

Leaderline

A Quarterly Newsletter to Volunteer Leaders Providing 4-H News in New Mexico

July
August
September
2021



Developing Youth Leaders

By Laura Bittner
Interim Department Head
New Mexico 4-H and Youth
Development Program

The road to adulthood can be a bumpy ride for some youth as they experience many physical, emotional, mental, and social changes. This past year, youth (and adults) experienced an even bumpier ride as the pandemic brought out feelings including but not limited to uncertainty, fear, anxiety, and loss. The 4-H program's focus on social, physical, and emotional well-being (the



NMSU ACES photo

4-H Essential Elements) assists youth in navigating the sometimes "bumpy" road while providing opportunities for youth to develop skills and confidence helping them reach their full potential.

Volunteers play a huge role in guiding and supporting youth through their journey to young adulthood. One way volunteers achieve this role is by encouraging youth to participate

(See **Youth Leaders** on page 2)

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Visit our State 4-H website at <https://nm4h.nmsu.edu>



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Youth Leaders

(Continued from page 1)

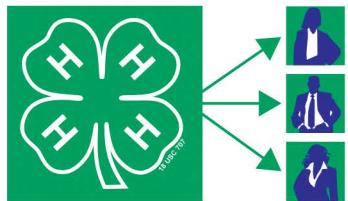
in leadership roles in their club, community, and state. Research suggests strong, supportive partnerships between youth and adults can influence a young person's long-term involvement in and satisfaction with the 4-H program as well as their willingness and comfort in participating in leadership positions.

Below are a few strategies to consider when working with and growing young leaders.

- Take time to thoroughly explain leadership roles and opportunities. Youth and families may be longtime 4-H members; however, that does not necessarily mean there is full understanding of the leadership roles and opportunities at the club, county, and state levels.
- Be clear about time commitment and expectations associated with leadership positions. This is not to discourage youth but instead to help youth be successful in their leadership role by preparing them and their families prior to making a commitment.
- Keep expectations reasonable. Youth are immensely capable, but like all of us, have demands on their time and other commitments.
- Youth can sometimes be easily discouraged especially when a situation is new and challenges their comfort level. Allow youth time to express their fears, thoughts, and ideas without interrupting. Then, work with the youth to address concerns pointing out the young person's strengths and abilities.
- Look for youth's strengths. Verbalize and celebrate those strengths as a tool for building confidence. In addition, be mindful of areas where there is opportunity for improvement; and provide youth with tools for making these improvements.
- Put youth in real-life situations requiring problem solving as a tool for developing leadership qualities.
- Ask for and expect youth involvement in decision-making at all ages. When youth feel they have a voice, they are much more engaged and confidence grows.
- Trust youth, particularly teens, with responsibility; but remember the importance of gentle reminders. All of us need this.
- Maintain positivity and a sense of humor!

Leadership opportunities help youth learn responsibility, teamwork, problem-solving, organization, and communication skills. These skills not only grow a strong 4-H club and program, they prepare youth with confidence and important skills to better navigate through life.

Thank you for your continuing commitment to youth and to the 4-H program.



4-H Leaders' Association Connection



2021 New Mexico 4-H Adult Forum

By Cheryl Butterfield
State 4-H Agent

Date:	Saturday, November 6, 2021
Who/What:	Adult 4-H Leaders, 4-H Parents and Extension faculty/staff actively learning together through workshops, a community service project, special activities educational displays, a guest speaker, networking and more!
Location:	Clayton, NM
Theme:	Blending Yesterday and Today for a Stronger Tomorrow



Have you been to the New Mexico 4-H Volunteer Leader Association Facebook page?

<https://www.facebook.com/nm4hleader/>

NM 4-H Adult Forum Registration Scholarships Available

First Timer Registration Scholarships

Eight, \$20 registration scholarship applications will be available in August for 4-H Leaders attending the Forum for the first time. You must submit a completed 4-H Adult Forum registration form AND payment, along with your completed Scholarship application. If you are selected, you will receive the scholarship funds following the event. Registration materials and the Scholarship Application form will be available in August from the New Mexico 4-H Web site (under the 'Adult Volunteers Leader' tab) or from your County Extension Office.

Please consider participating in this year's 4-H Adult Forum where you will meet other adults involved in 4-H; hear a motivational speaker; participate in workshops, a community service project, Make and Take activities, silent auction and more! Come for a full day of fun, networking and education. Registration includes

(See Forum on page 4)



Take 10 with 4-H

Idea/Information Sharing for 4-H Volunteer Leaders via Zoom

A great resource for volunteers where an extension agent or 4-H volunteer will present about 5-7 minutes on a topic and open up for sharing from participants for remainder of the 10 minutes. Sessions will be recorded and shared on the State 4-H website. Since the scheduled Take 10 sessions will only focus on one small part of a larger topic, additional videos and resources will be posted on the website under the selected Take 10 topic.

<https://aces.nmsu.edu/4h/take-10-with-4-h.html>

Congratulations Ruth Wold!

National 4-H Council presents

2021

Western Regional Volunteer of the year

and

National Volunteer of the Year



©Ruth Wold



Ruth Wold
Otero County
New Mexico



Forum

(Continued from page 3)

the workshops, speaker, special activities, lunch, and breaks. It is a bargain at \$40 if registered before October 15. Click here at <https://aces.nmsu.edu/4h/documents/2018-4-h-adult-forum-registration-scholarship-application-form.pdf> for the First Timer Registration Scholarship Application.

Gerry Copeland Adult Leader Scholarship

One scholarship of \$20.00 will be awarded to a volunteer from each county attending 2021

NM 4-H Forum. To nominate a volunteer, complete the attached form by September 1.

Gerry Copeland was a 4-H leader for several years, but her participation grew in 4-H after her own children graduated. She worked as a 4-H volunteer for 30 years by working on committees, working with the county 4-H ambassadors and taking leadership roles with 4-H leader's association events. She believed in the importance of giving 4-H volunteer leaders the professional development they needed to

guide 4-Hers.

When she died in December, 2018, after a brief battle with breast cancer, her friends and family established this award for other 4-H adult leaders in New Mexico, so that they could also grow their skills, confidence, and passion for the 4-H program. Click here at <https://aces.nmsu.edu/4h/documents/4-h-adult-leader-scholarship-application-gerry-copeland-2020.pdf> for the Gerry Copeland Scholarship Application for Adult Forum.

Navigating Life's Transitions: Helping youth manage through change

"The only thing that is constant is change."

~ Heraclitus, Greek philosopher

By Newt McCarty
State 4-H Agent
Aggie Next Step Program,
4-H and Youth Development

Managing change is something we all struggle with. Even as adults who have experienced many changes over the years, including those we welcome, change is challenging.

Therefore, we should not be surprised when youth resist, stall, avoid, or try to negotiate their way out of making a change. Humans are creatures of habit and life's transitions regularly disrupt our comfort.

As adults we have experienced a lifetime of transitions and developed skills and an understanding to manage change. Youth, on the other hand, are still developing those skills. For youth, many transitions they experience

are significant and they need guidance in adjusting to a new environment or situation. These challenges are amplified in teens who, at the same time, are experiencing physiological, social, and relationship changes.

Common transitions youth experience relate to school including advancing to the next grade level, returning after summer break, starting in a new school, or entering higher education. During these times it is important to remind them they have made it through many transitions throughout their life and they will make it through the current one.

As a parent, guardian, family member or youth program leader, it is important to recognize present and approaching transitions to best support, guide, and teach youth as they move through and towards change.

Here are some tips you can use to lessen their feelings of uncertainty during a challenging transition:

Change is the law of life. And those who look only to the past or present are certain to miss the future.
John F. Kennedy

Encourage and welcome feelings.

Youth experience many emotions during a transition. Allowing them to have and express their feelings without discrediting or trivializing them is important.

Listen to understand.

Give them your undivided attention and carefully listen to their concerns. Identifying and validating their fears helps them to feel understood, keeps lines of communication open, and involves them in problem solving and identifying possible solutions.

Uphold expectations.

Lowering expectations during a challenging time reduces stability. Not only are they struggling through a challenging time, but now they are unsure of boundaries and expectations. Be consistent with consequences when behaviors cross the line.

Share decision making.

Times of transition can create in youth a sense of loss of control. When possible and at a level both parties are comfortable, engage in shared

(See Change on page 7)



2021 Shooting Sports National Championships

By Craig Painter
State 4-H Agent

The 2021 Shooting Sports National Championships are June 20-25, 2021, Grand Island Nebraska, Heartland Shooting Park.



The following teams will be representing New Mexico 4-H at the Shooting Sports National Championships:

.22 Rifle - Doña Ana County
Muzzleloader - Lea County
.22 Pistol - Doña Ana County
Compound Archery - San Juan County
Recurve Archery - Bernalillo County
Hunting - Hidalgo County
Shotgun - Grant County

Congratulations to all the teams, and Good Luck at the National 4-H Shooting Sports Championships.

New Mexico State Shooting Sports

All the results for the 2021 State 4-H “Alternative” Shooting Sports State Championships are on the 4-H web page under the “shooting sports” tab.

- Save the Date. We tentatively have our next 4-H shooting sports leader certification: October 22-24, 2021, scheduled in Alamogordo, NM.
- Save the date for next year’s state championships: May 5-8, 2022, at the NRA Whittington Center in Raton.

Did You Know?

4-H Shooting Sports is a national program with over 300,000 young people taking part, thus making it one of the largest shooting education programs in the United States. New Mexico 4-H Shooting Sports involves kids and continues to grow annually.

4-H Sanctioned Horse Shows

The 2021 NM Sanctioned 4-H Horse Shows are as follows:

Double show in Stanley, NM, July 17, with Bernalillo and Taos County hosting. This will be in conjunction with the paint show. Check with your County 4-H Agent or the State 4-H website for more information and entries.

State Fair

September 12, 2021

The State Fair 4-H Horse Show will remain open to all members enrolled in the horse project and do not have to qualify to participate.

This will be a saddle series and all prizes will be awarded at the State Fair Horse Show. Rules are located on the State 4-H website: <http://nm4h.nmsu.edu>. Click on “Horse and Livestock Events.”

2021 Guide for Livestock Exhibitors

The requirements for showing Junior Livestock in New Mexico can be found on the New Mexico 4-H website <http://aces.nmsu.edu/4h>, or the New Mexico Livestock Board website <https://www.nmlbonline.com>. All “show season” inspections must be done by July 15, 2021.

2-Year-Old Western Pleasure Futurity and 3-Year-Old Versatility Nominations

By Craig Painter
State 4-H Agent

The following 4-H members are eligible to participate in the 2-Year-Old Western Pleasure Futurity at the New Mexico State Fair Horse Show.

2-Year-Old Western Pleasure Futurity

Member	Horse	County
Alana Sosa	Mystic Shaadow Maker	Torrance
Aubrey Long	Tom's Lil Cat	Colfax
Kheyenne Coombes	Bringin' Sixey Back	Lea
Denny Turner	Teques Vanilla Latte	Curry
Kamra Russell	Friday	Doña Ana

4-H Rodeo

All contestants must have personal accident insurance and a signed and completed “Consent and Assumption of Risk” form in the State 4-H Office 15 days prior to the participant’s first rodeo of the current year in order to compete in Sanctioned 4-H Rodeos. For more information about the 4-H rodeo program, go to our website at: <http://nm4h.nmsu.edu>. Click on “Rodeo” link on the left side of the page.

Sanctioned state rodeo's scheduled:

- Valencia County – July 10-11, 2021
- Quay County – July 30-31, 2021
- Santa Fe County – TBA
- **State 4-H Finals – September 24-26, 2021**

For more information about the 4-H rodeo program, go to our website at: <http://nm4h.nmsu.edu>. Click on “Rodeo” link on the left side of the page.



Rodeo Safety Videos

Visit the State 4-H Rodeo page on the website to watch three Rodeo Safety Videos in NHSRA/PRCA Roughstock (Bareback Riding, Saddle Bronc and Bull Riding):

- <https://www.youtube.com/watch?v=28W0vO-5938>
- <https://www.youtube.com/watch?v=gwQORueI7c0>
- <https://www.youtube.com/watch?v=2EQ3FIek06A>

Change

(Continued from page 5)

decision-making. Allow them to voice opinions, make choices, and offer possible solutions.

Be realistically positive. Give them examples of past accomplishments to remind them of when they have overcome past challenges. Focus on things going well by acknowledging change is difficult, while encouraging them to consider the positive things they will experience from the transition.

Model calm behavior. Youth take cues from those around them. Even though you may be anxious, it is important you reflect a healthy attitude toward change. Avoid letting your concerns negatively impact their experience.

Avoid anxiety-provoking questions. Ask open-ended questions and avoid stress causing statements. They might not be concerned about something until you give them a reason to be (“Are you nervous about making new friends?” or “High school teachers have much higher expectations”).

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2022 Citizenship Washington Focus

By Amy Zemler
State 4-H Activities Specialist

CWF provides opportunities for youth to broaden:

- appreciation and practice respect for themselves and others
- increase individual commitment to citizen involvement
- and understand the importance of civic and social responsibilities.

Citizenship Washington Focus (CWF) is a leadership program for high school youth from across the country. Every summer, thousands of young people participate in this week long program. CWF provides opportunities for youth to broaden: appreciation and practice respect for themselves and others in their world; increase individual commitment to citizen involvement; and understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders. Time is provided for 4-H members to report accomplishments in 4-H to their representatives in the Washington, D.C., area as well as participate in sightseeing trips. Registration is due October 15, 2021. Contact your County Extension Office at <https://aces.nmsu.edu/county/> for more information about CWF. CWF will return to in-person programming in the Washington, D.C. metro area in Summer 2022.

4-H Home Economics Lettermen

Any 4-H Member who is active in Home Economics Projects may “letter” in Home Economics. All that is necessary to “letter” is to complete the requirements in their age level and submit the appropriate forms to their County Extension Office by September 1. The first year a member letters they receive a “clover” letter as you would see on a lettermen jacket. Bronze, Silver, and Gold pins in the shape of the letter “H” are awarded in the respective age levels. A member can “letter” at any time, even if they did not begin as a novice, but they will receive the pin for the appropriate age level. In addition, two platinum letters will be awarded each year in the form of a plaque. The platinum letters are based on overall achievement and may be received at any age level. Platinum awards are selected from all applications submitted in that 4-H program year. For information on how to “letter” and appropriate application forms, refer to the State 4-H website or contact your County Extension Office.

Change

(Continued from page 7)

Seek help.

If you feel their anxiety level is beyond your ability to manage, seek help. A professional is equipped with the skills and experience to help youth manage their anxiety and guide them through a challenging transition.

Change throughout life is certain. Demonstrate to youth that change is a natural part of growing up and life. By teaching youth how to accept, plan, and adjust to change instead of reacting, will not only benefit and prepare them now, but for the many life changes yet to come.

All of New Mexico 4-H looks up to the New Mexico 4-H Youth Leadership and Adult Volunteers!

<https://aces.nmsu.edu/4h/state-youth-leadership.html>
<https://aces.nmsu.edu/4h/adult-volunteer-leaders.html>

Past issues of Leaderline:
<https://aces.nmsu.edu/4h/newsletters.html>

98th Annual State 4-H Conference

By Amy Zemler
State 4-H Activities Specialist

Mark your calendars! State 4-H Conference will be held July 12-14. The theme is: *Breaking Barriers, Building Bridges*. This year's keynote speaker is Adam Lee Brooks (<https://www.adamleebrooks.com/>). The business sessions that will include retiring addresses, contest results and elections will be held virtually in the evenings. Tuesday's session will be featuring a Virtual Escape Room activity. Virtual workshops with topics such as personal growth, technology, and leadership to name a few will be offered during the daytimes. Public Health Orders and COVID Safe Practices followed, state contests will be held face to face as well as the State 4-H Leadership Team will be offering a face to face workshop in each of the 4-H districts.



Community
Service
Project



New Mexico State 4-H Conference 2021

The State 4-H Conference Community Service Project is collecting used eyeglasses. The competition will be between the counties in each district.

Whichever county brings the most used eyeglasses to the in-person leadership team workshop in July will get to 'pie in the face' a leadership team leader.



2021 State 4-H Photo Contest

Show off your photography skills!

Enter your photos to have a chance of winning the 2021 State 4-H Photo Contest. Photos in either film or digital can be submitted through mail or Facebook by August 2nd. (If picture is placed on Facebook, make sure to include the information below with the post). Photos submitted will then be placed on a link and voted on by the public. The information for the voting link will be made available on August 10th. The first, second and third place in each category will receive a rosette. The first place winner in each category will receive a camera case and his/her photo will automatically be entered in the contest for overall winner. The overall winner will be chosen by a set of judges and will be awarded an overall rosette and a cash prize of a \$100.

Categories:

- 4-H—Must have either correct logo or clover
- Animals - Any pictures that have animals
- People - Any pictures that have people
- Landscapes - Any pictures that have fields, any type of vegetation, flowers, mountains, sunsets, etc.
- Buildings - Any picture that have buildings
- Other -Anything that doesn't fit in a category

Entry rules:

- Members may submit up to a total of three entries. Each entry must have the following information with it—Name, Club, County, Name of Photo, Category, Location of the photo and Contact number/email.
- Entries can be either color or black and white. Please no edited or photo-shopped pictures.
- Please, no matted or framed photos if mailed.
- Photos will not be returned! If you want to keep your photo, please retain a copy.
- Photographs must be the work of the 4-H member taken during the current 4-H program year.
- Entries must be in the State 4-H Office or uploaded to Facebook by August 2, 2021. Send to State 4-H Office, MSC 3AE, New Mexico State University, Box 30003, Las Cruces, NM 88003-8003.

NM State 4-H Calendar of Events 2021

Events	Dates
Belt Buckle Order Forms are due to the State 4-H Office. Amy Zemler, (575) 646-5204	July 1
*Sanctioned 4-H Rodeo (Valencia County) - 505-565-3002	July 10-11
*98th Annual State 4-H Conference (virtual and face-to-face): "Breaking Barriers, Building Bridges." See article in this issue on page 9.	July 12-14
2021 Guide for Livestock Exhibitors - All show season inspections must be done by this date.	July 15
2021 NM Sanctioned 4-H Horse Show - Double Show - (Stanley, NM) (Bernalillo and Taos Counties hosting).	July 17
*Sanctioned 4-H Rodeo (Quay County) - 575-461-0562	July 30-31
Photo Contest Submissions are due to the State 4-H Office. Amy Zemler, (575) 646-5204	Aug. 2
*4-H Home Economics application forms are due.	Sept. 1
*For New Mexico 4-H Adult Forum 2021 - Gerry Copeland Adult Leader Scholarship Registration Applications are due. Forms available from the NM State 4-H website or from your County Extension Office. - Cheryl Butterfield, (575) 646-1156	Sept. 1
2021 NM State Fair 4-H Horse Show - Craig Painter, (575) 646-5472	Sept. 12
*Sanctioned 4-H Rodeo (Santa Fe County) - 505-471-4711	TBA
*Sanctioned 4-H Rodeo (State 4-H Finals) - Craig Painter, (575) 646-5472	Sept. 24-26
Early Bird Registration Deadline for New Mexico 4-H Adult Forum 2021. Cheryl Butterfield, (575) 646-1156	Oct. 15
*For New Mexico 4-H Adult Forum 2021 - First Timer Registration Scholarship Applications are due. Forms available from the NM State 4-H website or from your County Extension Office. - Cheryl Butterfield, (575) 646-1156	Oct. 15
*Citizenship Washington Focus (CWF) 2022 Summer Program. Registration and First Deposit Payment Deadline - Contact your County Extension Office for more information.	Oct. 15
4-H Shooting Sports Leader Certification (Alamogordo, NM)	Oct. 22-24
Final Registration Deadline for New Mexico 4-H Adult Forum 2021. Cheryl Butterfield, (575) 646-1156	Oct. 30
New Mexico 4-H Adult Forum 2021 (Clayton, NM) - Cheryl Butterfield, (575) 646-1156	Nov. 6
*Contact your County Extension Office for application and registration deadline.	-----

Resources, Educational Videos and Webpages

The New Mexico State 4-H website has resources, educational videos and webpages for families, teachers, club leaders, and home schoolers in need of learning options for:

- National 4-H Council
- Multiple Subjects (Brain Pop, Wonderopolis)
- Resources by Topic (4-H Club Specific; Agricultural and Natural Resources; College and Career Readiness; Exploration of the Universe, World and County; Health and Well-being; Math; Science and STEM).

Visit this page <https://aces.nmsu.edu/4h/resource-and-educational.html> for links.

New Mexico State 4-H 2021 Buckles

Show off New Mexico 4-H with the 2021 buckle for \$80.
Great for gifts or awards.



Designed by the State 4-H Leadership Team and made by Rowdy Silver Custom Designs.



For more information, contact the NM State 4-H Office at 575-646-3026.
Order form:
<https://aces.nmsu.edu/4h/documents/buckle-order-form-2021-accessible.pdf>

Return Service Requested

State 4-H Office, MSC 3AB
New Mexico State University
PO Box 30003
Las Cruces NM 88003-8003

