

# Leaderline

January  
February  
March 2022



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

## Building Connection, Community, Family, Perseverance, and Resiliency

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

Adult Leaders' Forum provided a wonderful opportunity to gain new skills, increase knowledge, share ideas, and reconnect with 4-H leaders from around the state. I particularly enjoyed Cindy Groom's presentation on the history of the 4-H program and hearing from our youth leadership team about 4-H in the present. Attendees were asked to share their vision for the future of New Mexico 4-H, and the responses spoke volumes about the commitment and dedication of New Mexico's amazing 4-H leaders! The responses will also help shape the vision and focus of NM 4-H as we begin a new year.

(See **Building** on page 2)



Photo by Markus Spiske on Unsplash

## In this issue

Building Connection, Community, Family, Perseverance, and Resiliency.....	1	STEM, Agriculture, Healthy Living and Civic Engagement ..8	
NM 4-H Volunteer Leaders' Association Executive Board	1	Community Service - Scholarship Applications.....	9
- 5 Open Positions .....	3	Save the Date: 14th Annual NM 4-H Home Economics	
Keep Up With ACES! Did You Know? .....	3	School .....	9
2021-2022 State 4-H Leadership Team.....	4	YGA .....	9
A National 4-H at Home STEM Activity .....	5	NM State 4-H Portfolios .....	9
Conflict Resolution .....	6	4-H Saves You - Senior Leadership Retreat 2022 .....	10
Congratulations to our 2021-2022 Home Economics		SLR 2022 Keynote Speaker: Adam Lee Brooks.....	10
Letterman .....	7	Excerpts from the State 4-H Record Book Stories .....	11
The 4-H Youth Development Program.....	7	Learn by Doing .....	12
Archery, Shotgun, and Rifle - NM 4-H Shooting Sports		National 4-H Congress 2021 Attendees .....	13
Leader Certification.....	8	NM State 4-H Calendar of Events 2022 .....	15
Mark Your Calendar for Two Upcoming Events.....	8	4-H Offers Youth .....	15
		Have You Seen the Healthy Habits Website? .....	16



**BE BOLD. Shape the Future.**  
**College of Agricultural, Consumer**  
**and Environmental Sciences**  
Cooperative Extension Service



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.

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://twitter.com/nmsu_nm4h)  
[https://instagram.com/nmsu\\_state4h](https://instagram.com/nmsu_state4h)

**Editor:**

Cheryl Butterfield  
State 4-H Agent

**Contributors:**

Laura Bittner, Cheryl Butterfield, Kayleigh Denton, Aubrey Helmick, Cassidy Jimenez, Jenna Lopez, Newt McCarty, Zoe Carr-Piccioni, Alex Singer, Addison Ullom, and Amy Zemler

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

# Building

*(Continued from page 1)*

Some respondents chose to describe a vision of the future of 4-H in a single word. The top five most used words were: Connection, Community, Family, Perseverance, and Resiliency. As a result of everything we have experienced in the past 21 months, we seem to crave connection. The 4-H program provides a strong, safe community and loving family for its participants. The respondents' comments send a resounding message that the future of the program is dependent upon building connections within our current 4-H family while also expanding that connection into

---

***Over 1/3 of respondents identified the importance of expanding awareness of the 4-H program to new audiences. Specific ideas involved increasing awareness of the 4-H program in communities, schools, and urban areas and partnering with other youth-serving organizations. Other ideas involved doing a better job of communicating opportunities in 4-H with current members and youth who are not yet members. One respondent stated, "We have to work on reaching kids and families who are unfamiliar with the 4-H program...kids who I was once like."***

---

our schools and communities. Perseverance is a quality woven throughout all of 4-H. We encourage persistence through continual practice. Persistence involves commitment and follow-through even during the most difficult and challenging times. Resiliency, the ability to recover quickly from difficulties, is especially necessary as we work together to strengthen and grow our 4-H program.

Respondents also used descriptive sentences to present visions for the future of the 4-H program. While the word differed slightly, the messages were easy to identify and group together. Over 1/3 of respondents identified the importance of expanding awareness of the 4-H program to new audiences. Specific ideas involved increasing awareness of the 4-H program in communities, schools, and urban areas and partnering with other youth-serving organizations. Other ideas involved doing a better job of communicating opportunities in 4-H with current members and youth who are not yet members. One respondent stated, "We have to work on reaching kids and families who are unfamiliar with the 4-H program...kids who I was once like."

Developing projects and materials or revising old materials

---

*(See **Building** on page 3)*



## NM 4-H Volunteer Leaders' Association Executive Board - 5 Open Positions

By Cheryl Butterfield  
State 4-H Agent  
Volunteer Leadership Development

The NM 4-H Volunteer Leaders' Association Executive Board is accepting applications for open board positions in three districts. If you know of any leaders who are interested in serving on the Board, have them complete the application by January 15 to [cherylb@nmsu.edu](mailto:cherylb@nmsu.edu) so that the board can review the applications at their meeting on January 22, 2022. Board members serve a three-year term unless filling a vacant position.

### Duties include:

- Plan annual New Mexico 4-H Adult Forum
- Communicate with County 4-H Leader Associations in their district for the expansion, improvement, and promotion of 4-H youth and leader educational programs.
- Advise the State 4-H Program Leader on matters of program policy and future directions.
- Transact necessary business of the Association.

### Applications can be found online at:

[aces.nmsu.edu/4h/documents/leaders-assoc-exec-board-app-form\\_1114.pdf](https://aces.nmsu.edu/4h/documents/leaders-assoc-exec-board-app-form_1114.pdf) or contact Cheryl at 575-799-0102. Applications are due by January 15.

### Executive Board Open Positions:

- Northeast District - 1 open position
- Southeast District - 1 open position
- Southwest District - 1 open positions

## Building

(Continued from page 2)

to make the more relevant to today's youth was identified as an important part of the vision and future of the 4-H program. The statewide curriculum committee met in December to review curriculum; and as a result, some of you may be called upon to share your expertise as some curriculum is revised.

Continued support of current club members and the traditions of the New Mexico 4-H program was mentioned as important while considering the future of the 4-H program. Yes, indeed! The New Mexico 4-H program must continue emphasizing practical application of knowledge or "learn by doing" to help youth develop skills, sense of responsibility, initiative, and self-worth to prepare them for their futures.

As we welcome a new year, I challenge you to reflect on your vision for the future of your club and our statewide program and identify one or two things you can do to make your vision a reality. We would love for you to share more of your vision and welcome your suggestions and ideas! On behalf of the NM 4-H program, thank you for all you do for youth, families, your community and state!

### Keep Up With ACES! Did You Know?

The NMSU College of Agricultural, Consumer and Environmental Sciences has the following free online ACES MAGAZINE for you to read: [https://aces.nmsu.edu/about/documents/ACESMagazine\\_FA21\\_lowres\\_09.pdf](https://aces.nmsu.edu/about/documents/ACESMagazine_FA21_lowres_09.pdf)



# 2021-2022 State 4-H Leadership Team



Cassidy Jimenez

## Cassidy Jimenez

State 4-H Reporter

Hello I am Cassidy Jimenez, the 2021-2022 State 4-H Reporter, from Rio Arriba County. 4-H has been my family ever since I got my first Cloverbud rainbow ribbon. I know where ever I go, I am never alone and can achieve anything thanks to the skills gained in 4-H: public speaking, teamwork, active listening, and so much more. I have been supported my whole time in 4-H which is why I have gotten to where I am. The amazing volunteers who always made sure I was included and help encourage me on my learning journey. They taught me everything I know and



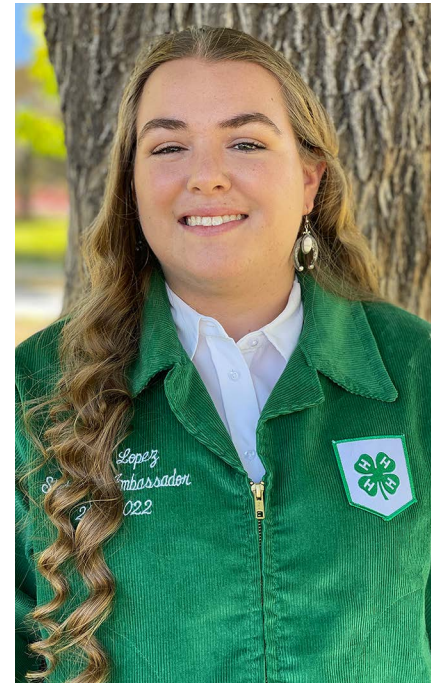
Alex Singer

## Alex Singer

State 4-H Song and Recreation Leader

created a space where I know I belong. They helped me find a family that has and will have my back forever. 4-H has brought me skills, leaders, friends, and a family.

Hi, my name is Alex Singer. I am currently your New Mexico State 4-H Song and Recreation leader. I can't even begin to explain what New Mexico 4-H has done for me. In the beginning of my 4-H career, I would show up to our club meetings only because it was required for me to show my animals, but as



Jenna Lopez

## Jenna Lopez

State 4-H Ambassador

the years progressed I started getting more and more involved with my club's activities. From livestock judging to parli pro, I started to break my mindset of just going to meetings only to be eligible. 4-H has given me many opportunities to grow. not only as a leader but as a person. I will strive to give back to the community that brought me out of my shell and into the position I am in today.

What has 4-H done for me? Hey there, my name is Jenna Lopez and I am your 2021-2022 State 4-H Leadership

---

*See Leadership Team on page 5*

# Leadership Team

(Continued from page 4)



**Addison Ullom**

Ambassador! I live in Tucumcari, New Mexico, with my family. We are definitely a 4-H family through and through. My mom was actually an ambassador as well, so I am following in her footsteps. 4-H is an amazing organization with so many opportunities. Being in 4-H has given me so many opportunities that I wouldn't otherwise have, like being a part of this leadership team, traveling, and learning new skills. With the skills and life lessons that 4-H has taught me, I know that I will go far and reach my goals. Doing projects, showing animals, learning social skills and being a leader are so

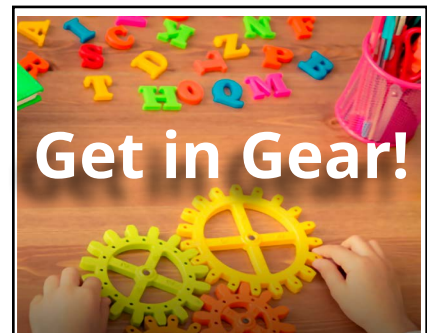
important to learn, because you will use those skills for the rest of your life. 4-H has taught me those skills while still being fun. Without New Mexico 4-H, I wouldn't be who I am today. I am excited to serve as an ambassador to help give the amazing experience I have had to others.

## Addison Ullom

### State 4-H Ambassador

My name is Addison Ullom and I am one of your 2021-2022 New Mexico State 4-H Ambassadors. My 4-H journey started in Santa Fe county as a senior member. When I joined, there were few members old enough to be leaders, which pushed me in to a position. I loved it and from that day forward planned to do as much 4-H as possible. I learned very quickly that 4-H is not just a club but a family. The way my 4-H club led meetings, organized and inclusive, encouraged me to be a better leader and be better in my community.

The 4-H has given me the tools to choose my life career with the knowledge to succeed in any field, and to be courteous and professional with everyone I meet.



## A National 4-H at Home STEM Activity

In this activity, kids will assemble and test different gear sets to see how small actions can create big movements. Along the way, they will learn how to determine the direction of gear rotations, how to build compound gear trains, and the mathematics and importance of gear ratios.

Grades: 3-8

Topic: STEM, Engineering, Crafting

Estimated Time: 40 minutes

Created by 2021 4-H Youth in Action Award Winner, Aidan Spencer.

Supplies:

These simple supplies are all you'll need for this activity:

- Set of plastic or homemade cardboard gears
- Gear axles
- Cardboard box
- Hole punch
- Pen and paper

Follow the step by step instructions at <https://4-h.org/about/4-h-at-home/get-in-gear>.

Serve with pride  
Lead with confidence  
Inspire to impact lives



# Conflict Resolution



***“The quality of our lives depends not on whether or not we have conflicts, but on how we respond to them.”***  
~Thomas Crum

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

Conflict happens even in the most supportive, positive, and open environments, and often disrupts everything in its wake. If left unchecked, conflict may lead to violence.

Here are steps to help youth better manage conflict. Just about every conflict situation will be different, therefore, how they are resolved will differ. The key is helping youth recognize the situation and use these steps to help address the conflict.

## Steps to Resolving Conflict

### 1. Cool off

Before problem-solving can begin, it is important for the parties involved to calm down.

- deep breaths
- go for a walk
- spend time in another room

### 2. Listen, share, reflect

Each party having the opportunity to listen and share their issues lets them feel heard. When sharing, it is important to use respectful

but assertive “I statements,” for example:

- “I feel sad when you...”
- “I feel hurt when...”
- “I feel angry when...”

Practicing reflective listening and paraphrasing helps determine level of understanding and if more explanation is necessary. For example, starting sentences with:

- “I think I heard you say you feel ...”
- “So, you want me to try to ...”
- “I think you’re saying...”
- “It sounds like you’re saying ...”

### 3. Be accountable

Once everyone has shared and better understands, they must take responsibility and be accountable for their actions. Open-ended questions such as, “What could you have done differently to change the outcome?” is a great start.

### 4. Explore solutions

Work together to explore solutions agreeable to both parties. This is a good time to learn and practice compromise. Suggestions can help start the discussion, but it’s best the ideas come

from those involved. There are many solutions to a single problem. The key is a willingness to compromise.

- Ask the parties to suggest possible solutions.
- Treat the disputing parties’ ideas with respect.
- Discourage evaluation until all possible options have been proposed.
- Separate inventing from deciding.

### 5. Agree on possible solutions

Review list of possible solutions and eliminate those that do not address the current and future problems.

- Options considered “impossible” by either party should be removed
- Group related options
- Rank possible options.
- Be willing to consider new options, make sure needs of all involved are addressed.

### 6. Decide on an acceptable solution

- Do not manipulate decisions or solutions.
- As they close in on a final decision, summarizing

---

*(See **Conflict** on page 7)*

# Congratulations to Our 2021-2022 Home Economics Lettermen

The following people are 2021-2022 Lettermen Awardees:

**Bronze Letter:**

Derek Rodriguez, Los Alamos County  
Aaron Barela, Valencia County

**Gold Letter:**

Alexis Barela, Valencia County

**Platinum Letter:**

Alexis Barela, Valencia County

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 anytime, even if they did not begin as a novice, but they will receive the pin for the appropriate age level. Specific requirements and application forms are available on the State 4-H Website at [nm4h.nmsu.edu](http://nm4h.nmsu.edu).

## Conflict

*(Continued from page 6)*

where they are helps keep their focus, reducing the chance of venturing into new considerations.

### 7. Affirm, forgive, or thank

Close the session by having each party acknowledge what happened and forgive the other party (if an apology or forgiveness is warranted).

It is important each party recognize the effort they contributed to reaching a solution together. Thanking each other for their work is a genuine way to communicate appreciation.

Visit our Website:  
[nm4h.nmsu.edu](http://nm4h.nmsu.edu)

## The 4-H Youth Development Program

The 4-H youth development program is a dynamic non-formal education program.

4-H provides youth with opportunities to learn skills, gain knowledge, have fun, and make contributions in such areas as environmental education, community service, and current youth issues.



Photo by Cottonbro from Pexels

To find out more about 4-H opportunities in your area, contact your local [County Extension Office](#) or the State 4-H Office at (575) 646-3026.



**4-H**  
Your first class  
at New Mexico  
State University



## Archery, Shotgun, and Rifle New Mexico 4-H Shooting Sports Leader Certification

Dates for our spring Shooting Sports Leader Certification in Tucumcari is set for February 19-20, 2022, for **Archery, Shotgun, and Rifle only** to try to catch everyone up and to allow for two certifications in a year. We will continue to use the online modules that participants will need to complete prior to attending. Leaders can go to: [www.4-hshootingsportscollege.com](http://www.4-hshootingsportscollege.com) to complete this portion. **If they have already completed the online module this year, they are good to go.** The online portion will cover items over history, introduction to 4-H shooting sports, creating high quality programs, and risk management is now available online through Zing-books at a cost of \$20.00 to access that portion of the training.

The training will begin Saturday at 8:00 am, February 19th, and conclude at noon on February 20th. (We will not have a Friday evening session.) Cost for the hands-on portion will be \$60.00 and for any questions and information about registration, contact your County Extension Agent.

## Mark Your Calendar for Two Upcoming Events!

**What:** 2022 State 4-H  
Shooting Sports  
Leadership  
Summit

**When:** March 18-20, 2022

**Where:** Whittington Center,  
Raton, NM

**What:** 2022 State 4-H  
Shooting Sports  
Championships

**When:** May 5-8, 2022

**Where:** Whittington Center,  
Raton, NM

The Shooting Sports State Championships is for senior age members. The current rules can be found on the State 4-H website under the Shooting Sports tab.

## STEM, Agriculture, Healthy Living and Civic Engagement

4-H empowers youth with the skills to lead  
For a lifetime.

### 4-H Programs at a Glance

<https://4-h.org/parents/programs-at-a-glance/>



# 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 Officer, Ambassador, 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.html](https://aces.nmsu.edu/4h/scholarships.html). Community Service Scholarship application deadlines are due two (2) months before the event registration deadline.

- 2022 Home Ec School - January 14, 2022
- 2022 Youth Get-Away - February 15, 2022
- 2022 Horse School - March 15, 2022
- 2022 State 4-H Conference - April 15, 2022
- 2022-2023 New Mexico 4-H Leadership 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).



**New Mexico 4-H**  
**Home Economics Schools**

**Leadership, Citizenship and Life Skills**

**Save the Date:**  
**14th Annual NM 4-H**  
**Home Economics School**  
Dates and Location TBA, 2022  
Tracts to be announced

## YGA

Youth Get-Away is planned for April 22-24 at Glorieta. Registration information will be posted at the beginning of February.

## NM State 4-H Portfolios

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 in January at Senior Leadership Retreat (SLR) – Friday, January 21, 2022. 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.

COLLEGE OF AGRICULTURAL, CONSUMER AND ENVIRONMENTAL SCIENCES  
COOPERATIVE EXTENSION SERVICE  
U.S. Department of Agriculture

**Leaderline** January February March 2022  
A Quarterly Newsletter to Volunteer Leaders Providing 4-H News in New Mexico



To look at current and past issues of Leaderline, go to <https://aces.nmsu.edu/4h/newsletters.html>.



## Theme: 4-H Saves You Senior Leadership Retreat 2022

By Amy Zemler  
State 4-H Activities Specialist

Senior Leadership Retreat (SLR) 2022 is almost upon us. We have great workshops on learning about careers and the steps to reach them, mental health, community service, and a keynote speaker scheduled for you. SLR's theme for 2022 is *4-H Saves You*.

The event will be held in Las Cruces on January 21-23. Friday fun night will be workshops and speed meeting. Saturday workshops will be two tracks of on campus workshops. (You will attend both tracks.) The tracks will rotate through multiple departments participating in experimental activities related to different career and degree paths.

This year's community service is to collect travel size toothpaste, individually packaged toothbrushes and floss for Operation Service. The county who collects the most get to "pie in the face" a State 4-H Leadership Team member.



**Floss:** Photo by AleksNina on Wikimedia.org  
CC SA 4.0  
**Toothpaste and Toothbrush:** Photo on  
pngimg.com\_Creative Commons 4.0 BY-NC

## SLR 2022 Keynote Speaker: Adam Lee Brooks

### Building Connection in a Digital World.

Communication tools  
for managers, teachers,  
and parents of the next  
generation. "Outstanding  
personal coaching experience."

"A profound speaker and  
storyteller." "Amazing keynote  
speaker!"



**Adam Lee Brooks**

Adam Brooks is a manager, educator, parent, author, consultant, keynote speaker, mentor and communications expert. His mission is to improve communication between generations, from the workplace to the home.

He has degrees in communications, leadership development and education. Adam shares insights gathered from real-world experiences mixed with the latest research, bringing clarity to those who may not have the words to say how they feel. He helps deepen connections among students, families, and businesses. For more information about Adam Brooks, check out his website at [adamlee-brooks.com](http://adamlee-brooks.com).

# EXCERPTS from the State 4-H Record Book Stories (Essay Winners)

New Mexico 4-H members write a 4-H Story for their record books every year. Essay winners have the opportunity to earn a free 4-H trip. For example: Senior members (ages 14-19) win a free registration and invite a friend to attend 4-H Senior Leadership Retreat in January 2022. Novices (ages 9-11) and Juniors (ages 12-13) win a free registration for themselves and a friend to attend 4-H Youth Get-Away in April 2022.

We had a total of 59 4-H story submissions. Each story, describing their experiences in the current 4-H year: 20 Seniors, 21 Novices and 18 Juniors submitted their stories.

Here are excerpts from the winning 4-H stories from each age category. Their full stories are posted online at <https://aces.nmsu.edu/4h/newsletters.html>.

## Kayleigh Denton

**Curry County  
Texico 4-H Club  
Novice Member**

“This year I participated in numerous projects and contests. My favorite project and the one that took me the most amount of time was my Market Swine project. This year was my third year to show pigs at our county fair. Every year I just want to grow on the last year. I want to get to a point where my Dad doesn’t have to help me at all. I was so proud of myself for being more independent and confident this year. He didn’t help me with bedding or cleaning the pens at all this year. I had to overcome my pigs getting sick and trying different methods to get them back to health. My cross got a cough and was having heart burn problems. We had to add



medicine to his feed and he finally got better. My spot got an infection in his foot. We had to visit the vet and put ointment on his foot for a few weeks to make it better. By the time county fair came around, thankfully all my pigs were healthy and I was able to show them.”

## Zoe Carr-Piccioni

**Doña Ana County  
Ridgerunners 4-H Club  
Junior Member**

“My first riding lessons at Go West Stables were on one of their horses, Sheriff. He was very gentle. Then, I started taking Bella to their Stable and practicing. The two trainers helped me to gain confidence. They also spent some time training Bella, so she was more relaxed and responsive. *I learned to canter again!* There was only one week ‘till the home football game.

Game Day arrived. I dressed as an Native American Indian. I made a spear with feathers and rabbit skin. Then I dressed up Bella as an Indian Pony with a hand print on her left flank and feathers in her mane. It was time to perform at the half time that day, September 25, 2021. The large crowd cheered as we cantered. No problem cantering, it just happened. Mrs. Lovelace was very pleased. (In private I shared with my parents, “I am happy we cantered, but I am even happier that I did not fall off!”) Now thinking about this experience, I realize this forced me to take responsibility and learn to canter. Being afraid is not a very comfortable feeling. Now I feel confident about competing with Bella at 4-H Horse competitions in the upcoming 4-H year.”

---

See **ESSAY Winners** on page 12

# Essay Winners

(Continued from page 11)

## Aubrey Helmick

Dona Ana County  
Ft. Selden 4-H Club  
Senior Member

“This summer, I went to a jackpot show in Tor C, and during showmanship, the judge threw us for a loop when he explained that he was going to trade places with us, taking our lamb and handing the microphone over to us, so we could explain to everyone in the show barn why exhibiting livestock

is so important to us. After a few seconds of panic, I nervously took the microphone from the judge, and went on about a two-and-a-half-minute long speech about why exactly I think showing and raising livestock is such an important thing for my peers to experience. I’ll be honest, I only remember a tiny fraction of what my speech consisted of, but what I do remember was that I explained how raising livestock teaches kids, (and adults too), so many important life skills, patience, empathy, and how to get back up even after you feel have been thrown on the ground by an animal sometimes twice your size.”

## Learn by Doing

Learning by doing is fundamental to any sound educational program and is characteristic of the 4-H youth development program. Informal education provided by the 4-H program enhances the basic values provided by the home, school, community, and other youth-friendly environments.

These fundamental values in 4-H address the personal qualities young people need to become productive citizens in the world today and tomorrow:

- Acquire knowledge, skills, and attitudes for a satisfying life. The objective is to teach 4-H members how to think, not what to think.
- Enjoy a useful work experience, together with the responsibility and satisfaction of personal accomplishment. Sound work habits carry over into worthwhile personal achievement.
- Develop leadership talents and abilities to participate effectively as members of a group. 4-H recognizes the role of citizens who actively join and participate in community groups with the guidance of friendly adults.
- Develop personal standards and philosophy of life based on lasting values. This includes making the world a better place for others, stressing honesty, integrity, and high standards for the individual and the group.
- Develop an appreciation for the importance of science, agriculture, and the home, and their relationship to the total economy. Education is the foundation of 4-H programming through its direct tie to state land-grant universities.



# National 4-H Congress 2021 Attendees



**National 4-H Congress 2021 Attendees in Atlanta, Georgia. Top row from left to right: Cheryl Butterfield, State 4-H Agent; Kenzie Bequette, De Baca County; Austin Rhames, San Juan County; Courtney Mitchell, Harding County Chaperone. Bottom row from left to right: Regan Wiebe, Doña Ana County; Katelyn Peach, Bernalillo County; Jordan Wilton, De Baca County; and Cassidy Jimenez, Rio Arriba County.**

*By Cheryl Butterfield  
State 4-H Agent  
Volunteer Leadership Development*

Six New Mexico 4-H youth were selected to attend National 4-H Congress in Atlanta. This is a Flagship event for our state record book winners. The program is a mix of educational, service and recreational opportunities.

Their schedule included:

- workshops designed to develop leadership skills,
- sessions with guest speakers and entertainers,
- a service-learning experience,
- and tours.

This New Mexico delegation did a great job representing our state.

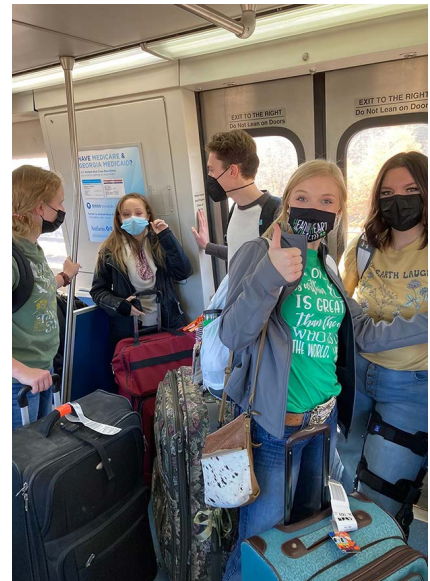
# National 4-H Congress 2021 Attendees



Left to right: Austin Rhames, Katelyn Peach, Jordan Wilton, Kenzie Bequette, Cassidy Jimenez, and Regan Wiebe



Austin Rhames



# NM State 4-H Calendar of Events 2022

Events	Dates
<b>*State 4-H Rodeo Board applications are due.</b> Contact your 4-H Agent for information.	<b>Jan. 1</b>
<b>Community Service Scholarship Applications for Home Economics School are due to the State 4-H Office.</b> Amy Zemler, (575) 646-646-5204	<b>Jan. 14</b>
<b>Volunteer Leaders' Association Executive Board Applications</b> are due to the State 4-H Office - Cheryl Butterfield, (575) 646-1156	<b>Jan. 15</b>
<b>*Senior Leadership Retreat (SLR) 2022</b> (Las Cruces, NM) – Amy Zemler, 575-646-5204	<b>Jan. 21-23</b>
<b>State 4-H Portfolios are due at Senior Leadership Retreat (SLR) or delivered to State 4-H Office the week prior to SLR.</b> Amy Zemler, 575-646-5204	<b>Jan. 21</b>
<b>Community Service Scholarship Applications for Youth Get-Away are due to the State 4-H Office.</b> Amy Zemler, (575) 646-646-5204	<b>Feb. 15</b>
<b>4-H Shooting Sports Leader Certification Training (Archery, Shotgun, Rifle) (Tucumcari, NM).</b> Jason Lamb, (575) 461-0562	<b>Feb. 19-20</b>
<b>*14th Annual New Mexico 4-H Home Economics School (Location TBA).</b>	<b>March TBA</b>
<b>*Youth Get-Away Registration Deadline</b>	<b>March TBA</b>
<b>Community Service Scholarship Applications for Horse School</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204	<b>March 15</b>
<b>2022 State 4-H Shooting Sports Leadership Summit (NRA Whittington Center, Raton, NM).</b>	<b>Mar. 18-20</b>
<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>Youth Get-Away (Glorieta) - Amy Zemler, (575) 646-646-5204</b>	<b>Apr. 22-24</b>
<b>Community Service Scholarship Applications for Officer and Ambassador Positions</b> are due to the State 4-H Office. Amy Zemler, (575) 646-646-5204	<b>May 2</b>
<b>2022 State 4-H Shooting Sports Championships (NRA Whittington Center, Raton, NM).</b>	<b>May 5-8</b>
<b>*Contact your County Extension Office for application and registration deadline.</b>	<b>-----</b>

## 4-H Offers Youth:

- Membership in positive peer groups
- Year-round community clubs
- Special-interest and short-term groups
- School enrichment programs
- Leadership experiences
- Events, camps, and activities
- Project schools (horse, lamb, goat, pig, and steer schools)

Student scholarships are available.



# Have You Seen the Healthy Habits Website?

<https://aces.nmsu.edu/4h/healthyhabits/>

## New Mexico 4-H Healthy Habits Program

Childhood obesity has been identified as a high priority  
– New Mexico Department of Health



Photo by RODNAE Productions from Pexels

The New Mexico Department of Health research shows that 36 people a day are diagnosed with diabetes in the state.

- One in 7 residents or 14% (241,000) have diagnosed or undiagnosed Type 2 Diabetes.
- New Mexico has a higher incidence of diabetes per capita than the United States average.
- New Mexican youth are at risk of developing diabetes and other chronic diseases without the proper education of a healthy lifestyle.
- Additionally, heart disease is the leading cause of death of for New Mexicans.

New Mexico 4-H is actively working to help prevent health issues from developing or progressing in youth and their families by encouraging healthy habits.

**A special thank you to the Walmart Foundation for their support of this program.**

Return Service Requested

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

