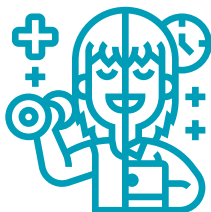


>>> SANTA FE COUNTY 4-H <<<

# CLOVER CORNER

# March

TOP NEWS OF THE MONTH



## Living Well Month

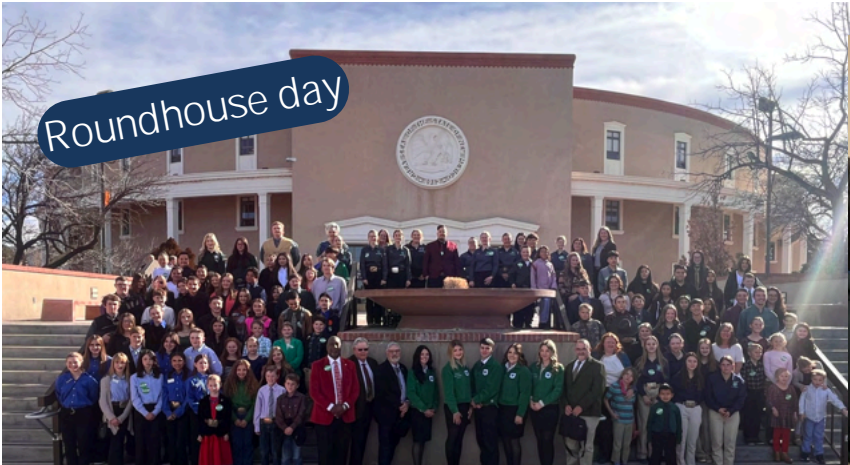


- February Newsflash <<<
- Upcoming Events <<<
- Living Well Challenge <<<





# FEBRUARY NEWSFLASH



Roundhouse day



Chatting with Rep. Christine Chandler District 43 about 4-H



Horse practice!



FCS County Contest Learn-a-Palooza





# County Council Elections



Thursday Feb 6, Santa Fe County 4-Hers from multiple clubs gathered to run for county council officer positions. This leadership role will provide students with an additional, county-wide leadership opportunity to assist in making decisions for the county 4-H program. It has been many years since a council in Santa Fe county has been established, so we are excited about this development. Congratulations to President Johni Gallegos, Vice President Rylan Newsted, Secretary Bonnie Gallegos, Treasurer Liam Newsted, Reporter Jaedyn Barella, and Song and Rec Leader Angelo Apodaca



Stanley Spurs Favorite Foods club contest





# COMIN' ON THE CALENDAR

➤➤➤ **4-H Project Enrollment deadline: April 1. Please keep projects to 7 minimum**

➤➤➤ **4-H Friday:** Friday Mar. 21 RSVP required. Contact Charlene to sign up [chargal@nmsu.edu](mailto:chargal@nmsu.edu)

➤➤➤ **Shooting Sports Project is Closed for 2025 year!**

- All Kids enrolled in project must complete the Safety Test by February 15th!!
- The 2025 NM 4-H Shooting Sports Leadership Summit will be held March 21-23 at the Whittington Center in Raton, NM. Application information is NOW posted to the state 4-H website <https://nm4h.nmsu.edu/events/shooting.html> Please see the attached Summit information letter and application.



➤➤➤ **County Council Meeting**, Thurs Feb 6, 6:00pm. Extension Office

➤➤➤ **Take 10 with 4-H:** join statewide agents on zoom for a quick info session on all things 4-H. Email Paige or Sunny for the link

➤➤➤ **Club leader/volunteer training**, Monday, Mar 24, 6:00pm. Extension Office

➤➤➤ **Braiding project club:**, now closed. If you signed up, you will be contacted about meeting locations and times

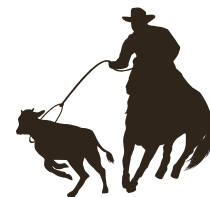
➤➤➤ **Meat Judging Practice: Santa Fe Extension Office 5:30-7:00pm**

- March 17th
- April 7th and 21st
- May 5th and 19th
- June 2nd and 16th

**YGA:** April 11-14. Registration due to extension office no later than March 14- refer to email from Charlene

➤➤➤ **4-H Horse Project: Horse Certificate Due May 1**

- 4-H Horse Certificate due to county agent office May 1
- [https://nm4h.nmsu.edu/documents/4-h-horse-certificate\\_form-100I-2\\_r-2021\\_accessible.pdf](https://nm4h.nmsu.edu/documents/4-h-horse-certificate_form-100I-2_r-2021_accessible.pdf)



➤➤➤ **Volunteers/parents:** know someone who exemplifies outstanding leadership within Santa Fe County 4-H? Tell us about them! Go to the below link to nominate a Santa Fe County 4-H volunteer for our monthly spotlight

[https://docs.google.com/forms/d/e/1FAIpQLSedMvPfnAfEfHMm\\_FsL\\_T50qyVZzFdAx6dj4vZUvjHDmKDF9-w/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSedMvPfnAfEfHMm_FsL_T50qyVZzFdAx6dj4vZUvjHDmKDF9-w/viewform?usp=header)



# WE NEED YOUR HELP!

**Attention 4-H Families! Volunteers Needed for Rodeo Play Day!**

**Join us on March 29, 2025, for a fun-filled Rodeo Play Day, and we need your support to make it happen! We're looking for enthusiastic volunteers to help organize and run the event. Whether you have a knack for coordination or simply want to lend a hand on the day, we need you!**

**How You Can Help:**

- **Sign up to volunteer by March 5, 2025.**
- **Let us know which events you're interested in helping with.**
- **We also need goats! If you can provide them, please let us know.**

**Volunteer with Us: To sign up or for more information, please contact Sunny at [sunnyf@nmsu.edu](mailto:sunnyf@nmsu.edu). Your participation is crucial to our success, and we can't wait to have you on board!**



# RODDEO

## PLAY DAY

★ 29 MARCH, 2025 ★

### CYCLONE CENTER STANLEY NM



#### Events

- Barrels
- Flags
- Poles
- Western Pleasure
- Leading Class
- Goat Tying
- Ribbon Pull
- Dummy Roping

**\$25 PER KID INCLUDES ALL EVENTS**

**BOOKS OPEN 8:00AM**

**START TIME 9:30AM**

**PRE-ENTRY ENCOURAGED**

#### Age Groups

- 9-12
- 13-15
- 16-19

**STARTS AT 9:30 AM GOES UNTIL THE DUST SETTLES  
CONTACT [SUNNYF@NMSU.EDU](mailto:sunnyf@nmsu.edu) FOR QUESTIONS AND  
REGISTRATION OPEN TO ALL**



# THRIVE IN MARCH

with Living Well Month

Presented by the National Extension Association of  
Family and Consumer Science

**LIVING WELL** calendar **31 Ways to Live Well during Living Well Month** **NEAFCS** **MARCH 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)	<b>2</b> Practice being still for 5 minutes today (Try out some breathing exercises)
<b>3</b> Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	<b>4</b> Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)	<b>5</b> Try a new vegetable today or try a familiar vegetable in a new way	<b>6</b> Take 5 minutes to do some flexibility exercises	<b>7</b> Swap one sugar sweetened drink for water	<b>8</b> Give 3 compliments today	<b>9</b> Write down 5 blessings or things you are grateful for
<b>10</b> Do 10 body-weight squats and 10 jumping jacks	<b>11</b> Do some research to learn about a culture that is different than yours	<b>12</b> Be aware of your feelings. Express them to people you trust	<b>13</b> Reach out to someone you care about. Make a date to get together	<b>14</b> Be well at work - Set goals for your career and start taking steps to achieve them	<b>15</b> Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	<b>16</b> Explore public events in your community and discover was to get involved
<b>17</b> Find a book to read and read 1 chapter today	<b>18</b> Forgive someone who has wronged you	<b>19</b> Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)	<b>20</b> Declutter, donate, and recycle things you don't need or use anymore	<b>21</b> Find an opportunity to appreciate nature today	<b>22</b> Nurture your spiritual wellness. Ask yourself what values are most important to you	<b>23</b> Do 10 pushups (or modified pushups) and 10 sit-ups today
<b>24</b> Take a mental health break at work and go for a walk outside or in the hallways	<b>25</b> Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk	<b>26</b> Get outside and soak up some vitamin D. Find a park or trail and take a walk	<b>27</b> Make a budget for April. If needed, talk to a financial advisor to get started	<b>28</b> Have a plant-based meal today	<b>29</b> Schedule any doctors visits, exams, or check ups that you have been putting off	<b>30</b> Bring a homemade lunch to work today rather than buying fast food
<b>31</b> Have dinner with your family, friend, or neighbor with no smart devices						



Keep a journal on what you did for Living Well Month. Take pictures and share your experience with your 4-H agents. We want to give our kudos on social media and/or upcoming communications!



## *Project Registration Deadline*

# April 1

We advise to keep projects to 7 minimum

## **Attention Volunteers**

If you work with 4-H youth in any capacity, you must register as a volunteer ANNUALLY:

- Register/re-enroll and fill out all appropriate paperwork on [4h.zsuite.org](http://4h.zsuite.org)
- Pass a background check (initiated once online registration is complete and paperwork is submitted)- valid for 5 years
- Complete online trainings- Only Working with Minors training must be completed annually. The system does not auto-update this so it will say that it has been completed, even if you have not for the year. Please ensure you have a current certificate.

**Register/re-enroll at [4h.zsuite.org](http://4h.zsuite.org). New medical forms and liability waivers must be uploaded annually**

### **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