

Leaderline

July
August
September
2020



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

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Change the plan, but not the goal

By *Laura Bittner*
Interim Department Head

Many years ago after experiencing a personal setback, a friend gave me a card that read, “If the plan doesn’t work, change the plan, but not the goal.” These words of advice have been particularly meaningful the past several weeks.

The past several weeks have not gone as planned. NOT AT ALL! At times, it has been difficult to remain positive and hopeful especially knowing so many of our 4-H members and young people everywhere are missing activities, events, and in person interactions

(see ‘Goals’ on page 3)



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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.

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https://instagram.com/nmsu_state4h

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WHAT'S YOUR VISION?

2020 New Mexico 4-H Adult Forum

By Cheryl Butterfield
State 4-H Agent

Date: Saturday, November 7, 2020

Who/What: Adult 4-H Leaders, 4-H Parents and Extension faculty/ staff actively learning together through workshops, a community service project, special activities educational displays, a guest speaker, networking and more!

Location: Clayton, NM

Theme: 4-H 2020: *What is Your Vision?*

Registration available online soon!

Have you been to our Instagram page? Visit at...
https://instagram.com/nmsu_state4h

Scholarships Available

New Mexico 4-H Adult Forum Registration Scholarships

First Timer Registration Scholarships

Eight, \$20 registration scholarships 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. Go to <https://bit.ly/2ZZwmBt> for the First Timer Registration Scholarship Application.

Gerry Copeland Adult Leader Scholarship

One scholarship of \$20.00 will be awarded to a volunteer from each county attending 2020 NM 4-H Forum. To nominate a volunteer complete the form (link below) by September 1, 2020. 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. Go to <https://bit.ly/3eGfsMt> for The Gerry Copeland Scholarship Application.

Here's a creative paper craft (fan) found on Pinterest:

<https://www.pinterest.com/pin/379428337358725385>

Goals

(continued from page 1)

they love (and we love) so dearly.

What has brought me hope is seeing so many of you, our volunteer leaders, 4-H agents, youth members, and my colleagues in the State 4-H Office working to "change the plan." Many of you have learned new technology as a way to stay connected with your 4-H members. You have continued serving as leaders through social media posts and live videos; and you have remained available, encouraging, and supportive to the youth with whom you work.

While plans have had to change with regard to summer 4-H events, you all have stayed focused on our shared goal: To help young people develop as individuals and as responsible and productive citizens in their communities. Thank you for not losing focus!

In the coming weeks, there are several EXCITING things to look forward including virtual contests, schools, and a virtual 4-H State Leadership conference! We are also pleased to announce the addition of the Aggie Next Step program in the State 4-H Office!

Please let me know how I can serve and support you in achieving the goals you have set for yourselves as volunteer leaders. And thanks again for your unwavering commitment to our youth and the New Mexico 4-H Youth Development program!
Laura Bittner



Photo by Javier Trueba on Unsplash

Aggie Next Step: Post-Secondary Success Program

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

Colleges and employers are experiencing significant challenges as young adults are transitioning out of high school and college with limited skills and understanding of how to successfully navigate the next phase of their life. Recognizing these challenges, New Mexico State University College of ACES 4-H Youth Development program is developing and implementing the Aggie Next Step: Post-Secondary Success program.

Aggie Next Step is designed to prepare youth for a successful high school transition to either college or career. Beginning in 8th grade, Next Step guides youth in developing and enhancing key life skills in three major focus areas: academic, career and personal.

Next Step reinforces learning as a lifelong process and emphasizes colleges and employers seek those who want to learn and are dedicated to expanding their knowledge. Next Step aids participants in recognizing, developing and improving skills necessary for career success. Developing soft skills is essential in navigating school, a career, life challenges and the ability to interact with others positive manner.

Aggie Next Step curriculum is designed to be interactive and engage youth in a step by step process to develop skills, self-awareness, expectations and goals on their path to post-secondary success.

Aggie Next Step will begin with its first 8th grade cohort in January 2021.

Excerpts from *Taming the Wild Cloverbud*

By *Mindy Turner*
<https://aces.nmsu.edu/4h/documents/taming20the20wild-20cloverbud-fixed.pdf>

This publication talks about two basic development principles, characteristics of 5-8 year olds, the 10 parameters for 5 to 8 year old children in 4-H, and includes a worksheet. Here are the Characteristics of 5-8 Year Olds.

Characteristics of 5-8 Year Olds

Physical

- Are mastering physical skills
- Have better control of large muscles than small muscles
- Slow, steady growth

Emotional

- See fairness as “the golden rule. “Cooperative games are especially enjoyable. Competition with others is inappropriate.
- Seek parental or adult approval but are becoming emotionally steadier and freer from parents
- Tend to behave in ways to avoid punishment
- Like to play games. Rules and rituals become paramount, but not yet ready to accept losing.

(see ‘Taming’ on page 9)

Grow with Youth and Learn the Science of Agriculture



By Peter Skelton
Professor/Director, Extension and Research Youth Agricultural Science Center
Las Vegas, NM

Grow with Youth and Learn the Science of Agriculture are three activities that teach how to grow plants at home, and to use the plants they grow to conduct one of two science projects at home. The science activities follow the scientific method and teach the steps of the scientific method through hands-on learning.

- **Grow with Youth** is a basic plant growing activity that teaches youth how to

propagate seed, nurture plant growth, and observe changes in growth form over time.

- **Can plants grow in any type of liquid?** is a plant/water relationship experiment that teaches youth seeds can germinate and grow in various types of liquid but that water is special when it comes to growing plants successfully.

- **What are the effects of fertilizer on plant growth?** is a fertilizer experiment that teaches youth the role of fertilizers in plant growth, how different amounts of fertilizer affect plant growth, collect and analyze data, and draw conclusions about their experiment.

These activities could be used at a distance by clubs, for self-directed learning, and through summer camps. A few features of the activities include:

- Perfect for Cloverbuds, Novices and Juniors.
- Activities are designed to use materials readily available at home.
- The science activities can be expanded to teach basic science principles and applications.
- No experience necessary to grow.

If you are interested in these activities, contact your County Extension Agent.

<p>4-H Garden Project Member Guide</p>	<p>Fashion Magic 1: Wardrobe Planning</p> <p>By Charly Fisher, Home Economist Eddy County Extension Service</p>	<p>There are over 200 projects for you in New Mexico 4-H.</p>	<p>Whatever your interest, there are over 200 projects for you in 4-H!</p> <p>Macramé A 4-H Fibercraft Project Member's Guide</p>
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4-H Home Economics Lettermen Requirements

By Mindy Turner
Extension 4-H Specialist

Any 4-H Member who is active in Home Economics Projects may “letter” in Home Economics. All that is necessary to “letter” is to complete the requirements in their age level and submit the appropriate forms to their County Extension Office by September 1. The first year a member letters they receive a “clover” letter as you would see on a lettermen jacket. Bronze, Silver, and Gold pins in the shape of the letter “H” are awarded in the respective age levels. A member can “letter” at any time, even if they did not begin as a novice, but they will receive the pin for the appropriate age level. In addition, two platinum letters will be awarded each year in the form of a plaque. The platinum letters are based on overall achievement and may be received at any age level. Platinum awards are selected from all applications submitted in that 4-H program year. For information on how to “letter” and appropriate application forms, refer to the State 4-H Website at <https://aces.nmsu.edu/4h/home-ec-letterman.html> or contact your County Extension Office at <https://aces.nmsu.edu/county>.

A Note from Mindy

I have taken the position as Curry County FCS Agent effective June 1. I greatly appreciate all the support I have received over the years in my role as a 4-H Specialist. I will always love 4-H, but I am grateful that I was able to find a new opportunity within Extension. I am excited to begin serving Curry County and continuing on as part of the Extension family. I look forward to working with you all in my new role!



4-H at Home: Water Bottle Rockets, Bicycles and Embryology

By National 4-H Council
<https://bit.ly/3dDAECy>

4-H programs across the country are serving as education’s first responders, continuing their mission to provide learning resources for all kids in every county. Check out these activities.

Water Bottle Rockets

Recommended age: Grades 3-12.
Courtesy of New Mexico State University, New Mexico 4-H.

Get outside with this explosive Rocketry project! Learn how to make a rocket and watch the rocket shoot to the sky at <https://www.facebook.com/watch/?v=339567333670854>.

Bicycle ABC Quick Check

Recommended age: Grades 3-12.
Courtesy of Purdue University, Indiana 4-H.

Run through these short steps before every ride to keep your bicycle running properly at <https://www.youtube.com/watch?v=gVvoodinHZU&feature=youtu.be>.

Embryology 101

Recommended age: Grades 3-5.
Courtesy of University of Nebraska-Lincoln, Nebraska 4-H.

The Embryology 101 series includes four lessons complete with videos and worksheets. Watch at <https://www.youtube.com/playlist?list=PL8PMz6vOY3UHvFFSzcMgNeuPxH6Ua635I>.

NEW MEXICO STATE 4-H 2020 BUCKLES



Show off New Mexico 4-H with the 2020 buckle for \$80. Great for gifts or awards. Designed by the State 4-H Leadership Team and made by Rowdy Silver Custom Designs. For more information, contact the NM State 4-H Office at 575-646-3026.

Order Form

Name

Buckle size is 3in H X 4in L

Make checks or money orders payable to the NM State 4-H Foundation.

Address

Send order form and payment to:
NM State 4-H Office, PO Box 30003,
MSC 3AE, Las Cruces, NM 88003.

City

Profits benefit the NM State 4-H Leadership Team.

State Zip

Please Note

Orders will be placed with Rowdy Silver Custom Designs on the following dates: July 1, September 1, and November 15.

Number of Buckles
Buckles are \$80 apiece.

Please allow four to six weeks for production and shipping from these order dates, not the date your personal order was received. Any orders received after a listed date will be placed on the following date.

X \$80 Total \$



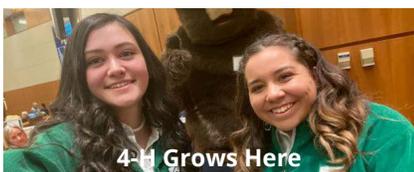
CWF 2021

By Amy Zemler
State 4-H Activities Specialist

Citizenship Washington Focus (CWF), a week-long 4 H citizenship program for youth ages 14-19, is the preeminent 4 H citizenship and leadership experience for 4 H youth. Every summer, high school students from across the country travel to Washington, D.C., to participate in CWF, 4 H's premier leadership and citizenship program. CWF is more than a Washington, D.C., field trip – it's an opportunity for 4 H'ers to learn how to be citizen leaders and make a difference in their communities.

CWF participants: Enjoy a behind-the-scenes look at our nation's capital and the chance to meet members of Congress; develop communication, leadership and citizenship skills through hands-on learning and group activities; and build new and lasting friendships. Contact your County Extension Office at <http://aces.nmsu.edu/county> for more information about CWF.

Registrations and first payments are due October 15, 2020.



Senior 4-H Members, Don't Miss Out!

Virtual Sessions

STATE 4-H CONFERENCE 2020

WHERE YOUR FRIENDS ARE YOUR FAMILY

Virtual Elections

Virtual Workshops

Inspirational Messages

Giveaways Games & Prizes

July 13-15, 2020

Contact your County Extension Office to register.

ACES Scholarship Drawing



The first 300 registered youth receive a FREE t-shirt and swag bag.



Adults can purchase State 4-H Conference 2020 t-shirts from Sports Accessories at <https://www.boosterclubsales.com/collections/nmsu-4-h> for \$12 plus tax and shipping.



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SAVE THE DATE

CONTEST SHOWCASE

July 6 - July 17

This is an opportunity to practice your contest skills and check out new contests in a virtual setting.

Free to Participate
PRIZES WILL BE GIVEN!

Stay Tuned For More Details To Come

Disclaimer: The Showcase will not count as a qualifier for National level contests



New Summer Intern at New Mexico State 4-H Office

By Gabe Doherty
Intern
New Mexico 4-H Youth
Development Program



Gabe Doherty

Hello everyone,
My name is Gabe Doherty and I am an intern at the New Mexico State 4-H Office in Summer 2020. I am looking forward to the challenge of assisting New Mexico 4-H as it delivers its programs in virtual, remote and innovative ways.

I was a member of 4-H for eight years in San Juan County where I learned numerous lessons and came to believe in the 4-H motto of making the best better. I am a recent graduate of New Mexico State University where I was a student worker at the State 4-H office for two years. I look forward to helping the awesome program of New Mexico 4-H in any way possible.



Found on Pinterest: 100 Acts of Kindness for Kids

By Megan Sheakoski
Creator of Coffee Cups & Crayons
<https://bit.ly/2yLiEXP>

Free printable: <https://bit.ly/37a7WW0>

12 Ideas from the list:

- Hold the door open for someone.
- Return someone's cart at the store.
- Pick up litter.
- Wash someone's car.
- Bake dessert for a neighbor.
- Donate food to the food pantry.
- Donate socks and supplies to the homeless shelter.
- Take treats to the fire station.
- Donate a toy to Toys for Tots.
- Volunteer at a soup kitchen.
- Donate coloring books and crayons to the children's hospital.
- Create activity bags for families of deployed soldiers.

Taming

(continued from page 4)

Social

- Are learning how to be friends and may have several "best friends" at a time
- Opinions of peers are becoming more important. Often care more about being successful in front of peers than parents.
- Are beginning to better observe other people
- Are beginning to experience empathy for others, but still learning about and wrapped in self

- Are family-oriented
- Dependence on another adult besides parent becomes a new experience

Intellectual

- Generalize from their own experiences. Very concrete at this age--like to see it, hear it, taste it, feel it, smell it.
- More interested in process than the final product. Will continue working on a

(see 'Taming' on page 12)



2020 State 4-H Photo Contest

Show off your photography skills!

Enter your photos to have a chance of winning the 2020 State 4-H Photo Contest. Photos in either film or digital can be submitted through mail or Facebook by August 3rd. (If picture is placed on Facebook, make sure to include the information below with the post). Photos submitted will then be placed on a link and voted on by the public. The information for the voting link will be made available on August 10th. The first, second and third place in each category will receive a rosette. The first place winner in each category will receive a camera case and his/her photo will automatically be entered in the contest for overall winner. The overall winner will be chosen by a set of judges and will be awarded an overall rosette and a cash prize of a \$100.

Categories -

- 4-H—Must have either correct logo or clover
- Animals
- People
- Landscapes
- Buildings
- Other

Entry rules

- **Members may submit up to a total of three entries. Each entry must have the following information with it—Name, Club, County, Name of Photo, Category, Location of the photo and Contact number/email.**
- **Entries can be either color or black and white. Please, no edited or Photoshopped pictures.**
- **Please, no matted or framed photos if mailed.**
- **Photos will not be returned! If you want to keep your photo, please retain a copy.**
- **Photographs must be the work of the 4-H member taken during the current 4-H program year.**
- **Entries must be in the State 4-H Office or uploaded to Facebook by August 3, 2020. Send to State 4-H Office, MSC 3AE, New Mexico State University, Box 30003, Las Cruces, NM 88003-8003.**

NM State 4-H Calendar of Events 2020

Events	Dates
*New Mexico State 4-H Virtual Dog School - Linda Herrera, Email: nm4hdogschool@gmail.com	June 26- July 3
Belt Buckle Orders Placed by... (see page 7 of this issue)	July 1
4-H Adult Forum Workshop proposals due to State 4-H Office - Cheryl Butterfield, 575-646-1156	July 1
*Contest Showcase - Contact your County Extension Office for information	July 6-17
*Virtual 2020 State 4-H Conference - Amy Zemler, 575-646-5204 and Cheryl Butterfield, 575-646-1156	July 13-15
New Mexico State 4-H Photo Contest Submissions due in the State 4-H Office or on Facebook at facebook.com/NMSU4H - Amy Zemler, 575-646-5204	Aug. 3
Belt Buckle Orders Placed by... (see page 7 of this issue)	Sept. 1
Home Economics Lettermen applications due - Contact State 4-H Office, 575-646-3026	Sept. 1
Gerry Copeland Adult Leadership Scholarship volunteer nominations for 4-H Adult Forum - due to State 4-H Office - Cheryl Butterfield, 575-646-1156	Sept. 1
New Mexico 4-H Adult Forum early bird registration deadline - due to State 4-H Office - Cheryl Butterfield, 575-646-1156	Oct. 15
New Mexico 4-H Adult Forum First timer application deadline - due to State 4-H Office - Cheryl Butterfield, 575-646-1156	Before Oct. 15
Citizenship Washington Focus (CWF) 2021 Registration and First Payments Due - Amy Zemler, 575-646-5204	Oct. 15
New Mexico 4-H Adult Forum late registration deadline - due to State 4-H Office - Cheryl Butterfield, 575-646-1156	Oct. 30
4-H Adult Forum - (Clayton, NM) Cheryl Butterfield, 575-646-1156	Nov. 7
Belt Buckle Orders Placed by... (see page 7 of this issue)	Nov. 15
*Contact your County Extension Office for application and registration deadline.	-----

Here are some interesting learning options and resources to use or share.

- Biology simulations. <https://www.biologysimulations.com>
- Chemistry games. <https://www.playmadagames.com>
- Hands on elementary science videos. <https://www.backpacksciences.com/science-simplified>
- K-5 Science. <https://mysteryscience.com>
- 6-12 science curriculum. <https://sepuplhs.org>
- Interactive STEM activities. <https://learn.concord.org>
- Science lessons that can be completed with or without access to the internet. <https://sciencespot.net/Pages/classhome.html>
- Next Generation Science video game focused on middle school where students directly engage in science phenomena as they solve problems. <https://www.tytoonline.com>
- Learn about earthquakes. <https://earthquake.usgs.gov/learn/kids>
- Learn about the periodic table. <https://www.chemicool.com>
- Farmer's Almanac for kids. <https://www.almanac.com/kids>
- NASA kids club. <https://www.nasa.gov/kidsclub/index.html>



New Mexico State Virtual Dog School

June 26th– July 3rd

Virtual Trainings will

be provided on

- Obedience
- Rally-Obedience
- Agility
- Trick
- Grooming and care



All members currently enrolled in 4-H are eligible to participate. You do not have to be enrolled in a dog project!

Participants are encouraged to submit a 3 minute (or less) presentation or demonstration on a dog related topic of their choice. Video submissions will be judged and participants will receive judge's feedback

Video submissions are to be emailed to nm4hdogschool@gmail.com by July 3rd

Contact Linda Herrera at NM4hdogschool@gmail.com



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Extension: 4-H Youth Development



If you are an individual with a disability and need auxiliary aid or service contact Sierra Cain at 505.565.3002 by June 12, 2020. New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.

Taming

(continued from page 9)

- project rather than completing it.
- Base their thinking in reality and accuracy.
- Are learning to sort things into categories and series.
- Are beginning to develop a sense of cause-effect.
- Handle well only one mental operation at a time.
- Can distinguish between reality and fantasy—but still afraid of scary figures.
- Enjoy activities that are real and tangible. You must demonstrate an activity—not just verbally describe how to do it.

Go to the publication (link on page 4) to read about each of the 10 parameters and to look at the Cloverbud Program Check Sheet (worksheet).

Have questions? Contact the State 4-H Office at 575-646-3026, or go to our website at <https://nm4h.nmsu.edu>.

Return Service Requested

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

