

»»» SANTA FE COUNTY 4-H «««

CLOVER CORNER



March



TOP NEWS OF THE MONTH



NATIONAL NUTRITION MONTH

»»» HEALTHY SNACK ACTIVITY



SEE WHAT'S COMIN' UP «««

- Tagging Dates
- YGA Registration
- Judging practices

FEBRUARY NEWSFLASH «««

VOLUNTEER SPOTLIGHT: «««
TIM NEWSTED



18 USC 707



Edgewood Chaparrals delivered cookies and cards to beehive homes senior center



A lot of learning at horse and rodeo practice last month



Stanley Spurs Emily Dennisson giving a rabbit demonstration at the February club meeting



Beautiful cakes by Stanley Spurs club members ready to be judged

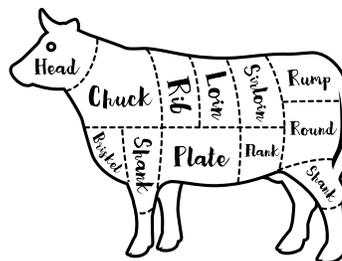




Wide Horizons Valentines service project and fun with healthy living and the blender bike!



After school enrichment teaching Turquoise Trail Elementary students about food and fibers.



COMIN' ON THE CALENDAR

4

- Youth Get-Away (Novice-Juniors) April 19-21- **Registration due March 21**

4-H members interested in applying to be a YGA Counselor (seniors and 15 years old) or Counselor in Training (13 AND in the 8th grade or 14 years old)- applications are due to the extension office **by March 12**. Contact Paige at paigemar@nmsu.edu

- County Shooting sports contests: April 6-7
- Horse Practice (RSVP to Mari at 505-259-0706 by the Friday before)
 - March 3rd at the Stanely Cyclone Center from 12:00pm-2:00pm
 - March 24th at Rodeo De Santa Fe from 2:00pm-4:00pmContact Kylie about Rodeo practice
- Horse Judging Practice: If you are planning on competing in horse judging at district or state contest you will need to attend at least two practices. Please RSVP using the links attached to each date. More practice will be posted for April, May and June.
 - March 7th from 6:00pm-7:00pm at the Santa Fe County Extension office
 - March 21st from 6:00pm-7:00pm at the Santa Fe County Extension office
- If you are interested in meats judging, contact Renell and Wayne at gwroyball@gmail.com. You must attend at least two practices to qualify to compete at district or state contests.
- Baking I project series (novice-seniors)- 5:30pm Last monday of the month, \$25/family. Contact Paige for availability
- Leather workshop with experienced leader- March 23 at 9:30am, extension office conference room; contact Paige to sign up
- Leader training- Monday March 18, 6:00pm Santa Fe County Office. For All club leaders. Please make arrangements with agents if you cannot attend.

COMIN' ON THE CALENDAR

TAGGING

Cattle tagging will be March 23rd at the Santa Fe County Extension office from 9:00am-12:00pm. Please RSVP to Kylie at kylie07@nmsu.edu by the Friday before.

Sheep, goats and swine tagging will be towards the end of May. Be on the lookout for those dates to be announced.



VIRTUAL CAREER NIGHT

Featured speakers (Peterson Farm Brothers) will talk to youth about following their dreams and building a career. There will also be a featured speaker that will talk about where and how to find scholarships as youth prepare to find a career. There will be time allotted to visit with professionals in a variety of careers.

March 19-6:00pm via zoom. This is a free event and open to 4-Hers nationwide. Contact Paige at paigemar@nmsu.edu for registration details

2024 COUNTY FAIR CALENDARS

We have 2024 calendars for sale at the extension office for \$5 a piece.





VOLUNTEER HIGHLIGHTS

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” – Dr. Seus

MARCH SPOTLIGHT



TIM NEWSTED

SHOOTING SPORTS COACH AND FAIR BOARD CHAIR



Thank You

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

ABOUT ME:

I grew up in the mountains east of Albuquerque and attended Menaul School for high school and Graduated from Anderson School of Business at UNM. I have worked as a field Auto Damage Supervisor for GEICO for over 10 years now. My team covers all of northern New Mexico and Southwest Colorado. I have been happily married to my wife Jennifer for almost 20 years now and our four kids are the most important thing to us. I enjoy camping with the family, fly fishing, hunting and working on cars with my Dad.

INVOLVEMENT WITH SANTA FE COUNTY 4-H:

Thinking back I am been coming to the Santa Fe county fair since probably 1998 or so. I have been an archery coach since 2019 and now I also coach muzzleloader. This is also my third year on the Santa Fe County Fair board of which I am currently the Chair.

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

I love to see kids having fun with an outdoor activity such as archery or animal sciences and not in front of a screen. My favorite part is seeing a young shooter get their first bullseye or 10x and watching them smile with pride.

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

My goal is to help Santa Fe County grow in competitiveness in shooting sports at the State/District level by expanding the number of participates in the county. I also want to see Santa Fe County Fair grow into a much larger event to better showcase what 4H can do to make championship kids who give back to their community and become respectful and contributing citizens.

HAPPY NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



Let's talk about healthy snacks

The best snacks incorporate nutrient-dense, satiating (or satisfying) choices that give your body long-lasting energy to make it through the day. What are nutrient-dense foods? Well, just what they sound like! Foods high in nutrients! These types of foods tend to be lower in calories and high in things that are really good for your body like complex carbohydrates, lean protein, fiber, vitamins, and minerals. Some really great nutrient-dense snack options are:

- Peanut butter
- Yogurt (make sure to check the nutrition label. Certain types of yogurt can be very high in sugar)
- Whole grain bread
- Vegetables and Fruits
- Hard boiled eggs
- Nuts and seeds
- Cottage cheese

Did you know there's a 4-H project dedicated to learning all about nutrition and healthy snacks?

Check out project 7257: Super Snacking under the "Home Economics" section in your project jump drive.



Make any of the snacks in the Super Snacking project book, snap a picture and send it to Paige at paigemar@nmsu.edu by March 31 for a chance to win a prize!