of the first investigations into the long-term effects of 4-H, was conducted with **332 young adults** who were part of the original study. Results show that 4-H significantly influenced the **confidence, relationship and leadership skills** of the 4-H alums as they enter adulthood. They also reported having a **strong sense of purpose, hope for the future, and a desire to give back through community service**.

When compared to young adults from the original study who did not participate in 4-H, 4-H alums were:



3X more likely to participate in community service



2X more likely to report living life with intentionality & purpose



2X more likely to have a goal of being a leader

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Past Newsletters can be found [HERE](#).

Notes from Extension

“Fair Season” has ended and Teller 4-H is taking a deep breath as the school year gets started and fall activities. Too often we get caught up in the “what’s next” mindset that we do not take a time to reflect (and relax). Although calendars and schedules are important to keep on top of be sure to take time for yourselves and your families.

Important Dates

See the news below for more details about these events and contact the Extension office with questions.

September 15	GRIT training for 4-H Volunteers
September 20	(POSTPONED) Youth Mental Health First Aid Training
September 21	Junior Livestock Committee meeting (1:30 @ Sheriff’s Office)
September 30	Annual Special Award nominations due
October 1	Enrollment opens for 2025-26 in 4-H Online
October 13	GRIT Training for 4-H Volunteers
October 14	Volunteer Training hosted by State 4-H office (online)
October 22	Volunteer Training hosted by State 4-H office (online)
October 25	Achievement Banquet at Ute Pass Cultural Center
November 7-9	Colorado Leadership Conference (Glenwood Springs, CO)
November TBD	Dare To Be You (DTBY) Camp (Pueblo, CO)

News

Part I – Wrapping up this year

Achievement Banquet

- Saturday, October 25th at 3PM
- Ute Pass Cultural Center in Woodland Park
- Please plan to help with set up and clean up before and after (clubs will have assigned tasks)
- More details to follow

Special award nominations

- Teller 4-H recognizes a few special awards at the achievement banquet including friend of 4-H, outstanding club leader, outstanding project leader, and outstanding member (junior, intermediate, and senior).
- Nominations can be submitted [HERE](#) and are due by September 30th.

Teller 4-H end-of-year survey

[CLICK HERE](#) to take a brief, Teller 4-H end-of-year survey. The survey will remain open until October 15th

Your participation in this survey is voluntary. All responses will be kept confidential and used only for the purpose of improving the 4-H program. No personally identifiable information will be shared outside of the Extension/4-H program staff.

By completing this survey, you are giving your consent to have your responses included in our evaluation. You may skip any questions you do not wish to answer, and you may stop the survey at any time.

If you have questions about this survey or how the information will be used, please contact Darian Founds, Extension Director at darian.founds@colostate.edu.

Thank you for taking the time to share your feedback!

Part II – Information for next year

Enrollment

- [4-H Online](#) will open on Wednesday, October 1st
- Annual fees will continue to be \$40/Member and \$20/Cloverbud
- Share your 4-H experiences with other families who may be interested in joining. Word of mouth marketing is powerful!

County Council

- County Council is returning to Teller 4-H!
- This is a representative group with delegates from each club that work together to bolster the 4-H program in the County.
- We will begin with baby steps and grow from there instead of trying to do everything at once and falling flat.
- Stay tuned as more details will be available this fall.

Junior Livestock Committee

- Alanna Crawford is starting a Junior Livestock Committee
- The first meeting will be at 1:30PM at the Sheriff's office
- If you would like to be added to the interest list, please fill out the form [HERE](#).

General Project Pick-Up

- If your general project went to the State Fair, please pick it up from the Extension office as soon as possible.
- The office is small and your assistance with project pick-up is appreciated.

Colorado Leadership Conference

- November 7-9 in Glenwood Springs, CO
- Intermediate Age (11-13 years old as of December 31, 2025)
- Camps and conferences are a great way to learn, meet new people, and become involved in 4-H in a greater capacity.
- Registration and other details to follow.

Part III - Volunteer Training Opportunities

Greater Resilience Information Toolkit (GRIT)

CSU Extension is partnering with GRIT and Team STRONG to provide adult GRIT training around youth resilience. Learn how to help youth build and move into a better tomorrow. We are offering two virtual 90-minute sessions to train 4-H volunteers to become GRIT Coaches on Monday, Sept. 15, and Monday, Oct. 13 from 6:00-7:30pm.

During this short course, you will:

- Gain a basic understanding of resilience, common stress responses in disasters, and stress-related problems
- Develop tools to help build strength and resilience within your friends, family groups, and throughout your entire community
- Learn how to support and listen to someone who is struggling with a disaster or hardship
- Strengthen your coping skills, self-efficacy, and resilience while helping others around you do the same
- Recognize the signs of when someone may need a formal mental health counselor and how and where to refer your friends and loved ones
- Gain access to valuable community resources and learn how to guide individuals to additional resources when needed

Here is the Zoom registration link: [Webinar Registration - Zoom](#).

Beyond Ready: Creating a sense of Belonging in Colorado 4-H, a live online training webinar for 4-H volunteers and any 4-H professionals who wish to attend.

When: Choose a session that works best for your schedule

- Tuesday, October 14, 6:30 - 7:45 p.m.
- Wednesday, October 22, 6:30 - 7:45 p.m.

Details:

- Training will take place live on Zoom and focused on providing an engaging experience focused on creating a sense of belonging in our 4-H programs.
 - More information will be provided after next State 4-H newsletter is released.
-

Highlights

If you would like to share a highlight with the Extension office, please send an email with photos and a brief description to darian.founds@colostate.edu.

Congratulations to all the exhibitors at the State Fair! Teller saw a significant increase in participation this year and hopefully we can continue that trend in 2026.

- Over 40 General Projects!
 - Class Champions – Ava Ragsdale, Abi Sacco, Caroline Shoup, Rodie Stephens
 - Class Reserve Champions – Michelle Pits, McKenzie Ragsdale
 - Division Champions – Ava, Abi, and Caroline
 - Division Reserve Champions – Rodie
 - See all the results at <https://co4h.colostate.edu/state-fair-information/>
- Rylee Schoendaller – market beef and master showmanship
- Colton and Dylan Kaberna – horse show
- Mason and Dylan Kaberna – dog trials
- Nikki Orme – market rabbit (she unfortunately had to withdraw due to weight of rabbits but she attended anyway so she could learn and is ready for next year!)
- Maddy Fletcher – digital photo contest

Nikki and Jax Orme participated in the Fremont dog show in July!

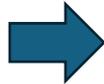


Stay Informed

A public facing Teller County CSU Extension calendar for local 4-H events can be found at <https://teller.extension.colostate.edu/calendar/>.

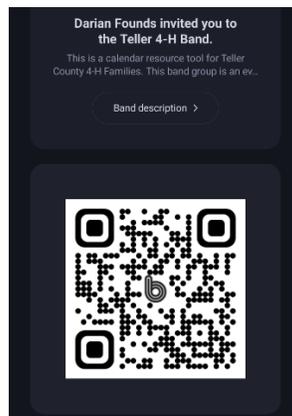
Band is accessible on your computer OR by an app on your phone. You can also add events from Band to your personal calendar.

Click Here to join

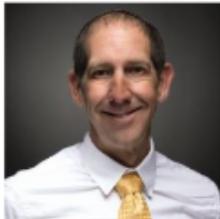


<https://band.us/n/a1aebbBcoeu5E>

OR SCAN QR Code below



Extension Staff



Contact Information

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P.O. Box 928
Divide, CO 80814



Physical Location:
(Inside of the Public Health Office.)
1115 W. Highway 24 Unit 2C
Divide, CO 80814

Monday through Friday from 8:00AM to 4:30PM

Walk-ins are **always** welcome but please understand that the office may close due to events, meetings, and trainings in the community.