

# Leaderline

April  
May  
June  
2022



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

## Helping Youth Better Manage Stress and Their Overall Mental Health

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

Recently I had opportunity to attend a 4-H Leader Training provided by two incredibly dedicated 4-H agents. The agents' presentation skills and enthusiasm were impressive. The group of 4-H volunteer leaders giving their time to attend this important training equally impressed me.

On a Sunday evening, this group of wonderful volunteers already juggling a multitude of responsibilities outside of 4-H were participating in a training to better prepare themselves to care for, educate, guide, and support young people.



[mytravelsmylife.blogspot.com](http://mytravelsmylife.blogspot.com)

(See **Helping Youth** on page 2)

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**CHOOSING 4-H FOR YOUNG LEADERSHIP, CITIZENSHIP AND LIFE SKILLS**



**BE BOLD. Shape the Future.®**  
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and Environmental Sciences  
Cooperative Extension Service



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Cheryl Butterfield  
State 4-H Agent

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## Helping Youth

*(Continued from page 1)*

As the training progressed, the 4-H volunteer leaders responded to a question posed by the 4-H agents regarding program topic ideas. The leaders suggested a handful of possible topics but settled on the importance of helping youth better manage stress and overall mental health. The leaders' identification of this need is spot on.

A 2020 study conducted on behalf of the National 4-H Council found 45% of teens surveyed say they ignore their mental health issues. Even before COVID-19, 81% of teens identified mental health issues as a significant issue for young people in the United States. Eighty-two percent of teens surveyed responded it is time for Americans to talk more openly and honestly about mental health issues.

So, what can we do? As adults, we can and should always provide a safe space for youth to share their thoughts, feelings, and struggles. We need to communicate to youth they should never stop being honest about their mental health and reach out to adults who can help when they are struggling.

We can provide youth with tools for better recognizing and managing stress. These tools might include journaling about feelings; expressing emotions through art, music, or other creative projects; mindful breathing; meditation; and laughter. Research shows laughter can boost your immune system, ease pain, relax the body, and reduce stress.

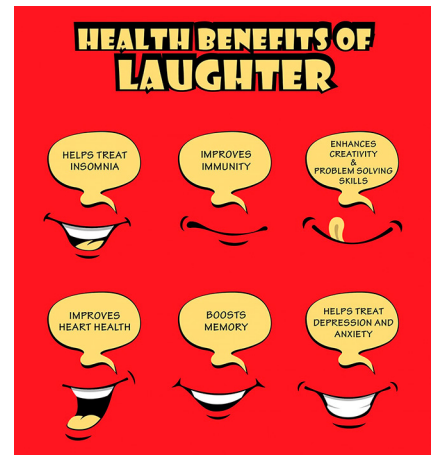


Image from <http://visual.ly/health-benefits-laughter>

We can encourage youth (and ourselves) to make healthy decisions about what we eat and drink and how we care for our bodies including making exercise and sleep priorities.

Just like adults, youth need reminding to treat themselves (and each other) with kindness, to value their strengths, engage in hobbies, and to surround themselves with supportive family members and friends who respect and love them.

We can engage youth in service to others. A 2021 study by the Mayo Clinic reported volunteering reduces stress and increases positive, relaxed feelings. Volunteers report a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

The 4-H program structure provides a safe, inclusive environment where youth feel a sense of belonging and connection and where youth engage in

*(See Helping Youth on page 5)*

# Horse Certificates Must be Renewed

By Jack Blandford  
Interim Agriculture and Natural Resources State Agent

Horse Certificates need to be done every year or renewed every year with approval of the County Agent. The horse certificate is a form similar to a registration form. You can find it on the 4-H website under “Forms and Publications.” They **are due on May 2 to the County Extension Office** (not the State 4-H Office).

Horses get sold, traded, and/or leased and this is the purpose of doing them each year. This is a unique aspect to the project. Horse Certificates are required for any sanctioned 4-H horse show. The only way that the agent can verify that the horse being used is the project horse, is for a 4-H member to document that they are the exhibitor, lessee, or owner of that particular horse. Some counties also require those 4-H members in the rodeo project to submit horse certificates. It is strongly recommended that 4-H members submit a horse certificate for any horse that they may use as their project for the year.



Photo by Josephine Amalie Paysen on Unsplash

## 4-H Horse School

4-H Horse School is scheduled for **June 6-9, 2022**. Location and other details are still to be determined.

## 2-Year-Old Western Pleasure Futurity and 3-Year-Old Versatility Nominations

4-H'ers with advanced skills in horsemanship are eligible to nominate a two-year-old horse for the Western Pleasure Futurity and Showmanship classic held each year during the State Fair 4-H Horse Show. Nominations are **due in the State 4-H Office by May 2** of the current year.

Horses eligible for the two-year-old Western Pleasure Futurity must be totally green, that is, having never received any riding by ANYONE other than the 4-H'er who nominates the horse to the Futurity. During the State 4-H Fair Horse Show, the horses will participate in three go-rounds of Western Pleasure.

The horses properly nominated as two-year-olds to the Futurity are eligible the following year to enter the three-year-old Versatility Class. Advice and counsel on training techniques may come from outside sources, however, the 4-H member must do all the riding and work on the Versatility horse.

The Versatility Class is held during the State Fair 4-H Horse Show. Nominations for the Versatility Class **are due to the State 4-H Office by May 2** of the current year. Nomination forms and complete rules are available on the 4-H website under “Horse and Livestock Events.” There is a \$20.00 nomination fee.

## 4-H Rodeo Rule Book

(This is available to view on the NM 4-H website)

There is an important rule change in the 4-H Rodeo Rulebook:



All contestants must have personal accident insurance and a signed and completed Consent and Assumption of Risk Form in the State 4-H Office 15 days prior to the participant's first rodeo of the current year in order for the member to compete in Sanctioned 4-H Rodeos. This includes the completion of the rodeo safety course.



## Shooting Sports State Championships

The New Mexico State 4-H Shooting Sports Championships will be held in Raton at the NRA Whittington Center **May 5-8, 2022**. This will be an in-person event this year.

Please make sure to book lodging as soon as possible as there will be another large youth shooting sports program holding their contest at the same time. Stay in communication with your county 4-H agent for deadlines and contest registration.

## Shooting Sports Resources

The Shooting Sports page on the State 4-H website has several resources available if you are interested:

- Shooting Sports Resource List  
[https://aces.nmsu.edu/4h/documents/resource\\_lists.pdf](https://aces.nmsu.edu/4h/documents/resource_lists.pdf)
- National 4-H Shooting Sports  
<https://4-hshootingsports.org/>
- National Rifle Association  
<https://competitions.nra.org/>
- National Muzzleloading Rifle Association  
<https://www.nmlra.org/>
- Civilian Marksmanship Program  
<https://thecmp.org/>
- Crosman  
<https://www.crosman.com/>



## Northern 4-H Regional Livestock School

*By Jack Blandford  
Interim Agriculture and Natural  
Resources State Agent*

The Northern 4-H Regional Livestock School will be held **June 9-10, 2022**, at McGee Park in Farmington, NM. For more details, contact Marcella Talamante at [marctala@nmsu.edu](mailto:marctala@nmsu.edu), or 505-685-4523 (Abiquiu, NM), or 575-588-7423 (Tierra Amarilla, NM).

## Southern 4-H Regional Livestock School

The Southern 4-H Regional Livestock School will be held **June 30 - July 3, 2022**, at the Sierra County Fairgrounds in T or C. For more details, contact Sara Marta, (575) 894-2375.

**For information about Horse and Livestock Events, go to <https://aces.nmsu.edu/4h/horse--livestock-events.html>**





## Upcoming 2022 Adult Forum and New Board Members

By Cheryl Butterfield  
 State 4-H Agent  
 Volunteer Leadership Development

The New Mexico 4-H Volunteer Leaders' Association Executive Board met January 22, 2022, to discuss the upcoming 2022 4-H Adult Forum and approve new board members.

The board will meet soon to finalize the date and location. Watch for more information to come.

The 2021-2022 NM 4-H Leaders' Association Executive Board members are:

| Name               | District  | Year   |
|--------------------|-----------|--------|
| Rossana Cloud      | Northeast | 2024   |
| Kristy Bennett, DC | Northeast | 2023   |
| Trilby Webster     | Northeast | 2022   |
|                    |           |        |
| Katie Ramsey       | Southeast | (2022) |
| Vacant             | Southeast | (2024) |
| Tammy Lopez        | Southeast | (2023) |
|                    |           |        |
| Veronica D Tso     | Northwest | (2022) |
| Melissa Campos     | Northwest | (2023) |
| Marissa Morgan     | Northwest | (2024) |
|                    |           |        |
| Cindy Grooms       | Southwest | (2024) |
| Vacant             | Southwest | (2022) |
| Jeanette Coletti   | Southwest | (2023) |



## Leadership Team Program Info and Application is Now Online

The New Mexico State 4-H Leadership Team Program information and application is now available online or through your county extension office.

## Helping Youth

(Continued from page 2)

activities, new experiences, and service. The 4-H program aims to empower youth with resources to overcome obstacles and challenges and to prepare them to become happy, healthy young adults and leaders.

You, as a 4-H volunteer, are a tremendous resource, trusted friend, and example to young people. Your service to youth is immeasurable! Thank you for giving your time, energy, and heart to care for and support the mental health and well-being of the youth you lead and serve.

To learn more about the National 4-H Council's study on teen mental health visit <https://4-h.org/wp-content/uploads/2020/06/4-H-Mental-Health-Report-6.1.20-FINAL.pdf>.

If you or someone you know needs help, please call the New Mexico Crisis and Access Line 1-855-662-7474 or visit: <https://nmcrisisline.com/>.

You can also contact the National Alliance on Mental Illness helpline at 1-800-950-NAMI (6264).

# 2022 New Mexico State 4-H Dog School



Photo by Sherry Galemore

*“There will be instructors training the 4-H youth and their dogs in Obedience, Agility, Rally Obedience and Showmanship. We always have some interesting and fun K-9 demonstrations, such as herding dogs, military and police K-9’s, dancing dogs, etc.”*

*By Sherry Galemore  
Dog School Coordinator*

The 2022 NM State 4-H Dog School is in the planning stages. We are looking to host dog school sometime in June 2022. We are currently working on dates and locations and are looking forward to seeing everyone again in Albuquerque. There will be instructors training the 4-H youth and their dogs in Obedience, Agility, Rally Obedience and Showmanship. We always have some interesting and fun K-9 demonstrations, such as herding dogs, military and police K-9’s, dancing dogs, etc. Registration opening and closing dates will be set in the coming month or so, so check with your County 4-H Extension office to register online. A copy of your dog’s current vaccination records must be presented at the time of registration. For more information, contact your County 4-H Agent, or contact Sherry Galemore at [nm4hdog-school@gmail.com](mailto:nm4hdog-school@gmail.com).



Photo by Sherry Galemore



# 4-H Offers Unforgettable Opportunity

By *Allie Lopez*  
*Senior 4-H Member*  
*from Sandoval County*

The Senior Leadership Retreat was an amazing learning experience! All of the workshops and clinics were incredibly informative and gave me so much to think about in regard to my future. Going into the weekend, I had assumed that the clinics would revolve around ways to improve your leadership skills within 4-H. I figured that we would learn new games and activities to utilize at club meetings, which I did, but that wasn't the half of it!

I learned so much more than that. I like to think that the theme of the weekend was, "You're already a 4-H leader, what now?" This question permeated the air throughout every single activity. You're already a 4-H leader, now what do you want to do? With your life? With your education? With your career? There was workshop after helpful workshop chock full of information. Information on how leadership skills that I've picked up in 4-H will transfer into the real world. Information on how a career can build on my 4-H experiences. They even went so far as to show us just what career fields someone with our specific talents and knowledge would fare best in. They showed where we would already have a leg up on our competition. They explored so many avenues, highlighting the many ins and outs of an agriculture-based lifestyle.

Every aspect of the weekend was eye-opening, from wandering around the campus, getting insight on the many possible agricultural majors offered, and playing ice breaker games. It was truly astonishing how many different doors active participation in 4-H will open. It was amazing to be completely surrounded by my peers. People who talk, think, and work in the exact same ways I do. People with my same values, who have experienced wildly similar things, packed into an auditorium with me. Going to the dances and networking was one of the most rewarding things I have ever experienced in my life. Being able to talk for hours with any one of those amazing people, just building connections. Connections with the world's next generation of scientists, farmers, fashion designers, and computer engineers. To see all these kids my age, who I relate to in a way I have never before experienced.

One thing that really stood out to me was the sheer diversity of the SLR student makeup. Looking around I saw all manner of folk, I saw people with little to nothing in common bonding with one another over their shared interest in livestock. I saw people who had a lot in common branching out, and deciding to bring their shared skills to the aid of the community in completely different ways. Brothers and sisters sharing their wildly different career goals, their wildly different aspirations and values in a way that benefited everyone equally.

SLR was a truly awe-inspiring experience in that it both completely unified every single member of the group, while encouraging each individual to explore their own path. Above all, I think that Senior Leadership Retreat was a weekend focused solely on those among us who see the value of Agriculture in completely different ways. The weekend served to highlight the communities that have been built specifically for us, communities that cannot be truly appreciated nor our potentials truly realized if we don't define ourselves as individuals.

All weekend there was so much overlap with these individuals we have never before met, and will most likely never see again. Overlap between interests, shared career goals, and experiences. But rather than one generalized weekend, it felt as though every single workshop, every single clinic was aimed directly at you. Each session singled me out, and got me thinking about what I want to do with my life. Not what my parents want to see me do, not what would be easiest for me to achieve, not one specific path that I was forced to go down. I was made to think about my individual skills and how that can translate into the real world. How my traditional values, along with my radical ones, would help to fuel my work. I was given resource after resource to help build my tailor-made future. And for that, I will always be grateful to SLR.

# Goal Setting: A Lifelong Constant

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

We've all heard the saying "the only constant is change." Another constant in life is the necessity of having goals. Goals come in many forms including large lifetime goals, daily goals, hourly goals, and long, medium- and short-term goals spread throughout our days, months, and years.

Helping youth understand and recognize the benefits of setting goals can be challenging. One advantage of working with 4-H youth is they are participating because they want to, have an interest and are excited about the projects and activities in which they are participating. All we need to do is be creative and intentional in incorporating and enhancing goal setting into those activities and projects.

Recognizing and celebrating an accomplishment whether they reached a goal or completed a small step towards a larger goal, motivates, encourages and reinforces the value of setting and reaching goals. The more successes young people experience, no matter how small, the more they will be encouraged to continue practicing goal setting.

"A goal without a plan is just a wish."

~ Antoine de Saint-Exupéry

The following are some benefits youth experience when setting and reaching goals.

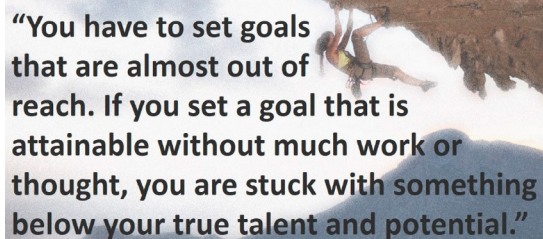
**Provides direction** - Youth create a path to success by setting goals. The process allows them to create a plan to reach their dreams. Having goals gives youth a direction and sense of purpose, reducing the chance they will wander aimlessly.

**Teaches responsibility** - Learning to set goals reinforces that their success or failures are a direct reflection of their effort. Tracking their progress helps youth to see how their action or inaction impacts their ability to reach their goals.

**Motivates** - When youth reach their goals, they learn to believe in themselves and their abilities. This builds self-esteem and the confidence to persist through challenges. The greatest replicator of success is success.

**Teaches time management** - Developing and following a goal action plan gives youth a visible timeline increasing their awareness and sense of time. Setting timelines and deadlines for goals helps to hold youth accountable for how they use their time.

Please contact Aggie Next Step if you are interested in additional resources, activities or worksheets on goal setting.

A photograph of a person rappelling down a rock face. The person is wearing a yellow shirt and a helmet, and is positioned in the center of the frame. The rock face is dark and textured, and the background is a bright, hazy sky. The text is overlaid on the image in a white, sans-serif font.

**"You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential."**

—Steve Garvey

**LIFE ISN'T ABOUT FINDING YOURSELF.  
LIFE IS ABOUT CREATING YOURSELF.**  
UNKNOWN



## YGA 2022 Olympic 4-H

By *Amy Zemler*  
State 4-H Activities Specialist

Youth Get-Away (YGA) 2022, will be held at Glorieta Adventure Camp this year and is scheduled for April 22-24, 2022. The theme this year is Olympic 4-H. During this event, participants have an opportunity to learn about a variety of projects, contests and leadership, as well as participate in community service projects! The community service project will be making dental care packages (travel size, individually packaged toothbrushes, toothpaste and dental floss). The items gathered will be donated back to designated locations around the state. Whichever county that collects the most gets to 'pie in the face' a State 4-H Leadership Team member. Members of the 4-H community can take part in the community service project by donating or helping the novice and junior youth collect the dental items. For information about the community service project and the event, contact your County Extension Office.



## Summer Program 2023 CWF

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 at the National 4-H Center 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 15, 2022. Contact your County Extension Office at <https://aces.nmsu.edu/county> for more information about CWF.



## COMMUNITY SERVICE

### Scholarship Applications

By *Amy Zemler*  
State 4-H Activities Specialist

New Mexico 4-H Community Service Scholarship applications are due to the State 4-H Office for the events below. Community Service Scholarship Criteria are available to any Novice, Junior or Senior 4-H Member serving as a State 4-H Leadership Team member, or participant in a 4-H activity. Members must submit a New Mexico 4-H Community Service Scholarship application form which is available on the website at [aces.nmsu.edu/4h/scholarships](https://aces.nmsu.edu/4h/scholarships). Community Service Scholarship application deadlines are due two (2) months before the event registration deadline.

2022 State 4-H Conference -  
April 15, 2022

2022 State 4-H Dog School -  
April 15, 2022

2022 State 4-H Livestock  
School - April 15, 2022

2022-2023 New Mexico 4-H  
Leadership Team Positions  
(Officers and Ambassadors) -  
May 2, 2022

For more information and criteria,  
go to: [aces.nmsu.edu/4h/scholarships](https://aces.nmsu.edu/4h/scholarships).

# Last Year's 1st Place Photo Winners

We announced 2021 photo contest winners in the October-November-December issue of Leaderline, but we only showed a picture of the overall winner. Here are 1st place photos in every category.

To see all the winners' photos in 1st, 2nd and 3rd place, go to <https://aces.nmsu.edu/4h/documents/2021-photo-contest-winners.pdf> and <https://aces.nmsu.edu/4h/documents/2021-new-mexico-state-4-h-photography-contest.pdf>.



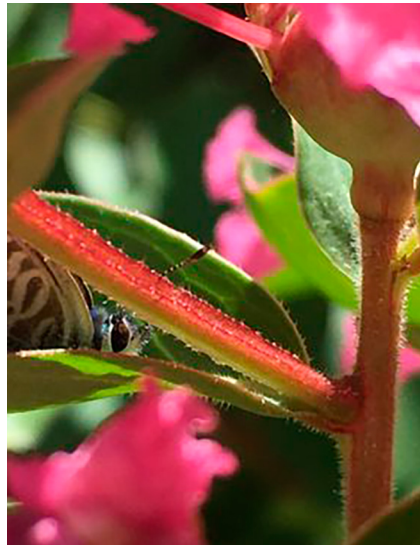
**"Nature's Kaleidoscope"**  
Natalia Kwiatkowski,  
Sandoval County  
Landscape Category  
(overall winner)



**"Downtown"**  
Wesley Otero, Doña Ana County  
Buildings Category



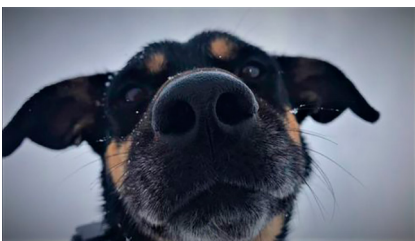
**"Making the Best Better"**  
CamBree West, Lincoln County  
4-H Category



**"Pink Butterfly Portrait"**  
Rafael Romo, Doña Ana County  
Other Category



**"Still"**  
Breanna Salazar, Taos County  
People Category



**"What ya Doin"**  
MiKayla Klinger, Quay County  
Animals Category

*We sure do enjoy looking at members' photos every year. Be on the lookout for 2022 photo contest information in the next (July-August-September) issue of Leaderline. This information gives categories, entry rules and what each winner in every category will receive as an award or gift.*



# NM State 4-H Calendar of Events 2022

| Events  | Dates                      |
|---|----------------------------|
| <b>Community Service Scholarship Applications for State 4-H Conference</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204  | <b>Apr. 15</b>             |
| <b>Community Service Scholarship Applications for 4-H Dog School</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204  | <b>Apr. 15</b>             |
| <b>Community Service Scholarship Applications for 4-H Livestock School</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204  | <b>Apr. 15</b>             |
| <b>Youth Get-Away</b> (Glorieta Adventure Camp). Amy Zemler, (575) 646-646-5204   | <b>Apr. 22-24</b>          |
| <b>Community Service Scholarship Applications for Leadership Team (Officer and Ambassador Positions)</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204          | <b>May 2</b>               |
| <b>*Horse Certificates</b> are due. Contact your County Extension Office.   | <b>May 2</b>               |
| <b>2-Year-Old Western Pleasure Futurity and 3-Year-Old Versatility Nominations</b> are due in the State 4-H Office. Jack Blandford, (575) 646-5472                                | <b>May 2</b>               |
| <b>*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Demonstrations)</b> (Zoom-12:30 pm). Cheryl Butterfield, (575) 646-1156                                | <b>May 5</b>               |
| <b>*2022 State 4-H Shooting Sports Championships</b> (NRA Whittington Center, Raton, NM)  | <b>May 5-8</b>             |
| <b>*4-H Dog School</b> (Albuquerque, NM). Sherry Galemore, <a href="mailto:nm4hdogschool@gmail.com">nm4hdogschool@gmail.com</a>   | <b>June TBA</b>            |
| <b>*4-H Horse School</b> (location to be determined). Jack Blandford, (575) 646-5472  | <b>June 6-9</b>            |
| <b>*Northern 4-H Regional Livestock School</b> (McGee Park, Farmington, NM). Contact Marcella Talamante, <a href="mailto:marctala@nmsu.edu">marctala@nmsu.edu</a> .               | <b>June 9-10</b>           |
| <b>*Southern 4-H Regional Livestock School</b> (Sierra County Fairgrounds, T or C, NM). Contact Sara Marta, (575) 894-2375  | <b>June 30-<br/>July 3</b> |
| <b>*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (STEAM Innovators)</b> (Zoom-12:30 pm). Cheryl Butterfield, (575) 646-1156                              | <b>July 7</b>              |
| <b>*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Best Practices - Social Media)</b> (Zoom-12:30 pm). Cheryl Butterfield, (575) 646-1156                 | <b>Sept. 1</b>             |
| <b>*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Leadership Opportunities - County &amp; State)</b> (Zoom-12:30 pm). Cheryl Butterfield, (575) 646-1156 | <b>Oct. 6</b>              |
| <b>*Citizenship Washington Focus Summer Program 2023</b> registrations are due. Contact your Count Extension Office for more information  | <b>Oct. 15</b>             |
| <b>*Take 10 with 4-H - Idea/Information Sharing for 4-H Volunteer Leaders (Communication)</b> (Zoom-12:30 pm). Cheryl Butterfield, (575) 646-1156                                 | <b>Nov. 3</b>              |
| <b>*Contact your County Extension Office for information, application and registration deadline.</b>  | -----                      |

“Only you can control your future.”  
Dr. Seuss



JOANN  

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**PAY IT  
FOURWARD**

---


**MARCH 1 - APRIL 30**

Help 4-H inspire a child's creativity! Donate \$1 or \$4 to 4-H at the checkout in-store.

**SOMETHING FOR YOU!**

If you donate \$4, we'll give you a coupon to use on a future purchase

Thank you @JOANN for helping to inspire a child's creativity! #JOANNLOVES4H #PayItFourward (Facebook and Twitter) Share photos of youth engaged in program activities and events.



**4-H:  
Learning Skills  
and Making Friends to  
Last a Lifetime**

Return Service Requested

State 4-H Office, MSC 3AE  
New Mexico State University  
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