

# SAN JUAN COUNTY

# WELCOME TO 4-H PACKET



**BE BOLD.** Shape the Future.

**College of Agricultural, Consumer  
and Environmental Sciences**

Cooperative Extension Service  
Extension 4-H Youth Development



New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the US Department of Agriculture cooperating.  
If you are a member or volunteer that requires auxiliary assistance, please contact your county agent prior to an Extension program for assistance.

# NOTES



# PACKET GUIDE

## GETTING STARTED IN 4-H

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\*\*Ask our office for this month's 4-H newsletter for more current events and exciting announcements!

\*\*\* If you are interested in serving as a volunteer or leader, please request the information from the Extension staff



# INTRODUCTUCTION TO 4-H

The 4-H youth development program is a dynamic non-formal education program. 4-H provides opportunities to learn life skills, gain knowledge while having fun, and make contributions in such areas as environmental education, community service, and current youth issues. The 4-H program is dedicated to providing opportunities for young people to develop leadership and management skills, positive self-esteem, effective communication skills, a solid sense of personal responsibility and the ability to make sound decisions. The life-skills learned in 4-H enable youth to become productive, well-informed, self-reliant responsible adults.

**Philosophy & Objectives:** To "learn 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.

4-H members participate as community members within their respective clubs: meeting monthly as a youth-led organization, engaging in service projects, and learning through the activities and projects within the 4-H program. There are over 300 4-H projects to choose from, including traditional projects such as livestock and baking—and extending to rocketry, gardening, crafts, public speaking, shooting sports and even a hamster project! There is something for everyone in our community.

These fundamental values in 4-H address the personal qualities young people need to become productive citizens in the world today and tomorrow. Our goal is to support members to 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.

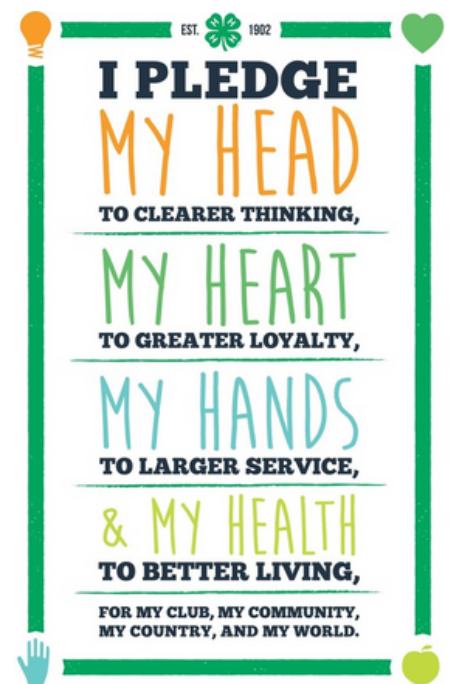
## Frequently asked questions:

### How much does it cost to be in 4-H?

There is no cost to join the 4-H program directly. There are small fees for some project materials, and some clubs may have an annual membership fee.

### How much time does it take to be in 4-H?

The great thing about the 4-H program is that you can do as much, or as little, as your family would like to do. With nearly 300 projects, members can spend time attending quilting workshops or simple follow the 4-H project guide on their own. They can chose to submit a record book about their project, or submit many projects to the San Juan County Fair.



# CONTACT INFORMATION

**Address:** 213-A South Oliver Drive, Aztec NM 87410 (SE of the SJC Sheriff's office)

**Phone:** 505-334-9496

Open 8am-5pm, closed for lunch 12-1pm daily

The office follows the Aztec School weather delay schedule

The staff at the San Juan County Extension Service (CES) are employees of New Mexico State University. The funding for Cooperative Extension is divided between Federal support through the US Farmbill, NM State Funds through NMSU, and our local county administration.

Learn more about the work we do at the San Juan County Office [sanjuanextension.nmsu.edu](http://sanjuanextension.nmsu.edu)

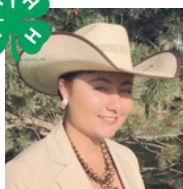
New Mexico State Cooperative Extension: [nm4h.nmsu.edu](http://nm4h.nmsu.edu)



## Staff



**Bonnie Hopkins Byers** is the Agricultural Extension Agent and County Program Director for the Cooperative Extension Service in San Juan County. Bonnie is a Four Corners native and has been with the Extension office since 2010. As the Agriculture Agent, she assists in all manner of ag production from forage production to invasive weed management as well as overseeing the local Master Gardener volunteer program, the Growing Forward Farm project and New Farmer Network programs, and assists in many local food systems projects. Bonnie is passionate about on farm food safety, market access for local producers, community health and the legacy of agriculture in San Juan County. Bonnie oversees all office operations, financials, reports and assists with the 4-H program as needed. [bhopkins@nmsu.edu](mailto:bhopkins@nmsu.edu)



**Augusta Alhm** is the 4-H agent for the San Juan County Extension office. She oversees the 4-H program including the general operation as well as the volunteers, members and special projects. She works directly with the NM State 4-H office to implement all programs and activities in San Juan County. Augusta began with the SJC office in 2021 and has a long history in NM 4-H. Growing up she served as both the NM 4-H State President and State Secretary. She is passionate about youth development and the 4-H program as well as mental health awareness and STEM programs. She has a background in both Extension and Education that she brings to our community.

[arahlm@nmsu.edu](mailto:arahlm@nmsu.edu)



**Rick Griffiths** serves as the NMSU San Juan County Family and Consumer Science Agent. His programming focus is currently at-home food Safety, health and wellness and personal finance. Rick has served in the San Juan County office since 2014 and is a key member of many health programs across the region. He is currently the President-Elect of the National Association of Family and Consumer Sciences which means he supports every FCS Extension Agent across the United States--something only one other NM Extension Agent has had the and a member of the Joint Council of Extension Professionals Executive Board. [rickgrif@nmsu.edu](mailto:rickgrif@nmsu.edu)

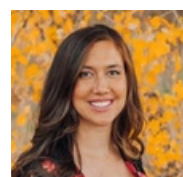


**Melissa Hastings** is the temporary 4-H administrative assistant. She assists with all manners of the 4-H program, from enrollments to project organization. Melissa, or Missy, has a strong background in the 4-H program and is a great resource for Zsutes questions and troubleshooting as well as registration for events. She helps club leaders and volunteers with project materials and 4-H events. [mhasting@nmsu.edu](mailto:mhasting@nmsu.edu)



**Shelly Meisner** is the San Juan County administrative assistant. She assists the office staff in organizing budgets, reports, data and general office records. Shelly helps keep the office running smoothly, taking phone calls and helping community members that come into the office. [mei65@nmsu.edu](mailto:mei65@nmsu.edu)

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**Jamie Ortiz** is our SNAP Nutrition Educator for the ICAN (Ideas for Cooking and Nutrition) for San Juan County. She works around the county to promote healthy eating and nutrition education. She works with youth and adult community members, in schools and community centers. [jamortiz@nmsu.edu](mailto:jamortiz@nmsu.edu)  
To learn more about the NM ICAN program visit the NMSU website: <https://ican.nmsu.edu/>



# HOW TO JOIN 4-H CHECKLIST



## ☐ Find the right 4-H club and start attending meetings (See page 7)

The agent and staff will assist you in selecting a club that meets your family's needs. Things to consider when selecting a club: meeting date, time, club details. Some clubs are primarily home school groups, while other focus on a specific group of projects. All clubs are open to new members until they reach their member capacity for the year. The Club Organizational Leader List will help you find the club that fits you best, as well as provide you with information to reach out to the club leader to inquire about attending their club's meetings.

The annual 4-H year is from October-September. Enrollment opens each year in October, previous members must re-enroll by January. New Member enrollment ends in April.

## ☐ Enroll on [4h.zsuites.org](http://4h.zsuites.org) (See page 9)

1. Complete all online enrollment steps
2. Print out a physical copy of code of conduct and medical release: scan completed and signed form and upload to enrollment on suites

## ☐ Determine your Child's 4-H age(see page 8)

1. Refer to the 4-H Age chart- Groups are biased off age as well as grade.
2. Your child's age will determine which projects they can participate in as well as what groups they will compete in for some projects

## ☐ Add or drop all projects before May 1 (see page 10)

1. Review the short list of projects available to your child (clover buds will have a limited list)
2. Add desired projects to your child's profile in zsuites (the one you created during enrollment)
3. Request project materials from SJCEO office- there may be a fee for printed materials
4. Talk to your 4-H leader or our office to see if there are special groups that meet for the projects you are interested in.
5. You may drop any project you decide not to do, as long as it is removed by May 1st
6. Contact Volunteers for your project about practice dates and locations

## ***Become an Adult Volunteer-Optional*** (request from Extension office)

1. Decide to help with practices, chaperon trips, help out more with meetings.
2. Submit a background check through the SJCEO-\$10 fee
3. Complete Working with Minors training on Zsuites
4. Fill out the Adult Medical Waiver/Code of Conduct Form

## ☐ Enjoy 4-H to by attending leadership retreats, attending classes for your selected projects and competing at several different events throughout the year. (see page 12 for a list of annual events)

**2024-2025 San Juan County 4-H Club Organizational Leaders**

**San Juan county Extension, 213 A. South Oliver Drive, Aztec, NM 87410 Phone: 505-334-9496**

<i>CLUB</i>	<i>LEADER(S)</i>	<i>PHONE #</i>	<i>MEETING INFORMATION</i>
<b>Clever Clovers</b>	Jessie Keating Melissa Hastings	505-360-1730 505-947-6939	Aztec Methodist church, 1 <sup>st</sup> Monday monthly (2 <sup>dn</sup> Monday on Holidays) @ 6:30 pm (phone or text ok)
<b>COUNTRY REBELS</b>	Miranda Meader Heather Thompson	505-419-4355 505-486-4612	McGee Park, second Thursday monthly @ 6pm (phone calls preferred) <b>Club At Capacity</b>
<b>DREAMWEAVERS</b>	Ferrari Arviso Matilda Arviso	505-947-8886 505-947-8887	McGee Park, Farmington, 2 <sup>nd</sup> Monday monthly @ 6:30 pm (text for information) <b>Club At Capacity</b>
<b>HANAA" DLI</b>	Lucinda Kitseallyboy Veronica Tso	505-947-0809  505-860-7501	Via Zoom 3 <sup>rd</sup> Sunday monthly @ 12: p.m.
<b>LA PLATA BLUE RIBBONS</b>	Amber Hadden Gracie Hadden	505-330-0292 505-436-9669	Old Red Schoolhouse, La Plata 1 <sup>st</sup> Wednesday monthly @ 6:00 pm
<b>LEVI &amp; CALICO</b>	Tara Walraven Sealee Foster	505-947-3179 505-320-0423	Waterflow Community Hall 1 <sup>st</sup> Monday Monthly @ 7:00 pm
<b>LOS RANCHEROS</b>	Nicole DeHerrera Davin Jacquez	505-215-4808 619-888-3722	DeHerrera Trucking, 316 Rd 4990 Bloomfield, NM Monday monthly @ 6:30 pm
<b>OUTLAWS</b>	Amy Conley Chris Conley	505-608-1138 505-793-5233	City of Farmington office Bldg., 901 Fairgrounds Rd, Farmington 2 <sup>nd</sup> Thursday Monthly @ 6:00 pm (phone or text preferred) <b>Club At Capacity</b>
<b>PIONEER KIDZ</b>	Tamera Hargis Robin Rivera	505-330-9445 575-639-0845	Aztec HS Ag Barn, Aztec, 2 <sup>nd</sup> Tuesday bi-monthly on odd months @ 6:30 pm
<b>PRIMETIME 4-H</b>	Jennifer Halphen Taffnie Anderson	505-801-2801 505-793-1518	McGee Park 1 <sup>st</sup> Wednesday monthly @ 5:30 pm (prefers phone or text) <b>Club At Capacity</b>
<b>ROADRUNNERS</b>	Brook Klitzke Clint/Sandra Russell	970-764-7036 505-419-3388	Safety LLC Office, 612 E Murray Drive Farmington 3 <sup>rd</sup> Monday Monthly @ 6:30 pm
<b>ROPES, REVOLVERS &amp; FREEDOM RIDERS</b>	Amber Wilkins Leah Schmidt	505-801-4402 505-486-436	TBA Aztec/Flora Vista 2 <sup>nd</sup> Monday Monthly @ 6:30 pm (call or text preferred) <b>Club at Capacity</b>
<b>SHIPROCK 4-H</b>	Leighann Frazier Tyler Frazier	505-639+2394 505-258-1440	Shiprock High School AG classroom, 3 <sup>rd</sup> Sunday @ 4pm (text preferred)
<b>SHOWTIMES 4-H</b>	Sabrina Huntington Amy Hadden	970-946-8564 505-486-1072	McGee Park 1 <sup>st</sup> Sunday @ 3:30pm (No meeting Dec/Jan/August (Call or text preferred)
<b>SILVER DOLLAR</b>	Andrea Beaty Lisa Riellex	505-330-0208 505-330-7628	McGee Park, Farmington, 1 <sup>st</sup> Tuesday monthly @ 6:30pm <b>Club At Capacity</b>
<b>UPPER FRUITLAND</b>	Roxanne Lee	505-947-5977	Meet at Upper Fruitland Chapter House
<b>URBAN ORCHARD</b>	Jamie Ortiz Rachael Banks	505-334-9496 505-330-4420	Meet at Farmington Knights of Columbus Farmington NM-2 <sup>nd</sup> Monday 6 p.m. <b>Club At Capacity</b>

**SPECIAL PROJECT CLUBS- Must be enrolled in respective 4-H projects to participate in these groups.**

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<b>Project</b>	<b>Project Instructor</b>	<b>Contact Info</b>	<b>Meeting Information</b>
<b>4-H Dog Project</b>	<b>Jan Tomko</b>	<b>505-330-0508</b>	<b>Will start in April/May 2024. Meets at Growing Forward Farms, Aztec</b>
<b>Fiber Arts (Knit/Crochet)</b>	<b>Michelle Truby-Tillen</b>	<b>505-419-8081</b>	<b>Please Text her to arrange individual/group training session</b>
<b>Scrapbooking</b>	<b>Louse Van Huss</b>	<b>505-320-4942</b>	<b>Please Call her to arrange individuals/Group training session</b>
<b>Hoofbeat Gang-Horses</b>	<b>Miranda Meador Audrey Winters Lilly Eavenson</b>	<b>505-419-4355 505-419-1238 505-402-9518</b>	<b>McGee Park Coliseum 4<sup>th</sup> Monday Monthly @ 5:30pm</b>
<b>Hop Along-Rabbits</b>	<b>Brook Klitzke</b>	<b>970-764-7036</b>	<b>Generally, 1<sup>st</sup> Tuesday Monthly 6-8 pm McGee Park</b>
<b>4-H Rodeo</b>	<b>Kathy Mueller</b>	<b>505-386-8758</b>	<b>Please Call her to get current practice/rodeo schedule or see newsletter</b>
<b>Poultry Projects</b>	<b>Kevin Kaiser</b>	<b>559-359-2113</b>	<b>Call/Text Preferred contact</b>
<b>Weaving</b>	<b>Karen Dearing</b>	<b>505-860-7735</b>	<b>Meet at SJC Extension Office</b>
<b>Sewing</b>	<b>Need Instructor</b>		<b>TBA</b>
<b>Quilting</b>	<b>Need Instructor</b>		<b>TBA</b>
<b>Leather Crafting</b>	<b>Need Instructor</b>		<b>TBA</b>
<b>Ceramics</b>	<b>Need Instructor</b>		<b>TBA</b>
<b>Canning</b>	<b>Rick Griffiths</b>	<b>505-334-9496</b>	<b>TBA</b>
<b>Cake Decorating</b>	<b>Bonnie Hopkins</b>	<b>505-334-9496</b>	<b>TBA</b>
<b>Parli Pro</b>	<b>Need Instructor</b>		<b>TBA</b>
<b>Welding</b>	<b>Chris Hare</b>	<b>928-554-5088</b>	<b>TBA</b>
<b>Jewelry Making</b>	<b>Need Instructor</b>		<b>TBA</b>
			<b>TBA</b>



<b>Project</b>	<b>Project Instructor</b>	<b>Contact Info.</b>	<b>Date/Time</b>
<b>Archery</b>	<b>Chris Conley David Meador</b>	<b>505-793-5233 505-419-4355</b>	<b>Orientation January 21<sup>st</sup> at Experts Archery 8 am to 10 am Practice Saturdays 8 am – 10 am in Winter. Outdoor range practice in summer months</b>
<b>Shotgun</b>	<b>Jordan Hockenhull Jourdyn Hockenhull</b>	<b>505-716-1939 505-330-4149</b>	<b>San Juan wildlife Federation Range, 5652 US 64 Farmington, Practice on most Saturdays at 2 pm (see schedules for all dates)</b>
<b>Air Rifle (Seniors)</b>	<b>Ronnie James Amber James Greg Creswell</b>	<b>505-860-2473 505-860-7265 505-320-3093</b>	<b>San Juan Wildlife Federation Range, 5652 US 64, Farmington, Wednesdays @ 7 pm 2023, 2024 TBA</b>
<b>Air Rifle (Juniors &amp; Novice)</b>	<b>Ronnie James Amber James</b>	<b>505-860-2473 505-860-7265</b>	<b>San Juan Wildlife Federation Range, 5652 US 64, Farmington Starting January 2024 TBA</b>
<b>22 Rifle Seniors</b>	<b>Ronnie James Amber James Greg Cresswell</b>	<b>505-860-2473 505-860-7265 505-320-3093</b>	<b>San Juan Wildlife Federation Range, 5652 US 64, Farmington, Sundays @ 2 pm 2024 TBA</b>
<b>22 Rifle (Juniors and Novice)</b>	<b>Ronnie James Amber James</b>	<b>505-860-2473 505-860-7265</b>	<b>San Juan Wildlife Federation Range, 5652 US 64, Farmington, Starting January 2023 on Sundays @ 2 pm, 2024 TBA</b>

## New Mexico 4-H Age Chart

4-H programming in New Mexico addresses the needs and interests of young people. Any boy or girl aged 5 through 18 years of age, who enrolls in the 4-H Youth Development Program of the Cooperative Extension Service is a 4-H member. The 4-H program year is October 1 through September 30. The following guidelines address specific age requirements for the 4-H program:

**Cloverbuds:** This program provides experientially-based “learn by doing” experiences for 5–8-year-olds. The member must have passed his/her 5<sup>th</sup> birthday and be in kindergarten but not have passed his/her 9<sup>th</sup> birthday. Prior to January 1 of the current 4-H year. Children may participate in a variety of approaches. Programming is developmentally appropriate and involves the following components:

1. Non-competitive cooperative activities.
2. Self-esteem and social interaction settings.
3. Exploration of skills and interests.
4. Group recognition for participants and
5. Involvement of parents and/or other significant adults.

For more information of Cloverbuds, please see the National 4-H fact sheet in the appendix.

**Novice:** Ages 9 through 11. A 4-H member must have passed his/her 9<sup>th</sup> birthday or be 8 years old and in the third grade but cannot be in the 6<sup>th</sup> grade and have passed his/her 12<sup>th</sup> birthday prior to January 1 of the current 4-H program year. **SEE CHART BELOW.**

**Junior:** Ages 12 through 12. A 4-H member must have passed his/her 12<sup>th</sup> birthday or be 11 years old and in the 6<sup>th</sup> grade but cannot be in the 8<sup>th</sup> grade and have passed his/her birthday prior to January 1 of the current 4-H program year. **SEE CHART BELOW**

**Senior:** Ages 14 through 18. A 4-H member must have passed his/her 14<sup>th</sup> birthday or be 13 years old and in the 8<sup>th</sup> grade but cannot have passed his/her 19<sup>th</sup> birthday by January 1 of the current 4-H program year.

Special Education youth older than 18 may enroll with the approval of the county 4-H agent.

	<b>Cloverbud</b>	<b>Novice</b>	<b>Junior</b>	<b>Senior</b>
<b>Grade*</b>	Kinder, 1 <sup>st</sup> , 2 <sup>nd</sup>	3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup>	6 <sup>th</sup> , 7 <sup>th</sup>	8 <sup>th</sup> and up
Age as of January 1 of the current 4-H year (October-September)	5, 6, 7–8-year-olds in the 2 <sup>nd</sup> grade	8-year-olds in the 3 <sup>rd</sup> grade, 9-year-olds, 10-year-olds, 11-year-olds in the 5 <sup>th</sup> grade	11-year-olds in the 6 <sup>th</sup> grade, 12-year-olds, 13-year-olds in the 7 <sup>th</sup> grade.	13-year-olds in the 8 <sup>th</sup> grade, 14 year olds, 15 year olds, 16 year olds, 17 year olds, 18 year olds, Youth who are 19 on or by December 31 of the current 4-H year are not eligible to enroll as a 4-H member

These are the standards grades based on public school general ages. Exceptions such as home or private school or youth who have skipped a grade must be determined under the appropriate age.

Youth do not move up in an age group until October of the next year, therefore, youth participate in summer and fall fair activities as the grade they just completed.

# ZSUITES ONLINE ENROLLMENT AND INSTRUCTIONS

1. Contact the San Juan County Extension Office to get a Welcome to SJC 4-H packet with the club and project lists 505-334-9496
2. Select a few clubs and contact the leaders to decide which club is the best fit for your family. The Agent or staff may also have recommendations.
3. Visit [4h.zsuite.org](http://4h.zsuite.org) - you can use any browser, but we have found the google chrome works the best
4. If you have never used zsuites before, start by creating a new account. If you have an existing zsuite account, simply log in with your username and password.
  - a. Detailed instruction on creating a new account can be found here: [4h.zsuites.org](http://4h.zsuites.org)
  - b. **\*\*Zsuites works off of “households” which means you will only create one account for your entire family\*\***
5. Add household members for each of your youth needing to be enrolled as well as any adults in your household who will be enrolling as volunteers or club leaders
  - a. Detailed instructions on adding household members can be found here: <https://zsuite.s3.us-east-2.amazonaws.com/static/Help/ZSuiteHelp/CreateClubMemberProfiles.html>
  - b. Enroll each youth and adult volunteer Detailed instructions for enrolling can be found here <https://zsuite.s3.us-east-2.amazonaws.com/static/Help/ZSuiteHelp/Enrollment.html>
  - c. **\*\*Adults enrolling will need to enroll as volunteers NOT as the club leader unless you are the primary club leader for that particular club**
  - d. The enrollment process includes submitting a PHYSICAL copy of both the Code of Conduct Form and the Youth Medical and Liability Release. You will need to sign a printed copy of these documents and return them to the Extension office. Documents can be delivered or scanned and emailed. Your enrollment cannot be approved without these documents.
6. Once you have completed enrollments you will be approved by the Extension office staff.
7. Once you are enrolled online, start looking at the 4-H projects you'd like to participate in: <https://aces.nmsu.edu/4h/projects/index.html>

If you do not have access to a computer, ZSuites is very mobile friendly, so you can do all of this on your phone. They do not have an app, but they have a great way to easily add this your phone. You can find instructions on adding to your mobile device here: <https://zsuite.s3.us-east-2.amazonaws.com/static/Help/ZSuiteHelp/AddingZSuitetoyourMobileDevice.html>

If you do not have easy internet or phone access, you are welcome to come into the office to complete an online or paper enrollment form. This system has a lot of great features and it can be your home for all things 4-H. As we navigate through the enrollment portion and everyone gets familiar with the system, we will be letting you know about different features to make everything much easier!

EXTENSION OFFICE - (505)334-9496 AUGUSTA AHLM - [ARAHLM@NMSU.EDU](mailto:ARAHLM@NMSU.EDU)

[4h.zsuites.org](http://4h.zsuites.org)



# What to do once your are enrolled---sign up for specific projects!

What projects can I do if I am interested in a specific topic? We encourage members to explore projects by requesting project materials from their club leaders. Each 4-H project has unique educational materials that guide members through a wide variety of interests. While some projects are tied to competitive events like the County Fair, all are made to teach life skills.

## 4-H PROJECTS QUICK LOOK LIST

### Animal Science

- Beef
- Dairy Cattle
- Goats
- Dog Care and Training
- Cats
- Horse
- Rodeo
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinarian Science
- Pet Projects: Fish, Hamster, Guinea Pig, Indoor Birds

### Home Economics

- Clothing: Sewing and Design
- Quilting
- Cake Decorating
- Food and Nutrition
- Food Preservation
- Interior Design
- Consumer Education
- Family: Babysitting, Child Development
- Etc.

### Horticulture and Agronomy

- Plant and Soil Science
- Gardening: Flowers, Landscape, Vegetables
- Range and Pasture Management
- Forestry
- Entomology
- Wildlife
- Beekeeping
- Shooting Sports: Air Rifle, .22 Rifle, Pistol, Shotgun, Archery, Muzzleloading
- Sports fishing
- Etc.

### Personal Growth and Development

- 4-H Growth and Development
- Health: Physical Fitness, Training and Weights
- Leadership
- Public Speaking
- Story Telling
- Citizenship
- Clowning
- New Mexico Culture and Education
- Computer Science
- Etc.

### Creative Arts

- Leather Craft
- Braiding
- Fibercraft: Embroidery, Cross Stitch, Weaving, Needlepoint, Macrame, Denim
- Ceramics
- Jewelry Making
- Photography
- Scrapbooking
- Origami
- Arts & Crafts
- Etc.

### Engineering

- Electric Energy
- Small Engines
- Wood Working
- Rocketry
- Wood Science
- Robotics
- Etc.



The Life Skills Wheel shows the many life skills that youth can and do learn through hands-on, project-based learning with 4-H. Youth carry these life skills forward into later life, as a foundation for citizenship and leadership in adulthood.



# MAJOR SAN JUAN COUNTY 4-H DATES AND EVENTS

## JANUARY 30 RE-ENROLLMENT FOR CURRENT MEMBERS

JANUARY: SENIOR LEADERSHIP RETREAT

MARCH (SPRING BREAK) DAYCAMP

MARCH: HOME EC SCHOOL

APRIL: COUNTY CONTESTS

APRIL: YOUTH GET AWAY

APRIL: 4-H ENROLLMENT CLOSES

MAY 1: LAST DAY TO ADD OR DROP PROJECTS

MAY: ITTY BITTY JACKPOT

MAY: STATE SHOOTING COMPETITION

JUNE: NORTHERN DISTRICT CONTEST

JUNE: AG-TIVITY CAMP (SENIORS)

JULY: STATE 4-H CONTEST

AUGUST: SAN JUAN COUNTY FAIR AUGUST 12-17, 2024

SEPTEMBER: NEW MEXICO STATE FAIR

OCTOBER: NATIONAL 4-H WEEK

**OCTOBER: 4-H YEAR-NEW MEMBERS MAY BEGIN ENROLLING**

NOV-DECEMBER: RODEO AND SHOOTING SPORTS PRACTICES BEGIN

DECEMBER: END OF YEAR BANQUET AND AWARDS



## **IMPORTANT REMINDERS:**

- THE NEW MEXICO 4-H PROGRAM IS OPERATED AND OVERSEEN BY THE STAFF AT THE NEW MEXICO STATE UNIVERSITY 4-H OFFICE, AND LOCALLY BY THE SAN JUAN COUNTY EXTENSION OFFICE.
- OUTSIDE OF THE STAFF, OUR 4-H PROGRAM IS SUPPORTED BY COMMUNITY MEMBERS AND VOLUNTEER LEADERS THAT CONTRIBUTE THEIR TIME AND EFFORTS TO OUR YOUTH.
- THE 4-H YEAR RUNS FROM OCTOBER-SEPTEMBER EACH YEAR. RE-ENROLLMENT FOR MEMBERS ENDS AROUND JANUARY, AND NEW MEMBER ENROLLMENT IS AROUND THE SECOND WEEK OF APRIL EACH YEAR.



# GETTING READY FOR YOUR FIRST 4-H MEETING

**When will your club meeting be held:** Each club sets their own meeting time, place and day. Most clubs meet monthly. Attending meetings is important because your leader will provide updates about the 4-H program, and will help you with your 4-H projects. Members must participate in at least 50% of their club meetings to be eligible for **ANY** 4-H competitions as well as the County and State Fair, as well as any other club based requirements such as community service hours. Check with your club leaders to see what their requirements for good standing include.

## **What happens at 4-H Club meetings?**

Clubs begin their meeting with the United State Pledge of Allegiance followed by the 4-H Pledge. Club meetings are run by youth leadership alongside the club leader. After the pledge, they will conduct club business such as planning volunteer or community activities, fundraisers, budget planning or recognition to name a few. Most club meetings last about one hour.

***“I pledge my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service, and my HEALTH to better living, for my club, my community, my country, and my world.”***

***Once you have selected a club that feels like a good fit for your family, complete your zsuites enrollment and you may begin your official journey into 4-H. If you have questions, contact the Extension office, or your club leader.***



New Mexico 4-H Youth Medical and Liability Release

Code of Conduct Contract and Media Release Form

Please Print

First Name:		Last Name:	
Gender: Male	Female	Date of Birth:	Age:
Address:			
City/State:		Zip Code:	County:
Home/Work Phone:	Cell Phone:	Email:	
As a participant, do you need an accommodation for a disability? Y N If yes, please list:		Do you have any food allergies? Y N If yes, please list:	

New Mexico 4-H Code of Conduct

*I pledge my Head to clearer thinking*, means a 4-H'er is committed to learn the knowledge and skills to enable them to make wise decisions through opportunities that develop independence. By gaining a sense of independence, the 4-H'er is committed to exercise self-discipline, personal responsibility and become an independent thinker. Therefore, the youth, by signing this contract, agrees to conduct him or herself in a responsible manner and abide by all expectations as stated. **Participation may be terminated at the discretion of authorized CES Agent or the State 4-H Program Leader pursuant to rules and regulations established by New Mexico 4-H.**

Expectations

- Possession or consumption of alcoholic beverages is prohibited.
- Possession or use of harmful non-prescribed drugs is prohibited.
- Smoking or using other tobacco products is prohibited, including e-cigarettes and vaping.
- Participants will show respect for the property and facilities used during the event and will assume financial responsibility for any damages they cause.
- Unauthorized absence from the event premises is not permitted.
- Participants will observe the curfew times as set forth in the event program and remain in their assigned room. Boys and girls are not allowed to be in each other's rooms for any reason.
- Participants will adhere to the State and National 4-H Event Clothing Guidelines.
- Participants will not threaten physical harm or take action with physical harm or verbal abuse.
- Cheating or misrepresentation at any 4-H event is prohibited.
- Participants will adhere to any and all rules at the designated 4-H event they are attending.

If I break this agreement, I understand the following disciplinary actions will be taken:

- I will be sent home immediately at my own expense and forfeit all 4-H awards and trips.
- I will be suspended from attending any State 4-H event for one year (defined as through that same event the following year) from the time of infraction.
- I will not be allowed at any time during the suspension year to represent 4-H in any leadership position on the county, state, or national level.
- I will not be allowed to represent 4-H at any state, regional, or national event during the suspension year.
- Second offenders will be ineligible to participate in any state, regional, or national event or hold a leadership position for the remainder of their 4-H career.
- I understand that the consumption, possession, or use of alcohol or harmful non-prescribed drugs by a minor is against the law, and I know that I may be reported to the proper authorities.
- I understand that failure to adhere to this agreement may result in disenrollment from the New Mexico 4-H Program.

\*For additional information or clarification related to conduct expectations or disciplinary actions refer to the New Mexico 4-H Policies and Procedures Manual.

I understand that my behavior affects the entire 4-H Community and that I represent myself, my club, county and state 4-H program as well as the overall 4-H Youth Development Program. I have read and understand the expectations and penalties related to the Code of Conduct.

\_\_\_\_\_  
4-H Member's Signature

\_\_\_\_\_  
Date

Parent/Guardian Agreement of Expectations

I have read and understand the expectations and penalties related to the Code of Conduct and agree to be bound by them.

\_\_\_\_\_  
Parent/Guardian Signature (Must be signed by parent or guardian)

\_\_\_\_\_  
Date



Participants in NMSU, Cooperative Extension Service, 4-H Youth Development Program events are sometimes photographed and videotaped for use in NMSU promotional and educational materials. I authorize New Mexico State University to record and photograph the image and/or voice of my child for use by New Mexico State University or its assignees in research, educational, and promotional programs. I understand and agree that these audio, video, film, digital, and/or print images may be edited, duplicated, distributed, reproduced, broadcast, used in electronic and web media, and/or reformatted in any form and manner without payment of fees, in perpetuity. If you **DO NOT** consent to media release, please initial this line \_\_\_\_\_

**New Mexico 4-H Medical Information**  
**Medical Emergency Contact Information**

Name:	Name:
Relationship:	Relationship:
Phone:	Phone:
Alternate Phone:	Alternate Phone:

**Physician & Insurance Policy Information**

This member is covered by health insurance:    Y    N	
Insurance Company:	Policy/Plan #:
Policy Holder's Name:	Relationship to Participant:
Physician Name:	Physician Phone:

**Health Information**

Please indicate if the youth has any of the following medical conditions (**check all that apply**):

<input type="checkbox"/> Asthma	<input type="checkbox"/> Ear Infections	<input type="checkbox"/> Diabetes/Hypoglycemia
<input type="checkbox"/> Hay Fever	<input type="checkbox"/> Migraine Headaches	<input type="checkbox"/> Stomach/Intestinal
<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Convulsions/Seizures	<input type="checkbox"/> Heart/Cardio Vascular
<input type="checkbox"/> Fainting Spells	<input type="checkbox"/> Muscular/Skeletal	<input type="checkbox"/> Emotional/Mental Disorders
<input type="checkbox"/> Skin Disease	<input type="checkbox"/> Eye/Ear/Nose/Throat	<input type="checkbox"/> Chronic Bone, Muscle or Joint Injuries
<input type="checkbox"/> Other condition(s): Please specify:		

**Allergies or Reactions (check all that apply):**

<input type="checkbox"/> Aspirin	<input type="checkbox"/> Penicillin	<input type="checkbox"/> Dairy	<input type="checkbox"/> Gluten	<input type="checkbox"/> Peanuts
<input type="checkbox"/> Insect Bites/Stings	<input type="checkbox"/> Ivy/Oak/Sumac	<input type="checkbox"/> Other (please list):		

Please list any medications (prescription or non-prescription) the youth is currently taking:

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**Release of Liability and Medical Authorizations**

The health history/special accommodation needs provided is correct and complete to my knowledge. I understand that should information change throughout the course of the 4-H program year, I am responsible for updating this information and providing a revised form to my County Extension Office a minimum of two weeks prior to any county, district or state event. If an injury or other medical condition occurs or arises, I hereby give permission to the designated 4-H Program representative to consent on my behalf to routine medical treatment and/or seek emergency medical treatment. I further authorize any licensed medical person/facility to treat my son/daughter. I agree to assume full financial responsibility for any medical services provided.





**ASSUMPTION OF RISK:**

The events and activities of the state and county 4-H program have certain inherent risks. While it is impossible to predict with certainty all of the potential risks that may be encountered, you should be aware of the risks specifically described below. Your signature on this document indicates that you have made the determination that your child has the maturity and ability, physical and mental, to safely participate in their chosen 4-H activity (with or without disability accommodation). Your child’s participation is voluntary and by allowing your child to participate, you are acknowledging that the risks of the activity are acceptable to you. You understand and acknowledge that NMSU does not provide medical insurance for participants and that you will be financially responsible for any injury or illness occurring during the event or activity.

**POSSIBLE RISKS:**

- The carelessness or dangerous actions of other participants in activities or programs.
- The possibility of unknown or unrecognized defects or hazards in equipment or facilities.
- The hazards of unpredictable weather conditions and natural disasters.
- Participant’s disregard of instructions or directives, or failure of participant(s) to be attentive to instructions and rules. (Youth ages 13 years or older may have designated free/unsupervised activities and are expected to adhere to specific instructions and follow all expectations as outlined in the New Mexico 4-H Code of Conduct.)
- Participant’s failure to wear or utilize personal protective equipment or gear as provided or as required for participation.
- Ordinary injuries inherent in physical activity or group play.
- Injuries resulting from the inherent risks in participating in any activity involving animals.
- Illnesses associated with close contact with other participants and event supervisors.
- Transportation accidents including collision with other vehicles, vehicle breakdown or equipment failure, and unknown or unexpected conditions at locations not under the control of NMSU.

I hereby release New Mexico State University, the New Mexico State University Cooperative Extension Service, the State of New Mexico or their employees, county 4-H program, the 4-H leaders, and the owners or operators of any property where the activity may take place, from liability in the event of illness, injury or loss occurring to myself or my personal belongings and will make no claim as a result thereof. I also understand that some activities/events may involve certain risks associated with physical activity or potential harm, including recreational games/activities and travel by motor vehicle to off-site activities.

\_\_\_\_\_  
*4-H Member’s Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Guardian Signature (Must be signed by parent or guardian)*

\_\_\_\_\_  
*Date*