



Southeast Area 4-H Newsletter

August 2009



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Prowers County

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Sportsmanship for Youth

The development of sportsmanship is an important part of growing up. To become contributing, competent, caring, capable adults, youth must develop sportsmanship. It is important for people to be fair and generous competitors, good losers, and graceful winners. All participants in 4-H, FFA, junior fair, and other youth programs are expected to demonstrate each of the following elements of sportsmanship before, during, and after their participation.

1. **Conduct:** Demonstrate and maintain high standards of personal behavior and conduct which become you as an individual and as a representative of your family, your club, your community, and the 4-H program or other youth program in which you are involved.
2. **Fairness:** Learn and follow the rules. Don't cheat. Be objective and honest in evaluating yourself and others.
3. **Honesty:** Be truthful, fair and straightforward in everything you say and do. Show integrity. Don't lie or deceive. Do your own work. Don't understate or overstate your abilities, skills, or accomplishments.
4. **Competition:** Accept that the nature of competition is seeking to get what others are seeking to get, involves rivalry between contestants to earn rewards, and results in both winners and losers.
5. **Courtesy:** Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful in your attitude and your behavior regardless of whether you do well or not, or whether you win or lose. Don't argue with the judges or program organizers. When you have concerns, questions, or suggestions, be polite in expressing them. Be respectful of other participants, spectators, program officials, judges, the media, your advisors, parents, and others. Give others the benefit of the doubt. Treat people, animals, and property the way you'd like to be treated. Practice self-control.
6. **Graceful Acceptance Of Results:** Accept judges' suggestions and the results with a positive attitude. If you are not selected as a winner or if you receive a lower evaluation than you expect, don't gripe, complain, whine, pout, make excuses and blame others. Congratulate those who win and perform better than you. Recognize, appreciate, and try to learn from the accomplishments and positive traits of others. Learn from, and improve upon your own shortcomings. Don't make accusations unless you have proof, are willing to personally face the person(s) you are accusing, and are willing to accept the consequences. If you are selected as a winner or receive a higher evaluation than you expect, graciously thank the people who congratulate you. Gloating, bragging, and conceit are disrespectful behaviors. Regardless of the outcome thank your parents, volunteers, program organizers, sponsors, judges, and others who have helped you.

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4-H Calendar

**August 28 –
Sept. 7** Colorado State Fair

October
4-10 National 4-H Week

County Fair Dates:
Aug. 8 – 16 – Prowers County
Aug. 10 – 16 – Otero County
Sept. 9-12 – Kiowa County

Check out the Colorado
website at:
www.colorado4h.org

If you wish to participate in any of these events/activities and need special accommodation, please notify the Extension Office of your need at least 5 business days prior to the event/activity.

Make It Yourself with Wool Contest

This great contest features garments that were sewn, knitted or crocheted with fabric or yarn that is at least 60% wool. 4-H exhibits are eligible—enter your '09 exhibit if it's wool, or get a head start on your '10 project! The Colorado contest will be December 5th, at the First Christian Church in Burlington. Entries must be postmarked by November 1, 2009.

The contest is both a fashion (60%) and sewing (40%) competition. It is open to all Colorado residents. Garments must have been completed after 1-1-09. Contact your Extension office for entry information. There are great prizes for all state contestants. All contestants will receive a length of Pendleton Wool sponsored by Colorado Wool Growers.

4-H Gala In October To Raise Funds For The Colorado 4-H Expansion

The Colorado 4-H Program is hosting a Gala on October 3, 2009, at the Denver Museum of Nature and Science. Monies raised will be used to support 4-H science and technology programs statewide and to help expand the 4-H program in Denver County.

Guests will have the opportunity to view 4-H exhibits such as lightning photography with photos taken by 4-H members, wind-powered displays built by 4-H members, robotics projects and even an interactive entomology exhibit. A highlight of the evening will be a planetarium show produced by a CSU collegiate 4-H member. There will also be a raffle drawing for a 2009 Ford F-150 pickup truck. Tickets for the drawing are \$5 each or five for \$20 and can be purchased at the event or through your County Extension Office.

For further information, visit the Gala website at www.colorado4h.org/gala/.

Colorado Youth Advisory Council Accepting Applications

The Colorado Legislature established COYAC in 2008 to give young people an opportunity to participate in the policy-making process. We have one member from each state Senate district, and 5 at-large members. We talk to other youth throughout the state to hear their concerns, examine bills in the legislature, decide whether or not to support them, and suggest ideas for new laws. Four legislators are also non-voting members of our Council. They help us connect to the Legislature

and provide support and feedback for our ideas.

[Seeking Youth Leaders!](#)

COYAC members serve two-year terms. That means every year, half of our Council seats are open. **This year, we have vacancies in the following Senate districts - 2, 3, 4, 6, 7, 9, 10, 17, 21, 22, 24, 25, 28, 31, 32, 34, and 35 - and 2 at-large vacancies** (youth from anywhere in the state are eligible, although there is a preference for youth from rural areas for those positions). Remember, even if your Senate district isn't vacant, we have two at-large positions and youth are welcome to apply for one of those spots! (You can find a map of the Colorado Senate districts online. You can also figure out your state Senate and House districts by zip code at www.votesmart.org.)

For more details, [visit the Civic Canopy website](#), where you can download an application.

To be eligible to serve on the Council, youth must reside in Colorado, be between the ages of 14 and 19, and attend a Colorado junior high, middle or high school, including an on-line school, or be home-schooled, or participate in a GED program or have obtained a high school diploma or GED.

We reimburse travel costs for Council meetings to help ensure that our Council is truly representative of all Colorado youth. We make every effort to minimize Council activities' interference with school, however some conflicts are unavoidable.

APPLICATION DEADLINE IS AUGUST 15, 2009!

Questions? Contact Stephanie Walton at the Civic Canopy, at 303-292-3144, ext. 101.