

Los Alamos County 4-H Clover Connection



April 2024

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Greetings 4-H Families!!!

Spring has officially sprung as we move into April. We are looking forward to some fun events coming up this month such as our annual county contests. There are a good number of 4-hers that have pre-registered. Please see agenda for more specific times and dates in the newsletter. Youth-Get-Away is also coming up and promises to be an exciting event with workshops, dances and the all-important community service that 4-H is famous for.

Lastly, we would like to remind you that Administrative Professionals Day is April 24th. With that, we are giving a shout out to our super-fantastic Administrative Assistant, Audrey Collins. Feel free to drop by or email Audrey a special thanks. Audrey keeps our office and our 4-H program on track with all the registrations, questions and many other duties she does for all of us. So thank you Audrey for all you do!!

Thank you 4-hers and families for being part of the Los Alamos 4-H program. Please do not ever hesitate to call, come by or email us with questions.

Your Los Alamos CES Team
Angela, Audrey and Desaree



Project Clip: Vegetable Gardening

Project Overview This project is designed to teach the basics of growing vegetables from seed or from young plants to be able to produce a vegetable product for consumption, exhibit, or preservation.

Key Learning Topics

- Length of growing season by region (number of frost-free days)
- Types of gardens (field/furrow vs. raised bed or container)/Garden Design
- Resources for growing (sunlight/shade exposure, water, soil characteristics)
- Soil preparation
- Seed germination
- Plant and garden care
- Record keeping

What you can exhibit at the fair:

- Produce basket (collection of produce grown by the member including a list of vegetables.)
- Gardening exhibit
- Self-Determined Advanced Vegetable Gardening Exhibit including SD Project Record Sheet 300.SD.1

Resources

4-H Garden Project Book (Guide 100.BH-4)

Exploring the World of Soils and Plants: Unit 1 Project Book (Guide 100.A-6)

General Project Record Sheet



Club News/County News

High Country Update by Sylvia Stanek

Some of our members attended the NM 4-H FCS School in Albuquerque and had a great time! Additionally, some of our members competed in the rifle county contest. At the High Country Team 4-H meeting on March 14 we practiced some example county contests with our extension agents. We also discussed the T-Shirt design and voted on one, for our club shirts this year. We also talked about our spring fundraiser and decided to sell perennial plants. We discussed the next meeting on April 11 where we will have a presentation on the “Importance of Pollinators”. Thanks for reading, I look forward to sharing more with you next month.

County Council Update by Sylvia Stanek

On March 25 we packed plastic eggs for the upcoming “egg my yard” fundraiser on March 31, which is where you stuff a bunch of plastic eggs with candy then hide the eggs in people's yards for the kids to find. This has been a fun and productive fundraiser for our County Council.

Los Alamos County Fair August 2-4, 2024

With both Los Alamos County Fair and Rio Arriba County Fair happening in the same week, non-perishable project entries will be accepted July 1st – 19th at the Extension Office. Perishable entries will be accepted in the morning on August 1st at the library and must be pre-registered. More information to come!



4-H Shooting Sports
Learn by Doing

Congratulations to all Novice and Junior members that qualified for District on June 11 in rifle!

- Maliyah Vigil
- Nick Booton
- Adalene Zielie
- Chloe Blackburn
- Sylvia Stanek

Congratulations to all Senior members that qualified for State on May 2-5!

Rifle:

- Maggie Johnson
- Kadin Hansel
- Benjamin Booton
- Abbie Johnson
- Alex Booton

Shotgun:

- Kadin Hansel



County News



Los Alamos had 12 participants in this year's FCS School of Real Life Skillz. Alex Booton served as a Junior Instructor for the baking track.



Alex Booton represented Los Alamos at the State 4-H Shooting Sports Leadership Summit held at the Whittington Center in Raton, NM.

The Baking II Project workshop was attended by 6 members. Sam Prada assisted with the workshop.



County News

LOS ALAMOS COUNTY 4-H CLUBS

Boots & Bridles Club
Meets the 3rd Sunday of the month at 12:00 p.m.
at St. Joe's in White Rock
Contact Denise Hansel: denise0188@gmail.com

High Country Team 4-H
Meets the 2nd Thursday of the month at 6:00
p.m.
at the White Rock Activity Center
Contact Lena Zielie: 4lrbug@gmail.com

Team LA Young Guns (Shooting Sports)
Contact Mike O'Neill: shotgunoneill@gmail.com

Once again, all rabbits will require a Rabbit Hemorrhagic Disease vaccine prior to the Rio Arriba County Fair. Dr. Harwell will be at the fairgrounds in Abiquiu to administer during the rabbit/poultry tagging event on June 29. Please let Angela know in advance if you plan to attend. You may also obtain a vaccine anytime outside of this date prior to the fair.

Attention Club Leaders

Mandatory club leaders meeting on April 13th 9:00 am to noon at the Rio Arriba County Extension office. We will be going over the Rule Book, the Show Schedule and the upcoming events. as well as searching for volunteers to help around fair week. PLEASE rsvp by April 5th to racfaboard@gmail.com so that we can have enough food for everyone.

County Contest Schedule

Thursday, April 4 (4-7 pm)

ID Contests

- Horticulture
- Entomology
- Livestock Skill-a-thon
- FCS Skill-a-thon
- Wildlife Habitat Evaluation

Saturday, April 6 (10 am-4 pm)

Favorite Foods

- 10 am: Cloverbuds and Novices
- 1 pm: Juniors and Seniors

Consumer Decision Making

- 10am-12pm: Juniors and Seniors
- 11am-1:30pm: Novice and Cloverbud

Public Speaking

- 10am-12pm: Open to all

Talent

- 3pm: All participants

Fashion Revue & Awards – Given out by County Council Members

- 4pm

*Subject to change.

Rio Arriba County Fair

July 30th – August 4th

Tagging Dates

Beef

March 2nd (Abiquiu) 8am- 1pm

Sheep/Goat/Swine

May 4th (Abiquiu) 8am-1pm
(tentative) LA location – TBD

Poultry/Rabbit

June 29th 8am-1pm (Abiquiu)
LA location – TBD

Barn set-up on July 28th

The District Handbook can be found at <https://losalamoextension.nmsu.edu/documents/2024-Northern-District-Handbook.pdf>.

The State Rules can be found on the State Conference page at <https://nm4h.nmsu.edu/4h/conference.html>.

County News

MED instead of
MEDS
medinsteadofmeds.com

Simple | Delicious | Satisfying

Interested in eating the Mediterranean way,
but not sure where to start?



The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

For more information about Med Instead of Meds contact:

Classes will be held at United Church on April 10, 17, 24 and May 1, 8, 15 from 4:30-5:45pm. Cost for the course is \$20.

Registration deadline April 8. Call (505) 662-2656 or email losalamos@nmsu.edu to register.

If you are an individual with a disability who is in need of an auxiliary aid or service to participate please contact Desaree Jimenez in advance at (505) 662-2656 or deswhitf@nmsu.edu

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

Find delicious Med Way recipes and resources @
medinsteadofmeds.com



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH



NORTHERN DISTRICT 2024 4-H CONTEST

CLAYTON, NM
MORE INFO TO FOLLOW

Registration
deadline June 10th
Cost: \$25



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.



Save the date
SMALL ANIMAL SCHOOL

May 18, 2024
Bernalillo County Extension Office
Albuquerque, NM

SAVE THE DATE NORTHERN LIVESTOCK SCHOOL

TRACK SELECTIONS: LAMBS, MEAT GOATS, DAIRY GOATS, & HOGS

AT THE VALENCIA COUNTY
FAIRGROUNDS IN BELEN, NM

JUNE 21 & 22, 2024

Take 10 with 4-H

- April 4 @12:15 p.m. (Small Animal School)
- April 4 @12:30 p.m. (Dog School)
- May 2
 - Ranch Camp
 - Food Challenge
 - Parliamentary Procedure

To view the recordings visit:

<https://nm4h.nmsu.edu/4h/take10.html>



NMSU Extension Publications

6h · 🌐

SAVE THE DATE: UPCOMING NM YOUTH RANCH MANAGEMENT CAMP 📅 JUNE 9-14, 2024 at the CS Ranch, Cimarron, New Mexico!!!

APPLICATIONS OPEN MARCH 1, 2024: <https://nmyrm.nmsu.edu/>. "Helps youth appreciate the 'why' behind ranching." Application site will be closed April 15, 2024. Completed applications will be reviewed by the NMYRMC Committee and applicants notified of acceptance by April 22, 2024. The registration fee of \$400, or payment arrangement, is due on or before June 2, 2024. A total of 30 participants will be invited to this year's camp with three of those openings reserved for out-of-state youth, age 15-19.

(NMSU photo of ranch management camp participants from a previous session.)



State News



SAVE THE DATE!

NEW MEXICO 4-H HORSE SCHOOL

Fun week of riding classes and more with industry professionals!

Must bring your own horse!

RV/ Trailer Hook-ups available for small fee.

JUNE 3 - 6
MCGEE PARK
FARMINGTON, NM

San Juan County
505-334-9493

NM State 4-H
575-646-3026

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the US Department of Agriculture cooperating.

The 2024 NM 4-H Horse School will be held June 2 – 6 at McGee Park in San Juan County. Registration will close Monday, May 6th. More information will be shared as it becomes available.

Reminder: NM 4-H Horse ID Certificates are due May 1st. Certificates can be found at the following link.

https://nm4h.nmsu.edu/documents/4-h-horse-certificate_form-100l-2_r-2021_accessible.pdf



4-H Shooting Sports

Learn by Doing

The 2024 New Mexico State 4-H Shooting Sports Championships will be held May 2-5 at the Whittington Center near Raton, NM.

The New Mexico State 4-H Shooting Sports Championships Event Synopsis is posted to the state 4-H website at the following link.

<https://nm4h.nmsu.edu/events/shooting.html>

Registration deadline: April 12th
Cost: \$100 plus t-shirt (optional)

NM Southern Regional 4-H Livestock School

June 12th - June 14th, 2024

Registration will Open May 1st!

Jackpot Information TBD

Luna Co. Fairgrounds
Deming, NM

Featuring:
Cattle, Sheep, Goat & Swine Tracks



New Mexico PAY IT FORWARD Essay Contest 2024

Winner Receives Wether Goat



Open to New Mexico Youth

Nominations Due April 1st - Essay Due April 15th
Winner Selected April 20th

Contact Sheila 580-216-0670 or sheshe9600@gmail.com

"Do not neglect to do good and share what you have, for these sacrifices are pleasing to God." Hebrews 13:16

State News

Youth Get-Away

April 19-21, 2024
Glorieta Adventure Camp



Youth Get-Away
2024

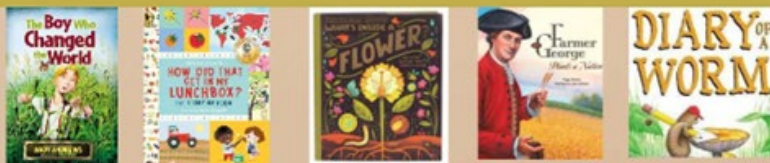


WRAPPED UP IN A
BOOK

(COME DRESSED AS A BOOK CHARACTER!!)



THE ROYAL
MASQUERADE
SATURDAY NIGHT



2024 YGA Community Service

Accurate Ag Book Bundles for Teachers

Select one or more books to donate to our Accurate Agriculture Literacy Book Drive (3-5 books will be bundled with lesson plans to donate)

Upper Elementary Books

1. The Boy Who Changed the World by Andy Andrews
2. How Did That Get in my Lunchbox? By Chris Buttworth
3. What's Inside a Flower? And other questions about science and nature by Rachel Ignatofsky
4. Peggy Thomas's Books (pick only one from this group) Farmer George Plants a Nation Thomas Jefferson Grows a Nation Lincoln Clears a Path Abraham Lincoln's Agricultural Legacy
5. Diary of A Worm

Middle School Books

1. Amazing Grazing by Cris Peterson:
2. The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin by Julia Finley Mosca
3. Sheepology The Ultimate Encyclopedia by LLaria Demonti:



Rabbit Workshop in Sierra County

Come and join us June 1st at 10:00 am, in the Quonset hut at the fairgrounds in T or C.

This year we'll have some wonderful guest speakers, and they might bring some rabbits and caviae (guinea pigs) for sale to help 4H kids with this year's projects.

A FUN SHOW for youth will happen after the guests have finished talking and demos.

We will also have a raffle for a rabbit donated by Erin Roy tickets are 5.00 a piece

The Desert Flowers 4H group will have drinks and snacks for sale

For more information, please contact

Kendra Ahlquist or Crystal Walton

575-740-7612 575-740-7826

DATES TO REMEMBER	
April 4	Take 10 with 4-H: Dog School & Small Animal School
April 4 th and 6 th	COUNTY EVENT: County Contests
April 12	Registration Deadline for State 4-H Shooting Sports Competition (Raton)
April 13	Mandatory Leader Meeting for RACF
April 19-21	STATE EVENT: Youth Getaway (Glorieta)
May 3-5	STATE EVENT: State 4-H Shooting Sports Competition (Raton)
May 4	Sheep/Goat/Swine tagging for RACF (Abiquiu)
May 18	STATE EVENT: Small animal livestock school (Albuquerque)
May 2024 (TBD)	Sheep/Goat/Swine tagging for RACF in Los Alamos (tentative)
May 27	EXTENSION OFFICE CLOSED – Happy Memorial Day!
June 2024 (TBD)	COUNTY EVENT: Cloverbud Camp
June 10, 2024	Registration deadline District Contests
June 11	STATE EVENT: District Shooting Sports Competition (Raton)
June 12-14	STATE EVENT: Southern Livestock School (Deming)
June 21-22, 2024	STATE EVENT: Northern Livestock School (Valencia County)
June 25-26, 2024	DISTRICT EVENT: District Contests (Clayton, NM)
June 2024 (TBD)	Poultry/Rabbit tagging for RACF (LA)
July 4	EXTENSION OFFICE CLOSED – Happy Independence Day!
July 8-12	STATE EVENT: State 4-H Conference (Las Cruces)
July 30 – August 4	Rio Arriba County Fair
August 2-4	Los Alamos County Fair

CONTACT US

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Website: www.losalamosextension.nmsu.edu

