

»»» SANTA FE COUNTY 4-H «««

CLOVER CORNER



TOP NEWS OF THE MONTH

**CONGRATS
TO OUR
AWARDEES!**

»»» **2023 AWARDS CEREMONY**

»»» **DECEMBER NEWSFLASH**
»»» **CREATING HEALTHY
HABITS FOR THE
NEW YEAR**



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DECEMBER NEWSFLASH

2023 AWARDS CEREMONY

Thank you to everyone who participated in the annual county 4-H awards ceremony. What a great way to recognize all our members' and volunteers' hard work throughout the year. Here's a few highlights:

2023 Overall Outstanding

Novice: Angelo Apodaca
Junior: James Tucker
Senior: Lauren Turner



Outstanding Special Awards: Novice

Leadership: Rylan Newsted
Service: Logan Buchsbom



Outstanding Special Awards: Junior

Leadership: Levi Lossing



Outstanding Special Awards: Senior

Leadership: Kate Dion-LaMont
Service: Robin Hickerson



Overall Marksmanship

Novice: Mackenzie Robertson
Junior: Malcolm Jones
Senior: Aiden Newsted



Outstanding Special Awards; Project Areas:

- Animal Science: Rylan Newsted
- Natural Sciences: Aiden Newsted
- Creative Arts: Logan Buschbom
- Home Economics: Kate Dion-LaMont
- Personal Growth and Development: Robin Hickerson
- STEM: Angelo Apodaca



DECEMBER NEWSFLASH

BEARING OF THE WREATHS: SANTA FE NATIONAL CEMETERY

We laid wreaths on the graves of our country's fallen heroes in remembrance of their sacrifices. Thank you to all of our nation's service men and women and their families!



**SANTA FE COUNTY
4-H ALUMNA
CROWNED NATIONAL
RODEO QUEEN**

Congrats to Emma
Cameron on her title!

CHRISTMAS COOKIE BAKE

We made three different types of treats during our Christmas Cookie Bake!



EDGEWOOD CHAPARRALS CHRISTMAS SERVICE PROJECT

Wonderful collection of toys donated to the Moriarty Lions Club

COMIN' ON THE CALENDAR

- >>> SENIOR LEADERSHIP RETREAT: JAN 19-21
- >>> MANDATORY SHOOTING SPORTS MEETING: JAN 17TH AT 6:30PM
- >>> HORSE SAFETY MEETING: JAN 23RD AT 6:00PM
- >>> REASONS CLINIC: JAN 25TH AT 6:00PM
- >>> **BE ON THE LOOKOUT FOR JUDGING PRACTICES!**
- >>> LEADER TRAINING: FEB (TBA)
- >>> 4-H FCS SCHOOL: MARCH 9-10, ALB.

IMPORTANT 4-H ENROLLMENT DATES AND INFO

Deadline to sign up for 4-H is March 1

Please make sure all forms and waivers are uploaded to ZSuite. The extension office cannot approve enrollment without these. If you are a volunteer, working with minors training is required annually.

October 1: First Day of 4-H Year

September 30: Last Day of 4-H Year

August: County Fair

DETERMINING 4-H AGE

CLOVERBUDS: K-2ND

5-7 YEARS OLD AND
8 YEARS OLD IN THE 2ND GRADE

NOVICE 3RD-5TH

8 YEARS OLD IN THE 3RD GRADE
9 AND 10 YEARS OLD
11 YEARS OLD IN THE 5TH GRADE

JUNIOR 6TH-7TH

11 YEARS OLD IN THE 6TH GRADE
12 YEARS OLD
13 YEARS OLD IN THE 7TH GRADE

SENIOR 8TH AND UP

13 YEARS OLD IN THE 8TH GRADE
14-18 YEARS OLD



VOLUNTEER HIGHLIGHTS

2023 Outstanding Leader: Jennifer Newsted

THANK YOU Jennifer for your dedicated, ongoing service to Santa Fe County 4-H!

A special thank you to all of our leaders and volunteers that work so hard to make our 4-H program great. We could not do it without you!!

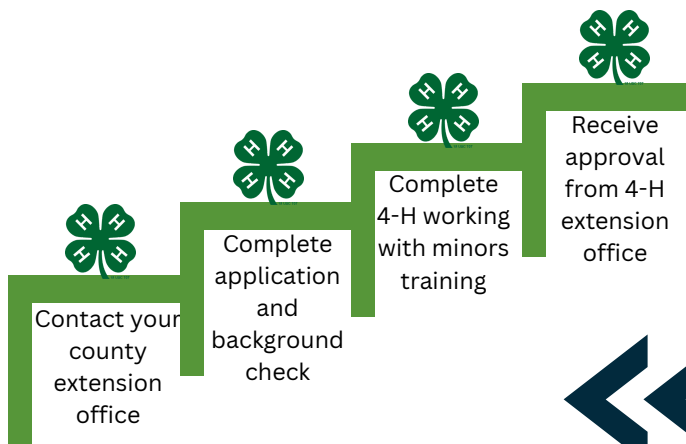


Shout-out to our very own Monica Lury!

Monica has been named the 2022 Stephen W. and Robert E. Roberts Memorial Staff Award recipient of New Mexico State University; a professional recognition that partially stems from her devoted time and service to our 4-H program.

Do you want to be a part of the largest youth development organization and leave a positive impact on our county's leaders of tomorrow? Come volunteer with Santa Fe County 4-H! Must be 19 or older and able to pass a background check. Contact Paige or Kylie at the extension office. Call 505-471-4711 or email paigemar@nmsu.edu / kylie07@nmsu.edu

Steps to Becoming a 4-H Leader





NEW YEAR, NEW GOALS, HAPPY HEARTS

A new year can often foster the desire to make new goals. Here's a few simple ideas that can help make 2024 one of your healthiest.

PRACTICE GRATITUDE

Did you know expressing gratitude can help you live a longer, happier, and fuller life? Studies show that a grateful heart actually leads to health benefits like increased life span and lowered levels of depression. Try starting a daily gratitude journal and write down five things you're grateful for. These can be as simple as a healthy body, clothes to wear, or sunshine.

HYDRATE, HYDRATE, HYDRATE!

It's no doubt that most of us aren't drinking enough water! H₂O is so important! It helps with certain body functions like digestion, chemical/hormone balances, brain function and weight control. Most of us need an average of 8-8oz glasses of water every day (and some of us need more). You can add things to your water to make it more flavorful, like fruit!

MOVE YOUR BODY

Daily movement is a key to a healthy heart, improved mood, and overall weight control. We all need about 30 minutes of moderate exercise daily. Busy schedules can make that seem challenging, but even just a brisk walk with your family or dog counts!

GET ENOUGH SLEEP

Lack of sleep can have so many negative effects on your health. From brain fog and irritability to increased risk of obesity and certain diseases like diabetes, high blood pressure, and heart disease. WE ALL need to make sure we're getting enough sleep. Within a 24-hour period kids ages 6-12 need 9-12 hours of sleep, ages 13-18 need 8-10 hours, and adults need 7 or more hours/night.

WORK YOUR BRAIN

As we get older, our brains become more and more susceptible to "forgetfulness" and specific diseases that trigger it, such as dementia and Alzheimer's disease. It's important that we do daily things to help keep our minds healthy and working their best. Puzzles, board games, and learning new languages and instruments are all excellent examples of brain benders that help challenge the mind.