

Teller County 4-H Newsletter

BEYOND READY

“To Make the Best Better”

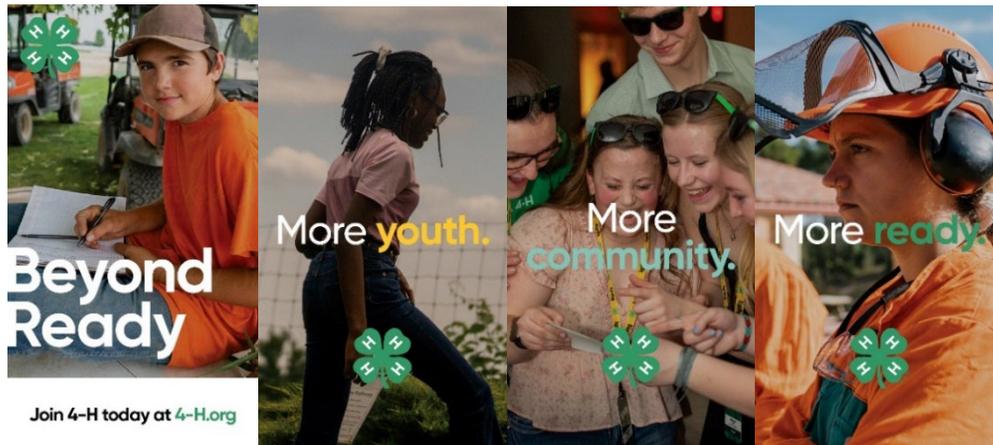


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Past Newsletters can be found [HERE](#).

Notes from Extension

I would like to take a moment to introduce Naomi Miles to the Teller County Extension office as a part-time administrative assistant. She comes to us from the Cripple Creek Victor Preschool and also served in the Extension role previously as an administrative assistant. Her hours will be Tuesday through Friday from 8AM to 1PM. We are glad you are here Naomi!

2025-26 4-H Enrollment is open! It is important to renew for the new 4-H year as soon as possible both for members and volunteers. This will ensure that you are covered under 4-H as an active member and also allow you to continue to receive communications and register for events such as camps and conferences.

Please pick up your indoor projects from the Extension office as soon as possible. Also, if you have not yet received your livestock auction checks, please contact Darian or TCAFAS. ALL checks were mailed weeks ago so if you have not received yours we need to investigate the issue and figure out next steps.

Important Dates

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

- | | |
|----------------|---|
| October 1 | Enrollment opens for 2025-26 in 4-H Online |
| October 5-11 | National 4-H Week (Go Green and wear green on Monday and share your story or celebrate another 5-H on Thursday) |
| 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 15 | Youth Mental Health First Aid Training for 4-H volunteers and parents |
| November 21-22 | Dare To Be You (DTBY) Camp (Kiowa, CO) |

News

Part I – Wrapping up this year

Achievement Banquet

- We hope you are able to attend the banquet!
- Saturday, October 25th at 3PM
- Ute Pass Cultural Center in Woodland Park
- Schedule:
 - 1PM – Set up
 - 3PM – Dinner with awards to follow
 - Clean-up after awards
- Please plan to help with set-up and clean-up

Everyone:

- Bring a dish to share (with serving utensils). No need to sign up as it all ends up working out.
- Responsible for picking up trash, cleaning and putting away whatever we can after the banquet.

EXTENSION OFFICE

- Paper products (plates, silverware, napkins, cups, table covers)
- Drinks (coffee, tea, water, punch).
- Greet and hand out programs.

DECORATIONS - Woodland Park

Pathfinders

- Decorate tables and stage area. After the banquet, remove any items that can be reused.

KID TABLE- MOUNTAIN VALLEY

- Set up & bring supplies for a “kid table”, a special table for the young kids. (Crayons, coloring sheets, etc)

FOOD TABLE - HILLTOP & SHOOTING SPORTS

- Responsible for setting out paper products (plates, silverware)
- Keep an eye on table during serving time to make sure there are enough plates, napkins, etc. on the table.
- Arrange food and serving spoons on the table as they come in.
- Clean area after the banquet.

DRINK TABLE - ROCKY MOUNTAIN

- Responsible for purchasing drinks (coffee, tea, water, etc).
- Set up and make coffee, tea, punch and hot water.
- Keep eye on table to make sure there is plenty of drink at all times.
- Clean area, coffee makers, and drink dispensers after the banquet.

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 is available in 4-H Online. You must re-enroll in the program before you are able to register. Space is limited at both the state and county level. At this time, Darian has two more spots in his vehicle.

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.
 - Registration is through 4-H Online. You will receive a link before the training.
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Youth Mental Health First Aid (YMHFA)

- FREE! Includes training, breakfast, and lunch
- 4-H Parents and Volunteers are invited
- Provides tools for adults to support youth
- Saturday, November 15 from 8A-3P at El Paso County Extension
- [CLICK HERE](#) for details and registration

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.

The Junior Livestock Committee 4-H Club met for the first time in September! New officers were elected, and we look forward to see what this club will do to improve the animal projects in Teller 4-H!!

Club Corner (coming soon)

Starting in November, there will be a club corner section in the newsletter where clubs can share highlights.

County Council

Hilltop

Junior Livestock Committee

Mountain Valley

Rocky Mountain

Shooting Sports

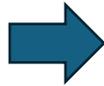
Woodland Park Pathfinders

Stay Informed

A public facing Teller County CSU Extension calendar for local 4-H events can be found at

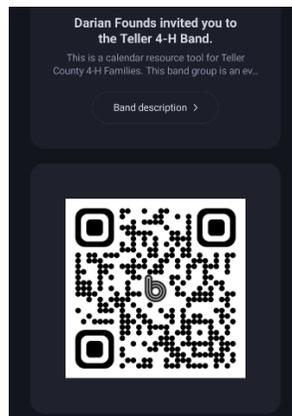
Band is accessible on your computer OR by an app on your phone. You can also add events from Band to your personal calendar.

Click Here to join



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

OR SCAN QR Code below



Extension Staff



Physical Location:
(Inside of the Public Health Office.)
11115 W. Highway 24 Unit 2C
Divide, CO 80814

Darian Founds

719-686-5425

Naomi Miles



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Office Hours (check the Band app or Teller County Extension website for updates and changes)

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