Leaderline

A Quarterly Newsletter to Volunteer Leaders Providing 4-H News in New Mexico

October November December

2023



In Case of Apocalypse Find the Nearest 4-H Club

By Dr. Laura Bittner Interim Department Head New Mexico 4-H and Youth Development Program

The Washington Post recently featured an op-ed piece titled, "In Case of Apocalypse, Find the Nearest 4-H Club." (https://www.washingtonpost.com/opinions/2023/08/21/4h-apocalypse-survival/) I encourage you to read the article!

In the editorial, the writer makes several references to apocalypticthemed television shows and movies to which I was completely unfamiliar (end of the world type movies and tv are not my thing), but the bulk of the article resonated with me and my belief in the life-long value of 4-H participation for youths and adults.





Photo by Debby Maberry

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The College of Agricultural, **Consumer and Environmental** Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and extension programs. New Mexico 4-H is happy to send you this educational material. These services are financed jointly by the county, state, and federal governments. The **Cooperative Extension Service** is represented in every county in the state by a staff of local agents in agriculture and resource development, family and consumer sciences, and 4-H youth development work.

Leaderline is a quarterly newsletter for New Mexico volunteer leaders providing 4-H news of statewide interest. Tax dollars support distribution of Leaderline to enrolled New Mexico 4-H leaders through the following issues: January/February/March (1st issue); April/May/June (2nd issue); July/August/September (3rd issue); and October/November/December (4th issue).

Subscriptions:

For subscription information, address changes, or article submissions, write to us at: State 4-H Office, MSC 3AE, New Mexico State University, P.O. Box 30003, Las Cruces, NM 88003-8003.

Website, Facebook, Twitter and Instagram: https://nm4h.nmsu.edu https://facebook.com/NMSU4H https://twitter.com/nmsu_nm4h https://instagram.com/nmsu_state4h

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Find the Nearest

(Continued from page 1)

The writer shares some of her experiences as a young 4-H member in rural Ohio and describes the 4-H program's approach of hands-on learning, the emphasis on agriculture literacy, and the value of practical knowledge and skills gained through projects and activities. She also writes about work ethic developed by seeing a project through to completion.

She reminds the reader that 4-H is about more than competition and focuses on



Photo by Gardenschool1961_Wikimedia_CC BY-SA 4.0

the 4-H program's strengths of helping young people develop skills, knowledge, and personal qualities and characteristics that will guide and sustain them through the best of times and the most difficult (like an apocalypse!).

The writer ends the article stating that if the end of modern civilization should come, she wants former 4-H'ers around her. I second that! But I would add 4-H'ers and their leaders and volunteers, would not just make things easier during a difficult time. They would use their skills, knowledge, and abilities to rebuild society for the better. Something I believe they and YOU as a leader and volunteer do, every day.

Thank you for the time and energy you invest in the 4-H program and the youth who participate. Thank you for preparing youth with the qualities, skills, and abilities to be successful now and in the future.

"If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life." — Author Unknown

Background image by Andrea Stöckel_Public Domain_CCO 1.0

2024 National 4-H Conference



Mark your calendar for the **2024 National 4-H Conference** to be held April 19-24 at the Hyatt Regency Crystal City in Arlington, Virginia. Known as "the Secretary's Conference," this Conference is the flagship youth development opportunity of the U.S. Department of Agriculture. Join us for an Information Session about 2024 National 4-H Conference on November 16, 2023, at 4:00 PM Eastern Time. Register online at

https://www.nifa.usda.gov/2024-national-4-h-conference-information-session.

Through a partnership with USDA/NIFA, the State 4-H Department has been able to send 14 NM 4-H youths and chaperones to the National 4-H Conference over the past two years! This funding opportunity, determined through a simple application process, is available for the 2024 National 4-H Conference! Contact Laura for more information.

Step by Step and Day by Day You'll Move Toward Your Goals!

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FREE WEBINAR

Recognition and Prevention of Substance Use Disorder in New Mexico's Youth

You are invited to learn more about the substance use disorders affecting our kids and adolescents in New Mexico.

OCTOBER

17th from 10:30 am to 12 pm 24th from 10:30 am to 12 pm 31st from 10:30 am to 12pm

Meeting ID: 306 599 8796

PLEASE VISIT THE LINK BELOW AND COMPLETE THE SURVEY PRIOR THE PRESENTATION

HTTPS://CHSSNMSU.AZ1.QUALTRICS.COM/JFE/FORM/SV_CX3FTQDEYEGMCLW

FOR MORE INFORMATION CONTACT

SMSIERRA@NMSU.EDU





We empower kids to take control of their learning

CLOVER helps building confidence, creativity, and life skills in leadership and resiliency to help them thrive, today and tomorrow.

Take 10 with 4-H (Zoom):

By Cheryl Butterfield State 4-H Agent Volunteer Leadership Development

Idea/Information Sharing for 4-H Volunteer Leaders

An extension agent or 4-H volunteer presents about 5-7 minutes on a topic and opens up the conversation for sharing



from participants for the remainder of the 10 minutes. Sessions are recorded and shared on the State 4-H website. Since the scheduled Take 10 Zoom sessions only focus on one small part of a larger topic, additional resources can be found on the State 4-H website under the selected Take 10 topic.

The topics held during the same lunch hour will be separate presentations. 1st Thursday of the month on the dates below during the lunch hour.

October 5, 2023

Build Club Membership/Involvement (12:30pm) Community Service Ideas for Clubs (12:45pm)

November 2, 2023

State Portfolios (12:30pm)

December 7, 2023

Role of Club Leader (12:30pm)

Contact your County Extension Office at https://aces.nmsu.edu/county/ for information on how to join the zoom sessions.



100 percent of funds raised through the bi-annual Paper Clover campaign directly benefits 4-H youth. 90 percent of donations directly support 4-H youth in the state where the funds were raised, and the remaining 10 percent supports the overall mission and growth of 4-H nationally.



Sierra County October 4 - 8, 2023

Southwestern New Mexico State Fair October 4 - 8, 2023







NM 4-H Adult Forum Registration Scholarships Available

By Cheryl Butterfield State 4-H Agent Volunteer Leadership Development

First Timer Registration Scholarships

Eight, \$20 registration scholarship applications will be available in August for 4-H Leaders attending the Forum for the first time. You must submit a completed 4-H Adult Forum registration form AND payment, along with your completed Scholarship application. If you are selected, you will receive the scholarship funds following the event. Registration materials and the Scholarship Application form will be available in August from the New Mexico 4-H Web site (under the 'Adult Volunteers Leader' tab) or from your County Extension Office.

Please consider participating in this year's 4-H Adult Forum where you will meet other adults involved in 4-H; hear a motivational speaker; participate in workshops, a community service project, Make and Take activities, silent auction and more! Come for a full day of fun, networking and education. Registration includes the workshops, speaker, special activities, lunch, and breaks. It is a bargain at \$40 if registered before October 15. Click here for the First Timer Registration Scholarship Application at https://aces.nmsu.edu/4h/documents/2018-4-h-adult-forum-registration-scholarship-aapplication-form.pdf.

Gerry Copeland Adult Leader Scholarship

One scholarship of \$20.00 will be awarded to a volunteer from each county attending 2023 NM 4-H Forum. To nominate a volunteer, complete the attached form by October 15.

Register Now For The New Mexico 4-H Adult Forum 2023



Theme:

Where in the World is Chris Clover?

Date:

November 11, 2023

Location:

Las Cruces, NM

Schedule and Workshops On Following Pages

Gerry Copeland was a 4-H leader for several years, but her participation grew in 4-H after her own children graduated. She worked as a 4-H volunteer for 30 years by working on committees, working with the county 4-H ambassadors and taking leadership roles with 4-H leader's association events. She believed in the importance of giving 4-H volunteer leaders the professional development they needed to guide 4-Hers.

When she died in December, 2018, after a brief battle with breast cancer, her friends and family established this award for other 4-H adult leaders in New Mexico, so that they could also grow their skills, confidence, and passion for the 4-H program. Click here for the Gerry Copeland Scholarship Application for Adult Forum at https://aces.nmsu.edu/4h/documents/4-h-adult-leader-scholarship-application-gerry-copeland-2020.pdf.

New Mexico 4-H Adult Forum 2023 **Schedule**

November 11, 2023 • Las Cruces, NM



8:15-8:45 AM Registration; Auction/Door Prize Drop Off; Display Set-Up

8:45 AM Get Acquainted Activity

9:00-9:45 AM Welcome And Guest Speaker - Cowboy Ted - 'Experiential Learning'

9:50-11:20 AM - Workshops - Session 1

1a. Where In The World Did Fibercraft Go?

1b. 4-H Record Keeping - The 4th "R" In 4-H

1c. To Make Our 4-H Club Meetings Better

1d. The Clover S.T.E.M. And The Toolbox Of Pizzazz

11:20 AM-Noon Networking & Energizing

Noon-1:00 PM Lunch

1:00-2:30 PM - Workshops - Session 2

2a. What's In It For Them

2b. Braiding And Knotting Keychain

2c. Music And Movement CAN Change Your Emotions

2d. Risky Business! - "Your Risk Management Role As A 4-H Volunteer"

2:30-2:55 PM Break

3:00-4:00 PM - Workshops - Session 3

3a. Fun Native Foods

3b. The Forgotten Role That Impacts The Success Of 4-H Events

3c. There Is More To Just An Activity!

3d. Animal 101!

4:05-4:30 PM Closing

Optional Activities

4:30-5:30 PM Museum Scavenger Hunt (no charge)

5:30-7:30 PM Night at the Museum Dinner Program With Cowboy Ted (additional charge)

For registration go to the New Mexico State 4-H website at https://nm4h.nmsu.edu/volunteer/adult.html





New Mexico 4-H Adult Forum 2023 **Workshops**



November 11, 2023 • Las Cruces, NM



Session 1 Workshops: 9:50 - 11:20 AM

1a.

Where In The World Did Fibercraft Go?

Tamara Schubert, Chaves County FCS / 4-H Agent

Breathe new life into your fibercraft programs. Come join us and learn the basics as well as tips and tricks of structuring club or county workshops. Participate in hands-on activities and discuss project curriculum.

1b.

4-H Record Keeping - The 4th "R" In 4-H

Cindy Grooms, Doña Ana County 4-H Leader

There are 4 requirements (Rs) needed to complete 4-H projects – the 4th one is Record Keeping. In this workshop participants will learn how to fill out the state project record sheets and gain a better understanding of the importance of completing yearly record books including how they support the state 4-H portfolios.

1c.

To Make Our 4-H Club Meetings Better

Katie Ramsey, Otero County 4-H Leader

4-H Organizational Club Meetings are a fantastic tool for our 4-H members, leaders, and families! This workshop will focus on steps to organize, develop and implement great club meetings to meet the specific needs and areas of youth development for our 4-H families!

1d.

The Clover S.T.E.M. And The Toolbox Of Pizzazz

Brittany Sonntag, Bernalillo Extension 4-H Agent and Phil Alden, Bernalillo County FCS Agent In this very hands-on work shop you will be shown several, five to ten minute introduction games that work well for beginning of both youth and adult meetings in 4-H. This is creating and fostering togetherness from the outset of the meeting. You will also be learning about, and doing, STEM projects geared towards Clover buds from The Big Book of 4-H Clover Bud Activities. Introducing concepts of Science, Technology, Engineering, And Math to our youngest population in a fun and engaging way!



Session 2 Workshops: 1:00 - 2:30 PM

2a.

What's In It For Them

Tammy Lopez, Quay County Leader

Sometimes joining a club is more challenging than we planned. Come learn to identify the organization's volunteers/supporters and actions to take to maintain involvement.

2b.

Braiding And Knotting Keychain

Lena Zielie, Los Alamos County Leader

We will create the keychain items from the Braiding and Knotting II project book. These are quick projects that can be done within a monthly 4-H meeting, by any age.

New Mexico 4-H Adult Forum 2023 Workshops



Session 2 Workshops: 1:00 - 2:30 PM (continued)

2c.

Music And Movement CAN Change Your Emotions

Cowboy Ted

Youth and adults can change their emotions simply by using music and/or movement. Come learn how to keep emotional balance in your life.

2d.

Risky Business! - "Your Risk Management Role As A 4-H Volunteer"

Sam Lowry, State 4-H Agent, Agriculture and Natural Resources

Participants will be given an overview of analyzing risk, managing risk, and learn about developing risk management plans and risk mitigation strategies. The workshop will include a general interactive presentation and a hands-on practicum to help demonstrate the elements of 4-H risk management covered in the workshop.



Session 3 Workshops: 3:00 - 4:00 PM

3a.

Fun Native Foods

Marissa Morgan, McKinley County 4-H Leader

Join our "Fun Native Foods" workshop! Learn how to make delicious blue corn meal recipes, and how your 4-H club can implement native food projects, this year! Let's make the connection between native foods, agriculture, and traditional stories.

3b.

The Forgotten Role That Impacts The Success Of 4-H Events

Cheryl Butterfield, State Agent, Volunteer and Leadership Development

4-H volunteers are an integral part of our 4-H program. Many know that volunteers extend the reach of the county Extension agent by serving in such roles as project leaders, organizational leaders and activity leaders. But, do you ever consider the important role of the leader who serves as a chaperone? Come join us for a fun and interactive workshop that talks about the importance, responsibilities and fun that is a part of the chaperone role.

3c.

There Is More To Just An Activity!

Eva Madrid, Doña Ana County 4-H Agent

We all conduct activities with our youth. Join us for a hands-on learning workshop and discover ways to take an activity a little further with the three-step experiential learning model of: Do, Reflect, and Apply.

3d.

Animal 101

Teresa Dean, Doña Ana County Director, Livestock and -H Agent

Raising animals are popular projects among 4-H'ers. Leaders will learn how to help members get started with their livestock project.



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If you are an individual with a disability and need an auxiliary aid or service, please enter your required accommodations on Form 300.A-3 and notify your County Extension Office.



New Mexico 4-H 101 (Part 2)



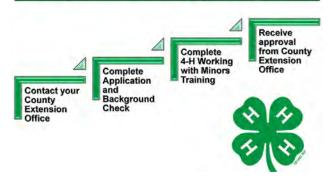
New Mexico 4-H

200.A-15b (N-2022)

Who: NM 4-H is **THE** youth program of the NM Cooperative Extension Service. It is open to youth from 5-19 with age appropriate programing. The 4-H program is supervised by the County Extension Agent and led by 4-H volunteers.

Steps to become a volunteer:

Steps to become a 4-H Leader



Volunteer Leader Roles

- Organizational Leaders
- Assistant Organizational Leaders
- Project Leaders
- Activity Leaders
- Resource Leaders
- Special Interest Volunteers
- School Enrichment Volunteers
- Event Chaperone Volunteers

What: 4-H is a research-based youth development program, which is family and community centered, responsive to change, and publicly and privately funded.

The mission of the New Mexico 4-H Youth Development Program is to provide youth the opportunities to acquire leadership, citizenship and life skills.

Where: 4-H is located in every NM County. Find your Extension office: https://aces.nmsu.edu/county/

When:



How: Delivery modes of 4-H include club, special interest and school enrichment.

Club: A 4-H Club is an organized group of at least five youth from at least three different families who meet regularly with adult volunteers or staff for a long-term, progressive series of educational experiences. It can be in school, after school, in the community or associated with a military instillation with a planned program.

Special Interest: The special interest program must consist of planned educational objectives with a minimum of six contact hours.

School Enrichment: 4- H School Enrichment groups focus on a subject matter topic and are established if school administration and the classroom teacher are supportive.

This information summarizes the NM 4-H 101 volunteer training module. Complete the NM 4-H 101 module on the NM 4-H Enrollment system, Zsuites, or contact your local County Extension office for more detailed information.

Information cited from the NM 4-H 101 volunteer training module, New Mexico 4-H Policies and Procedures Handbook, and NMSU College of ACES website.

MEET THE LEADERSHIP TEAM 2023-2024



Aubry Putman State 4-H President



Kyleigh Stephenson State 4-H Vice President



Nealeigh Burrow State 4-H Secretary



Holly Norsworthy State 4-H Reporter



John Vincent Castillo State 4-H Song & Rec Leader

Aubry Putman Eddy County State 4-H President

What's up New Mexico 4-H? I'm Aubry Putman your 2023-2024 State 4-H President! I am from Eddy County and have been in 4-H for 11 years (counting Cloverbuds!!) I joined because I lived on a farm and ranch and

wanted to learn new skills to help me in my everyday life. Little did I know that 4-H would not only give me these skills but also teach me so, so much more! Throughout my 4-H journey I have been involved in many different contests, stock shows, office positions, and more. My favorite contests are parliamentary procedure, livestock skill-a-thon and meats. From these contests I have learned patience, diligence, determina-

tion, and teamwork. I also show goats, sheep, horses, and steers. These animals have taught me so many valuable lessons: from passion to work ethic, and from respect to leadership. 4-H and the lessons within it have shaped me into who I am today. I could not imagine where I would be without my 4-H family!

(See Team' on page 13)

MEET THE LEADERSHIP TEAM 2023-2024



Dautry Waller State 4-H Jewelry <u>Ambassador</u>



Kasi Montoya State 4-H Horse Ambassador



Dannika Rose State 4-H Leadership Ambassador



Jenna Mendez State 4-H Consumer Savvy Ambassador



Elaina Mayes State 4-H Shooting Sports Ambassador

Kyleigh Stephenson Roosevelt County

State 4-H Vice PresidentHey there NM 4-H! My name

Hey there NM 4-H! My name is Kyleigh Stephenson, and I am serving as your State 4-H Vice President. 4-H, for as long as I can remember, has been a very fundamental and driving force of my life. One of my

favorite projects is definitely large animals; I have participated in this project since I was 9 years old. More of my favorite projects are Livestock Judging and Livestock Skill A Thon, both of which have taught me countless lessons and skills that I use in my day-to-day life. 4-H has taught me so much about how to become a leader, through leading team exercises in Livestock Skill a Thon, to more recently serving as your 2022-2023 State 4-H

Reporter. Over the course of my time in the organization, I have learned to be confident in my decision making and able to articulate my thoughts. 4-H has also taught me to overcome my fear of public speaking and be able to present speeches in front of tons of people. Without 4-H, I most definitely would not be the person I am today; and for that, I am eternally grateful.

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Team

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Nealeigh Burrow

Roosevelt County State 4-H Secretary

Howdy y'all! My name is Nealeigh Burrow and I am your New Mexico State 4-H Secretary. 4-H has been a part of my life since before I was born! My dad was a county agent in Texas and in New Mexico. 4-H has shaped me into the person I am today. From judging and showing livestock, to filling leadership positions, I have done it all. 4-H has taught me to have integrity and lead with honesty. It is the backbone of most of my life and will be for a long time. 4-H is a family of many people that come from all different backgrounds, and all have different interests.

4-H as provided many opportunities for me and my future. It has given me the skills to lead for a lifetime in any career field I choose. I am so excited to serve as your state secretary and can't wait to see what this year has in store.

Holly Norsworthy Doña Ana County

State 4-H Reporter

Hey y'all! My name is Holly Norsworthy and I am serving as your 2023-2024 State 4-H Reporter. I have been active in 4-H since I was very young and it has definitely shaped me into who I am today. I have tried so many new things through 4-H and it has led me to many of the things I am passionate about, including cattle and public speaking. One of the best things about 4-H is how it's more than just an organization. Through 4-H I have met many of the people I now consider family. My experience with leadership began with 4-H back in 3rd grade, with a demonstration about how to make mac and cheese. From there I continued to gain experience until I ended up where I am now. I am so thankful for the opportunities that this organization has offered me and I can't wait to see where this next year leads!

John Castillo Valencia County State 4-H Song and Recreation Leader

Hey Everyone! My name is John Castillo and I am your 2023-2024 State 4-H Song & Recreation Leader. When I joined 4-H all the way back in the 3rd grade, I can assure you that it may have been the best decision of my life. 4-H has taught me many life skills and showed me where what I want to do with my life and what kind of a career I want. When I grow up, I want to become a mechanical engineer. When I discovered the many projects that 4-H has to offer, I immediately wanted to get involved in the robotics part

of 4-H. This opportunity has led me to become smarter and more interested in the robotics field. That's why I love 4-H, because no matter what kind of interest you have, 4-H will always have something for you. As I started to become more and more involved in 4-H. I wanted to actually become a leader and organize workshops of my own. Eventually, I became a CIT in YGA and then a fully-fledged Counselor. Afterwards, I wanted to go even further, so after hard work and determination, I was able to be elected as the State 4-H Song & Recreation Leader! I was always very outgoing and becoming the State 4-H Song and Recreation Leader was the best decision I have ever made!

Dautry Waller

Doña Ana County State 4-H Jewelry Ambassador

Hey y'all! My name is Dautry Waller and I am serving as your State 4-H Leadership Jewelry Ambassador for the 2023-2024 year. My 4-H experience started when I was just 2 months old when I attended my first state 4-H conference. 4-H has always been a big part of my life. From a very young age I would go with my dad and grandma to 4-H events. When I finally was old enough to become a 4-H member I was so excited and

(See Team' on page 15)

Team

(continued from page 14)

did almost every project in 4-H. When I was younger, I always admired the county and state officers, wanting to be just like them. As I grew, I applied for every leadership office that I was eligible for, loving everyone and office and the most exciting one yet state 4-H ambassador. I was a generally shy kid at school but around other 4-Hers I blossomed. The idea of getting to be around people who did what I did and liked what I liked made me love this amazing organization. I feel 4-H has taught me countless skills that not everyone gets to learn. I am forever grateful for 4-H and the skills it has taught me.

Kasi Montoya Bernalillo County State 4-H Horse Ambassador

Hi! My name is Kasi Montoya and I am your 2023-2024 State 4-H ambassador for the Horse project! I joined 4-H as a senior member in Bernalillo county and have fallen in love with it ever since. In the short years that I have been a part of this, I have met so many amazing people and have had so many opportunities to better myself through this program, and it has truly changed my life. My involvement in this program has been short but very jam packed, and I've done things I did not even think were attainable. I am so grateful for my county and the people I've met

through 4-H that has made it all possible. Sharing this incredible experience that I have had is very important to me, and as an ambassador I hope to expand this opportunity for others as well. I love being an advocate for this amazing program and am looking forward to this coming year!

Dannika Rose Eddy County State 4-H Leadership Ambassador

Hello, My name is Dannika Rose and I am your 2023-2024, New Mexico State 4-H Leadership Ambassador! I am a sister, daughter, aunt, and friend to my large and ever-growing family. My foremost experiences of 4-H commenced with my joining my local Eddy County Loving 4-H at the age of 10. I was inquisitive of what 4-H was and eager to try the new things 4-H had to offer. Promptly I learned 4-H was not just a club but a family. The courage and grace of my club president was admirable, motivational and awe-inspiring. From observing my president and other members of the office I obtained the desire to become a respectable, exemplary leader myself. In becoming an officer myself through my club and taking initiative in leading my peers and the youth of 4-H. I have been given the tools I need to have a satisfied, successful, professional life and pursue a

career in any field to make the best better.

Jenna Mendez Doña Ana County State 4-H Consumer Savvy Ambassador

Hi! My name is Jenna Mendez and I am your State 4-H Ambassador for the Consumer Savvy project area. I am from Dona Ana County and 4-H has completely changed my life for the better. I have grown up around horses, and when I first joined 4-H it became an extension of this passion. While it has certainly cultivated my equestrian skills, equipping me with the experience and confidence to compete at the highest levels in the nation; since then, my 4-H involvement has blossomed into more. 4-H brought me out of my shell by teaching me how to interact with other youth and develop the public speaking skills required to network and voice my opinion in any room. It has also instilled in me high moral values and respect for those around me.

Aside from this, 4-H has cultivated a passion for my project area of Consumer Savvy. Consumer Savvy centers around making responsible financial decisions and understanding the importance of financial literacy in society. I utilize the skills I've learned through this project in

(See Team' on page 16)

Team

(continued from page 15)

my everyday life and feel strongly about the importance of this area for those statewide.

All in all, 4-H has cultivated a better version of me by introducing me to a wealth of knowledge and a welcoming, supportive environment. I am extremely grateful for the opportunity to serve in an organization that has been so impactful in my life, and cannot wait for what awaits this next year.

is earned, and kindness is given. 4) Agriculture is a way of life that we live and love. 5) As long as you try, you are a part of 4-H. These unspoken rules create a minor society that welcomes and teaches. Introducing me to this society with open arms is the best thing 4-H has done for me yet, though I am certainly open to anything that can beat it!

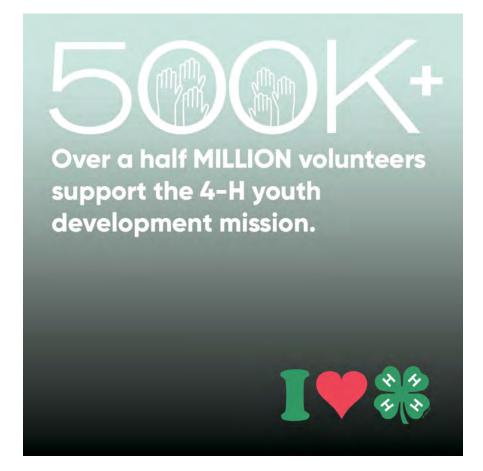
'If your actions
inspire others
to dream more,
learn more, do
more and become
more, you are a
leader.'

— John Quincy
Adams

Elaina Mayes

Sierra County State 4-H Shooting Sports Ambassador

Hello, my name is Elaina Mays, and I am the 2023-2024 state shooting sports ambassador. 4-H has proven itself an incredible organization time and time again. However, the experience is distinct for everyone simply because no single person is the same as the other and this fact is what 4-H embraces. Not only does this program have incredible animal programs but it includes projects from robotics to clowning and a great deal in-between. In my opinion the best thing 4-H has done for me is introduce me to a community that accepts you simply because you chose to be part of the green and white team. Every 4-H member has an unsaid code of conduct that you immediately recognize and upheld in every situation. 1) You always conduct yourself as best you can. 2) Everyone is someone. 3) Respect



"Leadership is unlocking people's potential to become better."

– Bill Bradley



Image by Sven Lachmann from Pixabay

Off to a Great Fall Season

By Sam Lowry State 4-H Agriculture & Natural Resource Agent

I hope that everyone is off to a great Fall season! It is a great accomplishment to exhibit a 4-H project at a Fair. I have enjoyed seeing New Mexico 4-H members show off their hard work and dedication to their projects this fair season! I would like to congratulate all New Mexico 4-H members on their accomplishments over this past year!

Also, without a doubt, the time and effort put in by those who support 4-H members play an enormous role in the growth and success of our 4-H youth and our 4-H program. Therefore, I would like to thank the 4-H Agents, parents, family members, leaders, and volunteers who have helped our members succeed throughout the year!

I look forward to seeing many of you at the upcoming State 4-H Leaders Forum where I will be conducting the following workshop on risk management.

• **Risky Business!** – "Your Risk Management Role as a 4-H Volunteer" Participants will be given an overview of analyzing risk, managing risk, and learning about developing risk management plans and risk mitigation strategies. The workshop will include a general interactive presentation and a hands-on practicum to help demonstrate the elements of 4-H risk management covered in the workshop.

Looking forward....a few save the date(s):

A State 4-H Shooting Sports Leader Training will be held in the month of February 2024. The exact dates and location are TBD. More information will be shared with County Extension Offices as it becomes available.



4-H Name and Emblem Use Handbook

The 4-H Name and Emblem is a federal mark, protected by Public Law 18 U.S.C. 707, and is entrusted by Congress to the Secretary of Agriculture, with authorized use by 4–H clubs across the nation, the representatives of USDA, landgrant institutions, and persons authorized by the Secretary of Agriculture.

Within the 4-H Name and Emblem rules and regulations, its use extends to the National 4-H Council, supporting national and state 4-H programs through cause-marketing, fundraising, brand management, communications, and legal and fiduciary services.

Guidelines ensure that the authorization and use of the 4-H Name and Emblem remains consistent and appropriate. These guidelines protect the treasured 4-H Name and Emblem, and ensure that authorized use benefits and supports the 4-H Youth Development Program, aligns with the principles of 4-H positive youth development, and does not hurt the image of 4-H by association. (Caroline E. Crocoll, Ph.D.)

Find this handbook at: https://www.nifa.usda.gov/ sites/default/files/resource/ fy-2019-4-h-name-emblem-useguide-20191108.pdf



By Newt McCarty State 4-H Agent Aggie Next Step Program 4-H and Youth Development

Every time we are on the internet, we leave a trail of information known as "digital footprints." These trails can be used to obtain personal information including demographics, religion, political affiliations, shopping interests, or more damaging purposes such as hacking into online accounts and accessing passwords.

As parents, guardians, 4-H agents, and volunteer leaders, it is important to understand what digital footprints are and educate youth to recognize risks, and consider if a post, share, like or search will represent them positively or negatively.

So, what is a digital footprint?

Digital footprints are data or information left behind while online. Digital footprints come in two types, **passive** and **active**. **Passive** footprints are made when information is collected without your knowledge.

Examples include likes, shares or comments on social media posts and search history. This Information can be collected and used for targeted advertisements or social media group suggestions. Active digital footprints are created when sharing or providing personal information on social media or websites. Examples include photo and video uploads, posts, and blogs on public pages or sites.

It is important youth understand when something is posted online it is available to anyone to do with it what they want. Once posted, they are no longer in control of the information even with the best privacy settings. Posts allow others to save, copy, share, or comment, and can be used against them. Deleting a post, picture, or comment does not prevent the possibility of it ending up on a server somewhere. Once on the Web there is a strong chance it will be there forever.

Practice and Teach:

 the Internet is public space with over ¹4 billion active users worldwide

- digital footprints are searched or shared
- always think before posting
- certain personal details should remain private
- things can last forever online
- we have the power to control our digital footprints
- digital footprints can be a positive or negative representation
- always log off when finished with online activities
- treat passwords like you should treat your toothbrush – don't share it and change it often
- be aware, most websites will record your visit and track your internet activity before and after visiting their website
- notify an adult if you read or see anything making you uncomfortable, worried, or upset

Share and Use These Tips for Managing Digital Footprints

1. Search yourself online: search your name and see what shows up. If you find something you dislike, try

¹Data Reportal: https://datareportal.com/

Footprints

(continued from page 18)

- to remove it. Google Help Center provides tips on how to remove personal information from Google.
- 2. Manage privacy settings: know what information is being shared on websites and social media. Manage privacy settings so you control, as much as possible, including who and where posts are shared. Be mindful, digital footprints are also affected by your friend's content and settings.
- 3. Think, think, and think again before posting: be sure you are comfortable with everyone seeing it.

 Consider how you would feel if someone posted something similar about you.

 Remember, everyone reads,

- sees, and interprets things differently.
- 4. Deactivate and/or delete:
 when no longer using a social
 media profile or website,
 take time to deactivate and/
 or delete your account. In
 doing so, your content is no
 longer live and should not
 be searchable online. This
 removes the risk of accounts
 being hacked without your
 knowledge.
- 5. Create a positive footprint: plenty of examples exist of negative footprints left behind online. Creating a positive footprint is the best defense in protecting online reputations. Think through what is appropriate to share and what is important to keep private.

Create an awe-inspiring footprint

Hopefully you have a better understanding of digital footprints and take the appropriate steps in teaching youth to build strong, positive representations of their true self. The digital world is here to stay. If youth decide to participate or continue participating in online activities, have them think of footprint development as a lifelong process. The strongest trees are those that invest time building a strong root system and grow slowly. Encourage youth to take advantage of that time to decide how to use the digital platform to present themselves in a positive light and represent their best qualities. If done right, they can create some amazing opportunities.

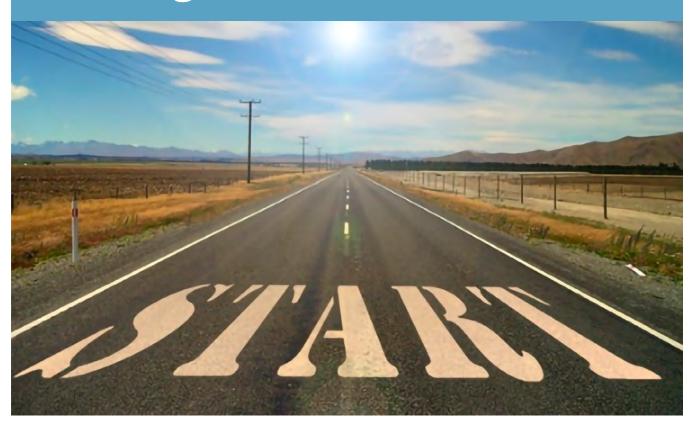
National Framework for 4-H Volunteerism

Underlying Philosophy

The underlying philosophy of 4-H youth development and volunteer development are acknowledged below and are consistent with the themes and recommendations in the National Framework for 4-H Volunteerism. To read more go to https://4-h.org/wp-content/uploads/2022/09/26142736/Framework-for-4-H-Volunteerism.pdf.

- 4-H relies, indeed thrives, on the strong ethic of volunteerism.
- Quality youth development programming occurs in 4-H because of strong partnerships with dedicated and caring volunteers.
- A comprehensive volunteer system includes both the management of volunteer resources and the
- development of individuals participating in the 4-H youth development program.
- The active preparation, training, and involvement of volunteers enhance the credibility and integrity of 4-H.
- There is an expressed commitment to the involvement of youth and adult volunteers as partners.
- There is recognition that volunteering is a two-way process, benefiting both volunteers and the 4-H youth development program.
- Organizations, like
 Cooperative Extension,
 in which volunteer
 development is recognized
 as a profession, significantly
 benefit from volunteer
 involvement.

Starting the 4-H Year with Goals



By Tamara Schubert Interim State FCS Agent Chaves Coounty FCS / 4-H Agent

As all of us wrap up the 22-23 4-H year and prepare for the powerful year ahead, now's the time to get started... Many of us are probably wrapping up fairs and partaking in a bit of down time after a busy year, however if the past is any example, next year's fairs will be upon us sooner than we realize. With a new year of opportunities, educational projects, community engagements, and recreational activities coming quickly around the corner- October is a great time for our youth to start setting those goals and thinking about what they would like to accomplish this year.

WHAT IS A GOAL?

A GOAL is... in its simplest form the object of a person's ambition or effort.

A GOAL is... deciding what youth want to do and learn in a 4-H project.

A GOAL is... a road map pointing youth where to go and how to get there.

Goal setting is one of the many skills that 4-H strives to teach our youth. A skill that will not only be beneficial this up coming year but for many years to come as our youth navigate through life. Setting and working towards goals helps youth to develop self-control, persistence, and responsibility.

Though it can be tempting to suggest goals for our youth and tell them what we want them to learn, it's important to let our youth decide their personal goal themselves. Youth, like adults, will pursue a goal with more tenacity if they have ownership of it. Encourage them to set goals in all areas of their lives such as school, hobbies, health, finances and/or friends. But overall, achieving goals takes motivation, and that motivation is stronger if a goal is

(see 'Goals' on page 21)

Goals

(Continued from page 20)

self-created. And that motivation is often needed as youth work to develop habits that build the foundation to achieving their goals.



Image by Gerd Altmann from Pixabay.com

SETTING GOALS

As agents or parents, we often get to record book time and watch our youth struggle to fill out the "goal" section of the record sheet. Again, now is the time to start....As volunteers, we can help our youth be successful in their goal setting by having them write their goals down. Give them something to work towards, something to be proud of at the end of the year, whether they write it down on their record sheet at the beginning of the year or somewhere else where they will see it often.... write it down and revisit it often. These steps will help our youth develop and maintain motivation in their goal-setting journey and help them form positive habits.

Set goals that... Are specific (not too general or broad)

Set goals that...Meet youth's needs and interest. Set goals that...Emphasize what youth want to learn. Set goals that...Provide youth an opportunity for achievement.

Set goals that...Can be accomplished in a reasonable amount of time and with the resources available.

Set goals that...Show progress over previous years (if youth have been enrolled in a project area before)



Image by NikolayF.com from Pixabay.com

Writing a Goal

Writing a goal doesn't have to be complicated and one of the best ways to help our youth with this is to model it. When is the last time you wrote a goal for yourself? Write a personal goal, even if it's a small one. Write a goal as a club-What's something the club wants to accomplish this year?

A goal has 3 parts. A goal should tell:

- 1. The action: how you are going to do it.
- 2. The results: what you will do.
- 3. The timetable: when you plan to have it done.

Its as simple as using a goal formula. ("I will + what + when")

Example: I will create 1 row for my rag quilt each week

Example: I will learn how to make sour dough biscuits before county fair

Example: I will learn what feed to feed before purchasing my pigs for fair.

Your turn... It's time to get started.





Power Protectors

By Peter Skelton, PhD
Youth Agriscience Education
Specialist
Professor and Director
Extension & Research Youth
Agricultural Science Center
4-H and Youth Development
Department

The 4-H STEM challenge is a national rallying event for yearround 4-H STEM programming, bringing together youth, volunteers and educators from the nation's land-grant colleges and universities and the Cooperative Extension System. This annual challenge seeks to spark an early youth interest in science and future science careers. The 4-H STEM challenge presents a great opportunity to engage youth in hands on science, technology, engineering and math activities while developing critical thinking skills.

This year's 4-H challenge is Power Protectors. Developed by educators from Cornell University, University of Illinois, Utah State University and West Virginia University, Power Protectors, is a collection of three activities that teach youth how to address real-world issues and explore careers in energy. The Power Protectors STEM Challenge kit includes three activities designed for individuals or groups and

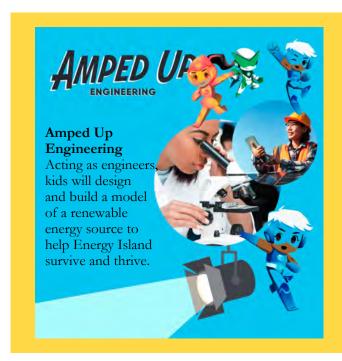
are adaptable for after-school programs, 4-H clubs, classrooms, or home use.

 Superhero Hideout – Kids will learn about renewable energy and design an electrifying Power Protector hideout.



• Amped Up Engineering – Acting as engineers, kids will design and build a model of a renewable energy source to help Energy Island survive and thrive.

(see 'Power' on page 23)





• Energy Island Adventure – Playing this collaborative board game, kids work as a SUPER team using solar, wind and hydropower to save endangered Energy Island.

Youth will design an electrifying Power Protector hideout using their imagination and critical thinking skills to protect Energy Island; use their skills of creativity, problem solving, and innovative thinking to save Energy Island; and, use decision making, communication and collaborative skills to play—and WIN—together as The Power Protectors of Energy Island. The Power Protector kit includes instructions for facilitators and materials needed to complete each learning activity. Each kit

contains enough supplies for 6 youth and most supplies are reusable. Kit is ideal for youth ages 8-14 years to spark an interest in STEM and inspire real-world actions. You can also purchase kits directly from the 4-H Mall for \$21.95 (https://4-h. org/programs/stem-challenge/). Be sure to plan your 4-H STEM challenge event today!

NM State 4-H Portfolios

By Amy Zemler State 4-H Activities Specialist

The State 4-H Portfolio will allow youth to better show growth and create a resume that may be used for other venues. Forms and formatting instructions are available on the general website under forms.

The State 4-H Portfolio is due at Senior Leadership Retreat (SLR) – in Las Cruces, January 19, 2024. The portfolio must be delivered to SLR or turned in to the State 4-H Office the week prior. The top ranked portfolios will receive a trip to National 4-H Congress with awards presented during SLR.

"Great leaders
don't set out to be a
leader, they set out
to make a difference.
It's never about
the role, it's always
about the goal."
-Lisa Haisha



Image by Nick Youngson CC BY-SA 3.0 Alpha Stock Images

Community Service Scholarships for SLR

By Amy Zemler State 4-H Activities Specialist

The New Mexico 4-H Community Service Scholarship deadline for Senior Leadership Retreat (SLR) 2024 is coming up in October. The scholarship will cover the registration expenses.

This scholarship is available to any Senior 4-H Member participating in a 4-H activity. They must submit a New Mexico 4-H Community Service Scholarship application form. A revision is made to the scholarship application and a reminder regarding projects submitted. Multiple youth, including siblings cannot do the same community service project. If applications are submitted by multiple youth with the same project proposal, they will be denied. Siblings can do a community service project at the same location as long they are different projects. Applications that have community service activities through established organizations, like cleaning up trash along the highway, or just working as a volunteer for an established organization for example, will not be accepted. If the applicant would like to work with the organization in creating a new program, that is acceptable. The project must be an activity that the youth designs, organizes and implements that will have an impact on the community.

Scholarship applications for SLR 2024 is due October 16, 2023. For more information, go to to https://nm4h.nmsu.edu/scholar-ships.html.

"Leadership is the capacity to translate vision into reality."

– Warren G. Bennis

CWFSummer Program 2024



By Amy Zemler State 4-H Activities Specialist

Citizenship Washington Focus (CWF) is a leadership program for high school youth from across the country. Every summer, thousands of young people stay near Washington, D.C., to participate in this week-long program.

CWF provides opportunities for youth to broaden appreciation and practice respect for themselves and others in their world; increase individual commitment to citizen involvement; and understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.

Time is provided for 4-H members to report accomplishments in 4-H to their representatives in the Washington, D.C., area as well as participate in sightseeing trips.

Registration is due October 16, 2023. Contact your County Extension Office at https://aces.nmsu.edu/county for more information about CWF.



2023 State 4-H Photo Contest Winners

Congratulations to all the New Mexico State 4-H Photo Contest Winners!

https://nm4h.nmsu.edu/documents/2023-Photo-Contest-Winners---Pictures.pdf



1st Place – *Smiling Clover* Breanne Lucero, Socorro County



2nd Place – *The 4-H Roper* Denny Turner, Curry County





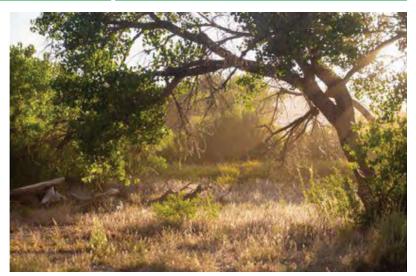
3rd Place – *Bugging Out with 4-H* Maddie Adams, Socorro County

Photo Contest Winners

Landscape



1st Place & Overall Winner – *Foggy Ranch Days* Russell Haught, Hidalgo County



3rd Place – *Memo*ry Breanne Lucero, Socorro County





2nd Place – *Serenity* Addison Zook, Lincoln County

Photo Contest Winners

Animals



1st Place – Sunset and Brahmans, Makes a Girl Happy Riley Miller, Chaves County



2nd Place – *First Milk* Caleb Greenwood, Doña Ana County





3rd Place – *Serrita At Sunset* Levi Long, Hidalgo County

Other



1st Place – Beeing Beautiful Cora Thompson, Doña Ana County



Photo Contest Winners



2nd Place – *Fractals* Nadya Neparko, Doña Ana County

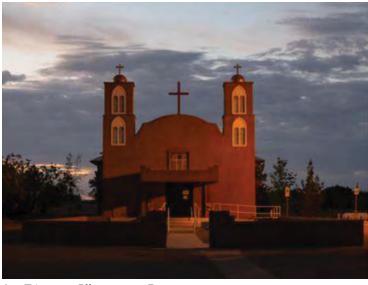


3rd Place – *Shadows* Haley Lucero, Socorro County

Photo Contest Winners

Buildings







1st Place – *Illuminating Prayers* Breanne Lucero, Socorro County



2nd Place – *Standing Tall* Carolyn Thompson, Doña Ana County



3rd Place – *Church* Joshua Greenwood, Doña Ana County

Photo Contest Winners

People



1st Place – *Homage* MiKayla Klinger, Quay County



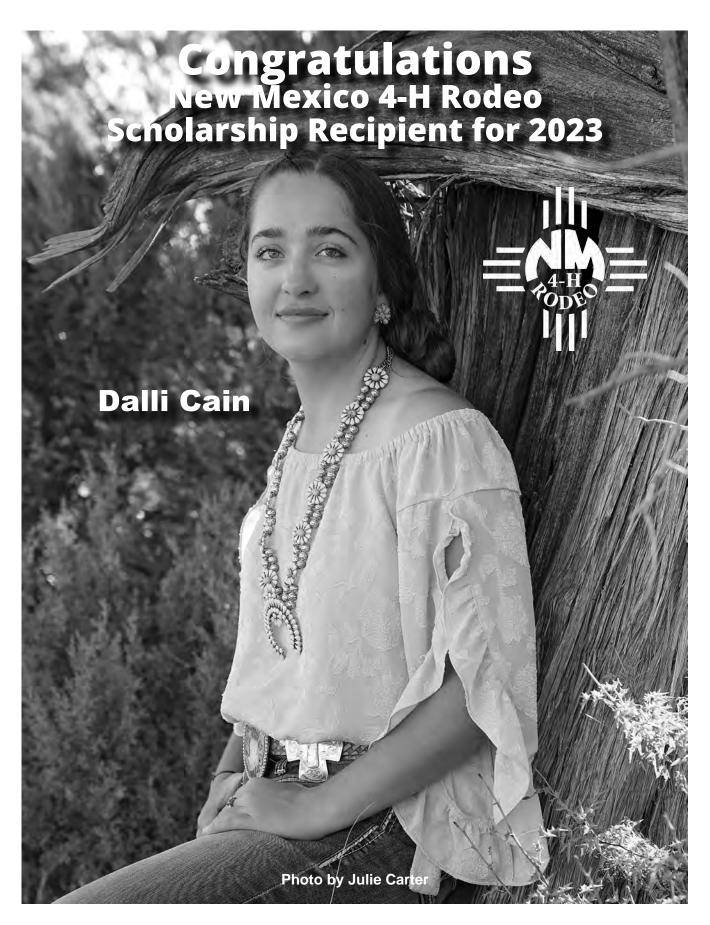
3rd Place – Affectionate Toddlers Caleb Greenwood, Doña Ana County

Congratulations to all the 2023 State 4-H Photo Contest Winners in the six categories.



2nd Place – *Little Sister* Haley Lucero, Socorro County

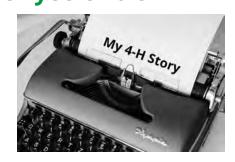




NEW MEXICO 4-H'ERS!Submit Your 4-H Record Book Story for a chance to win a free trip for you and a 4-H friend!

By Amy Zemler State 4-H Activities Specialist

New Mexico 4-H members write a 4-H Story for their record books each year. Here is your opportunity to earn a free 4-H trip for something you've already completed. Submit your 4-H Record Book Story describing your experiences in the current 4-H year. Use your IMAGINATION to create a typed, double-spaced



story on the exciting program you are involved in.....4-H!

Winning stories from each age category will have excerpts in

Leaderline Newsletters in 2024. We will post full stories online; and these stories may be used for other 4-H promotions.

You can find record forms online at https://4hprojects. nmsu.edu/index.html.

Send your 4-H Story to: State 4-H Office, MSC 3AE New Mexico State University PO Box 30003 Las Cruces, NM 88003-8003

Get your 4-H Record Book Story in by November 1, 2023, and you could win one of the following trips:

Novice (ages 9-11) - FREE registration for YOU and a 4-H friend to 4-H Youth-Get-Away in April 2024!

Junior (ages 12-13) - FREE registration for YOU and a 4-H friend to 4-H Youth-Get-Away in April 2024!

Senior (ages 14-19) - FREE registration for YOU and a 4-H friend to 4-H Senior Leadership Retreat in January 2024!

On the cover page please write your name, address, county, and the age category you are classified in for the 2023-2024 4-H year. **4-H STORIES MUST BE RECEIVED IN THE STATE 4-H OFFICE BY NOVEMBER 1, 2023.** Call the State 4-H Office at (575) 646-5204 if you have any questions.

Plan to Join Us for the New Mexico 4-H FCS School 2024

Dates and Location: TBA (March)

Watch out for more information!



Order Your 2023 New Mexico 4-H Belt Buckle

Show off New Mexico 4-H with the 2023 belt buckle for \$80.

Great for gifts or awards.



Designed by the State 4-H Leadership Team and made by Rowdy Silver Custom Designs.

The last belt buckle order will be placed on November 1. Allow four to six weeks for production and shipping from this order date.



For more information, contact the NM State 4-H Office at 575-646-3026.

Order form:

https://nm4h.nmsu.edu/documents/Buckle-Orderform-2023_.pdf

Senior Leadership Retreat 2024

By Amy Zemler State 4-H Activities Specialist

Senior Leadership Retreat 2024 is not far away! The event is going to take place in Las Cruces, NM, on January 19-21, 2024. The theme is *Surfs Up*. The event is a three-day, two-night event filled with great workshops and great opportunities.

During the weekend, youth will participate in hands-on activities while learning about careers, leadership skills, community service, and new dancing skills! The 2023-2024 State Leadership Team is excited and cannot wait to put on this event for those who attend! Contact your County Extension Office for the registration deadline.

New Mexico 4-H Parliamentary Procedure Invitational Contest

By Amy Zemler State 4-H Activities Specialist

The New Mexico 4-H Parliamentary Procedure Invitational Contest will be January 19, 2024, in Las Cruces, NM. The contest will begin at 1:00 PM. Teams will be notified of their prep time prior to arriving in Las Cruces in order to plan accordingly. There will be a \$15 fee per team. The winning team will be eligible to represent New Mexico at the Western National 4-H Roundup competition in the following year.

Team members will not be required to attend SLR, however, if they choose to, they will need to complete a separate registration for that event. Please contact your County Extension Office at https://aces.nmsu.edu/county/ if you have additional questions.

NM State 4-H Calendar of Events 2023-2024

Events	Dates
Southern New Mexico State Fair (Las Cruces, NM).	Thru Oct. 1, '23
NATIONAL 4-H WEEK.	Oct. 1-7, '23
Northern Navajo Fair (Shiprock).	Thru Oct. 2, '23
Eastern New Mexico State Fair (Roswell).	Oct. 2-7, '23
Sierra County Fair.	Oct. 4-8, '23
Southwestern New Mexico State Fair (Luna County).	Oct. 4-8, '23
Tractor Supply Company FALL PAPER CLOVER FUNDRAISER.	Oct. 4-15, '23
*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Build Club Membership/Involvement) (Zoom - 12:30 pm). (Community Service Ideas for Clubs) (Zoom - 12:45 pm). Cheryl Butterfield, (575) 646-1156.	Oct. 5, '23
First Timer Registration Scholarship Applications to Attend 4-H Adult Forum are due. See page 7 this newsletter for link. Cheryl Butterfield, (575) 646-1156.	Oct. 15, '23
Gerry Copeland Adult Leader Scholarship Nomination Applications for Those Attending 4-H Adult Forum are due. See page 7 this newsletter for link. Cheryl Butterfield, (575) 646-1156.	Oct. 15, '23
Community Service Scholarship Applications for Senior Leadership Retreat are due in State 4-H Office. Amy Zemler, 575-646-5204. https://nm4h.nmsu.edu/scholarships.html .	Oct. 16, '23
*Citizenship Washington Focus Registrations are due. Contact your County Extension Office for more information.	Oct. 16, '23
4-H Belt Buckle Orders are due to the State 4-H Office. Amy Zemler, (575) 646-5204.	Nov. 1, '23
Record Book Stories are due to the State 4-H Office. Amy Zemler, (575) 646-5204.	Nov. 1, '23
*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (State Portfolios) (Zoom - 12:30 pm). Cheryl Butterfield, (575) 646-1156.	Nov. 2, '23
*NM 4-H Adult Forum (Las Cruces, NM). Cheryl Butterfield, (575) 646-1156.	Nov. 11, '23
*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Role of Club Leader) (Zoom - 12:30 pm). Cheryl Butterfield, (575) 646-1156.	Dec. 7, '23
Community Service Scholarship Applications for FCS School are due in the State 4-H Office. Amy Zemler, 575-646-5204. Info: https://nm4h.nmsu.edu/scholarships.html .	Jan. 15, '24
New Mexico State 4-H Portfolios are due at SLR (Las Cruces, NM). Amy Zemler, 575-646-5204.	Jan. 19, '24
*New Mexico 4-H Parliamentary Procedure Invitational Contest (Las Cruces, NM).	Jan. 19, '24
*Senior Leadership Retreat 2024. Theme: Surfs Up (Las Cruces, NM).	Jan. 19-21, '24
Community Service Scholarship Applications for Youth Get-Away are due in the State 4-H Office. Amy Zemler, 575-646-5204. Info: https://nm4h.nmsu.edu/scholarships.html .	Feb. 15, '24
FCS School (Location TBA). Tamara Schubert, (575) 622-3210.	March TBA
2024 National 4-H Conference (Hyatt Regency Crystal City, Arlington, VA). See page 3 this newsletter for more information. Laura Bittner, (575) 646-1157.	Apr. 19-24, 2024
*Contact your County Extension Office for information, application and registration deadline.	