

»»» SANTA FE COUNTY 4-H «««

CLOVER CORNER



April

TOP NEWS OF THE MONTH



SEE WHAT'S COMIN' UP «««

County Shoot
YGA

MARCH NEWSFLASH «««

FCS School

VOLUNTEER SPOTLIGHT: «««

JANET REESE

NATIONAL STRESS AWARENESS MONTH «««



18 USC 707

MARCH NEWSFLASH

FCS School is a great chance for 4-H members to learn some valuable life skills! There were 8 different tracks for novice-junior members to choose from, including babysitting, outdoor cooking, quilting, STEAM, photography, quilting/ceramics/painting, baking, and jewelry making/scrapbooking/NM Round Up



Morgan Waugh,
Johni Gallegos,
Logan Buschbom,
and Bonnie Gallegos



A few of the horse crew!



MARCH NEWSFLASH

Club happenings



Getting prepped for county shooting sports contests



5-Star leatherwork workshop



4-Seasons cheesin!



Sydney Vogt giving a dog demonstration at the Stanley Spurs club meeting



MARCH NEWSFLASH

Club happenings



Edgewood Chaparrals club meeting- tic tac toe races and favorite foods demonstrations



We've been learning a lot during our baking series. The cookies turned out beautiful and delicious!



Leather workshop with Anne Martinez. She taught 4-Hers some awesome fundamentals, including basics of stitching. They made knife sheaths and card holders.



COMIN' ON THE CALENDAR

- >>>> **Youth Get-Away** (Novice-Juniors) April 19-21: **Mandatory Parent/Chaperone zoom TBA!**
- >>>> **County Shooting Sports Contest** April 5-7
- >>>> **Horse Practice:** April 21st from 12:00pm-2:00pm at the Stanley Cyclone Center (RSVP to Mari at 505-259-0706 by the Friday before)
- >>>> **Rodeo practice** April 14th from 12:00pm-2:00pm at the Stanley Cyclone Center (Please RSVP to Kylie at kylie07@nmsu.edu)
- >>>> **Horse Judging Practice** Please RSVP to Kylie at kylie07@nmsu.edu. More practice will be posted for May and June.
 - April 2nd from 6:00pm-7:00pm at the Stanley Cyclone Center
 - April 18th from 6:00pm-7:00pm at the Santa Fe County Extension office
- >>>> **Livestock Judging Practice** Please RSVP to Kylie at kylie07@nmsu.edu. More practice will be posted for May and June.
 - April 4th from 6:00pm-7:00pm at the Santa Fe County Extension Office
 - April 16th from 6:00pm-7:00pm at the Stanley Cyclone Center
- >>>> **Baking I project series** (novice-seniors)- 5:30pm Last monday of the month, \$25/family. Contact Paige for availability
- >>>> **Sewing workshop** April 8 5:30pm at the extension office. Contact Paige
- >>>> **Wildlife Judging workshop** by Dr. Sam Smallidge (NMSU Wildlife Specialist) Wednesday May 1st at the Santa Fe County Extension Office starting at 5:00pm
- >>>> **Northern District 4-H Contests** June 25-26. Contact Paige or Kylie with interest in competing in the contests listed in the Northern New Mexico 4-H District Contest handbook (attached in the email from Paige). **Deadline to enter is JUNE 10**

NORTHERN DISTRICT 2024 4-H CONTEST

CLAYTON, NM
MORE INFO TO FOLLOW

SAVE!
THE DATE!



JUNE 25-26



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 State University is an equal opportunity / affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating. If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact the Northern District Office by June 11, 2024, at (505) 983-4615.



VOLUNTEER HIGHLIGHTS

"No act of kindness, no matter how small, is ever wasted."

- Aesop

APRIL SPOTLIGHT

JANET REESE

5-STAR CLUB LEADER/COUNTY PARLI-PRO COACH



Thank You

Janet, for your continued efforts in supporting our county 4-H program. We appreciate you!

ABOUT ME:

I grew up in Northern Nevada and Southern Oregon on cattle ranches. I was an active member of 4-H and FFA. I am a clinical consultant pharmacist. I enjoy time with my family and cooking for my boys. My hobbies are cooking, my questionable gardening skills, and riding my bike.

INVOLVEMENT WITH SANTA FE COUNTY 4-H:

I have been with Santa Fe County 4-H for 8 years, both as a parent and Club Leader for the Five Star Club. I also have helped with the foods contest at the fair and 4-H Parliamentary Procedure competition.

WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH 4-H YOUTH?:

To see the youth grow and develop skills that take them past 4-H and beyond.

WHAT ARE YOUR HOPES FOR THE FUTURE OF SANTA FE COUNTY 4-H?:

That the program will continue to grow and support youth with all different interests.

2024 EXTENSION HOMEMAKERS SCHOLARSHIP OPEN TO ALL SFC HIGH SCHOOL SENIORS



SANTA FE COUNTY EXTENSION HOMEMAKERS

The Santa Fe County Extension Homemakers have \$1,000.00 available to:

- Students who are residents of Santa Fe County.
- Santa Fe County High School seniors.
- Students who are currently enrolled as an undergraduate in a New Mexico college or university.

The Scholarship Committee will determine the amount to be awarded to qualified recipients.

Applicants must:

- Have a 3.0 GPA.
- **Submit an OFFICIAL transcript, signed by SCHOOL OFFICIAL and stamped with school seal.**
- E-mail to: Patricia Sanchez, Co-Chair at psanchez2@msn.com or mail to the address at the bottom of this page.
- Enroll in a New Mexico college/university and may reapply every year.
- Submit three letters of recommendation (excluding relatives) must be submitted.
- **Failure to submit any of these required documents will result in disqualification.**

Applicants must major in agriculture, consumer, or environmental science programs, such as:

- Family and Consumer Sciences
 - * Clothing, Textiles, and Fashion Merchandising
 - * Family and Child Science
 - * Family and Consumer Sciences Education
 - * Human Nutrition and Food Services
- Animal and Range Sciences
 - * Animal production, marketing, and range management
- Hotel, Restaurant, and Tourism Management, including Culinary Arts
- Agricultural and Environmental Sciences
 - * Entomology
 - * Plant Pathology
 - * Farm/Ranch Business Management
 - * Horticulture
 - * Extension Education Service
 - * Veterinary Medicine
 - * Environmental Sciences

Scholarship recipient(s) checks will be made payable to the college/university.

DEADLINE TO SUBMIT is May 1, 2024.

Mail to and mark **CONFIDENTIAL**:

Ms. Carolina Peralta, Co-Chair or Ms. Patricia Sanchez, Co-Chair
Scholarship Committee – SFC Extension Homemakers
3229 Rodeo Road
Santa Fe, NM 87507

Or e-mail to: Patricia Sanchez, Co-Chair at psanchez2@msn.com

If you have any questions, call Carolina Peralta, Scholarship Committee Co-Chairperson, at (505) 670-8329.

National Stress Awareness Month: Effects of too much stress and how to cope

Busy schedules can make us feel like we're stretched very thin all too often. Family life, school/work demands, extracurricular activities, community volunteer obligations etc. may all have stressful impacts on our day-to-day lives. Obviously, feeling stressed isn't uncommon and can actually be helpful, like in moments of danger, stress can help us act quickly and initiate the "fight-or-flight" response. However, prolonged levels of stress can have a very negative impact on our physical health. Too much stress can lead to things like high blood pressure, sleep deprivation, weight gain, irritability and brain fog. Long-term effects of stress include things like heart disease, stroke, and higher susceptibility to cancer.

Stress Check!

it's so important that we check-in with our stress levels to get a handle on those negative health effects. Visit www.bemindfulonline.com/test-your-stress to take a basic stress test. If your stress considered moderate to high, here's a few things you can do to reduce it:



No question here. Exercise releases certain feel-good hormones and reduces blood pressure, leading to stress relief.



Deep, calming breaths help increase oxygen flow throughout the body and reduces heart rate. You can use what's known as Box Breathing to help reduce stress and bring the body to "center." Let's try it! Breathe in for 4 seconds, hold your breath, and breathe out for 4 seconds. Do this as many times as you need to feel calm.



* keep in mind, there are certain health factors that can make this option a harmful one for some. Make sure you're always aware what's best for your body by talking to your doctor and/or parents.



Its can be easy to look at all the things we have to get done and get overwhelmed. Make sure you're taking everything in stride, one day (or even hour) at a time. Make a list and checkoff as you go.

Acts of service have positive physical and emotional effects on the body that can help with stress levels. Do something nice for someone today- and it doesn't have to be complicated! A simple note/ phone call/text to let someone know you're thinking about them can make all the difference.



Did you know, what goes in your stomach can have a big effect on your brain?? Eating healthy actually has stress-reducing effects, so make sure you're filling your plate with lots of good things like protein, whole grains, fiber, and vitamins/minerals (like those found in fruits and veggies). Limit things like sugar, salt and caffeine too!



We want to hear all about your acts of service and how they made you feel. Send us an email describing (in about 250 words) what service you performed and a picture or two. You'll be entered in to win a prize. reach out to Paige at paigemar@nmsu.edu. You may even see your entry in the next newsletter!