

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.

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



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.

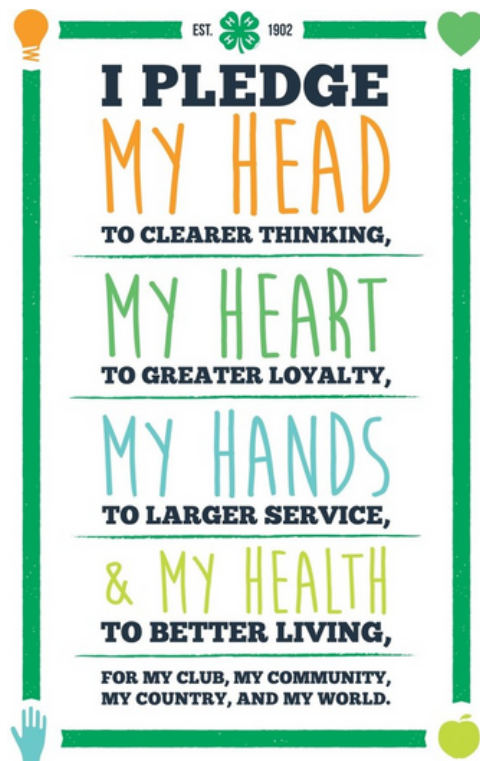
Frequently asked questions:

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 simply follow the 4-H project guide on their own. They can choose 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

New Mexico State Cooperative Extension: 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

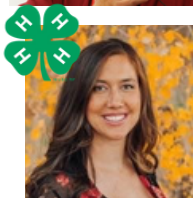


Augusta Alhm is the 4-H agent for the San Juan County Extension office. She oversees the 4-H program including the general operation as well as the volunteers, members and special projects. She works directly with the NM State 4-H office to implement all programs and activities in San Juan County. Augusta 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



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



Jamie Ortiz is the 4-H administrative assistant. She assists with all manners of the 4-H program, from enrollments to project organization. Jamie has a background in education as well as the 4-H program. Jamie is a great resource for Zsuites questions and troubleshooting as well as registration for events. She helps club leaders and volunteers with project materials and 4-H events. jamortiz@nmsu.edu

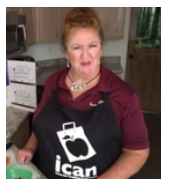


Shelly Meisner is the San Juan County administrative assistant. She assists the office staff in organizing budgets, reports, data and general office records. Shelly helps keep the office running smoothly, taking phone calls and helping community members that come into the office. mei65@nmsu.edu



Andrew Foster is the Growing Forward Farm project Coordinator. Andrew oversees farm operations and organization for the GFF project, as well as assisting with 4-H and Extension programs and activities. He is a wealth of knowledge when it comes to composting, soil health and growing food. Andrew is currently working on his Master's Degree in Extension Education from NMSU. fosteral@nmsu.edu
For more information on the Growing Forward Farm Project at our office visit our website:

<https://sanjuanextension.nmsu.edu/agandhort/farm.html>



Katrina Uptain is our SNAP 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. kuptain@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 6)

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.

Enroll on 4h.zsuites.org (See page 7-10)

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 11)

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 12-13)

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 zsuiets (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 (see page 14-17)

1. Decide to help with practices, chaperon trips, help out more with meetings.
2. Submit a background check through the SJCEO-\$5 fee
3. Complete Working with Minors training on Zsuiets
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 18 for a list of annual events)



2022-2023 SAN JUAN COUNTY 4-H CLUB ORGANIZATIONAL LEADERS

San Juan County Extension, 213-A South Oliver Drive, Aztec, NM 87410 Phone: 505-334-9496 Website: sanjuanextension.nmsu.edu

Club	Leader(s)	Phone #	Meeting Information
Clever Clovers	Montadelle Hood	505-801-1718	Aztec Methodist Church, 1st Monday monthly (2nd Monday on Holidays) @ 6:30pm (phone or text ok)
Country Rebels	Miranda Meador	505-419-4355	McGee Park, second Thursday monthly @ 6pm (phone calls preferred)
	Cody Gallegos	505-231-9848	
Dreamweavers	Ferrari Arviso	505-947-8886	McGee Park, Farmington, 2nd Monday monthly @ 6:30pm (text for information)
	Matilda Arviso	505-947-8887	
Freedom Riders	Cindi Haws	505-258-9273	McGee Park 2nd Monday monthly @ 6:30pm (phone or text preferred) CLUB AT CAPACITY
Hanaa'dli	Lucinda Kitseally-boy	505-947-0809	Via ZOOM 3rd Sunday monthly @ 12:00pm
	Veronica Tso	505-860-7501	
La Plata Blue Ribbon	Holly Shelton	505-609-0229	Old Red Schoolhouse, La Plata, 1st Tuesday monthly @ 6:00pm
	Gracie Hadden	505-436-9669	
Levi & Calico	Tara Walraven	505-947-3179	Waterflow Community Hall, 1st Monday monthly @ 7:00pm CLUB AT CAPACITY
	Sealee Foster	505-320-0423	
	Angela Slone	505-947-1673	
Los Rancheros	Nicole DeHerrera	505-215-4808	DeHerrera Trucking, 316 RD 4990, Bloomfield, 4th Monday monthly @ 6:30pm
	Trina Lantana-Platero	505-860-3680	
Outlaws	Amy Conley	505-608-1138	City of Farmington office bldg, 901 Fairgrounds RD, Farmington 2nd Thursday monthly @ 6:00pm (phone or text preferred)
	Chris Conley	505-793-5233	
Pioneer Kidz	Tamera Hargis	505-330-9445	Aztec HS Ag Barn, Aztec, 2nd Tuesday bi-monthly on odd months @ 6:30pm
	Robin Rivera	575-639-0845	
Primetime 4-H	Jennifer Halphen	505-801-2801	McGee Park 1st Wednesday monthly @ 6:30pm (prefers phone/text)
	Melissa Babcock	505-215-8945	
Roadrunners	Brook Klitzke	970-764-7036	Safety LLC Office, 612 E. Murray Drive, Farmington 3rd Monday monthly @ 6:30pm
	Clint/Sandra Russell	505-419-3388	
Rockies & Wranglers	Amanda Seebeck	505-258-8405	5901 Penny Lane, Flora Vista 2nd Tuesday monthly @ 6pm (any communication ok)
	Dianna Christensen	505-860-8480	
Ropes & Revolvers	Amber Wilkins	505-801-4402	TBA Aztec/Flora Vista 2nd Monday monthly at 6:30pm (call or text preferred)
	Leah Schmidt	505-486-4360	
Shiprock 4-H	Leighann Frazier	505-639-2394	Shiprock High School Ag Classroom; 3rd Sunday @ 4pm (text preferred)
	Tyler Frazier	505-258-1440	
Showtimes 4-H	Sabrina Huntington	970-946-8564	McGee Park 1st Sunday @ 3:30pm (No meeting Dec/Jan/August) (call or text preferred)
	Amy Hadden	505-486-1072	
Silver Dollar	Louise Van Huss	505-320-4942	McGee Park, Farmington, 1st Tuesday monthly @ 6:30pm CLUB AT CAPACITY

Z Suite Online Enrollment 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.
3. Visit <https://4h.zsuite.org/> - you can use any browser, but I 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: <https://zsuite.s3.us-east-2.amazonaws.com/static/Help/ZSuiteHelp/Creatinganewaccount.html>
 - 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**
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!



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:

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

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 5th birthday and be in kindergarten but not have passed his/her 9th 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 9th birthday or be 8 years old and in the third grade but cannot be in the 6th grade and have passed his/her 12th 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 12th birthday or be 11 years old and in the 6th grade but cannot be in the 8th 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 14th birthday or be 13 years old and in the 8th grade but cannot have passed his/her 19th 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.

	Cloverbud	Novice	Junior	Senior
Grade*	Kinder, 1 st , 2 nd	3 rd , 4 th , 5 th	6 th , 7 th	8 th and up
Age as of January 1 of the current 4-H year (October-September)	5, 6, 7–8-year-olds in the 2 nd grade	8-year-olds in the 3 rd grade, 9-year-olds, 10-year-olds, 11-year-olds in the 5 th grade	11-year-olds in the 6 th grade, 12-year-olds, 13-year-olds in the 7 th grade.	13-year-olds in the 8 th 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.

4-H Project Quick Look List

ANIMAL SCIENCE

Beef
Dairy Cattle
Goat
Dog Care and Training
Cats
Horse
Rodeo
Poultry
Rabbits
Sheep
Swine
Veterinary Science
Pets: Fish, Hamster, Guinea Pig, Indoor Birds,
Etc

HORTICULTURE AND AGRONOMY

Plant and Soil Science
Gardening Flowers
Gardening Landscapes
Gardening Vegetables
Range and Pasture Management
Forestry
Entomology
Wildlife
Shooting Sports: Air Rifle, .22 Rifle, Pistol,
Shotgun, Archery, Muzzleloading
Sports Fishing

HOME ECONOMICS, CONSUMER EDUCATION AND HOME MANAGEMENT

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

PERSONAL GROWTH AND DEVELOPMENT

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

CREATIVE ARTS

Leather Craft
Braiding
Fibercraft: Knitting, Embroidery, Cross Stitch,
Weaving, Needle Point, Macrame, Denim
Ceramics
Jewelry Making
Photography
Scrapbooking
Origami
Arts and Crafts

ENGINEERING

Electric Energy
Small Engines
Welding
Rocketry
Wood Science
Robotics

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

4-H Dog Project	Jan Tomko	505-330-0508	Will start in April/May 2023. Meets at Growing Forward Farm, Aztec
Fiber Arts (Knit/Crochet)	Michelle Truby-Tillen	505-419-8081	Please text her to arrange individual/group training session.
Scrapbooking	Louise Van Huss	505-320-4942	Please call her to arrange individual/group training session.
Hoofbeat Gang-Horses	Miranda Meador	505-419-4355	McGee Park Coliseum, 4th Monday monthly @ 5:30pm
Hop Along - Rabbits	Brook Klitzke	970-764-7036	Generally 1st Tuesday monthly 6-8pm McGee Park
4-H Rodeo	Kathy Mueller	505-386-8758	Please call her to get current practice/rodeo schedule or see newsletter
Poultry Projects	Kevin Kaiser	559-359-2113	Call/Text preferred contact

Archery	Chris Conley	505-793-5233	Orientation January 21 at Expert Archery 8am-10am
	David Meador		Practice Saturdays 8am-10am in winter. Outdoor range practice in summer months

Shotgun	Jake Hayes	505-801-6411	San Juan Wildlife Federation Range, 5652 US-64, Farmington Practice on most Saturdays at 2pm (see schedule for all dates)
	MANDATORY Safety Orientation:		BEFORE practice in December
	NO PRACTICE ON THESE DATES: April 9 (Easter), 2023		

Air Rifle (SENIORS)	Ronnie James	505-860-2473	San Juan Wildlife Federation Range, 5652 US-64, Farmington Wednesdays @ 7pm
	Amber James	505-860-7265	
	Greg Cresswell	505-320-3093	
Air Rifle (JUNIORS & NOVICE)	Ronnie James		San Juan Wildlife Federation Range, 5652 US-64, Farmington Starting January 2023 on Sundays, 12:00pm
	Amber James		

.22 Rifle (SENIORS)	Ronnie James		San Juan Wildlife Federation Range, 5652 US-64, Farmington Sundays @ 2:00pm
	Amber James		
	Greg Cresswell		
.22 Rifle (JUNIORS & NOVICE)	Ronnie James		San Juan Wildlife Federation Range, 5652 US-64, Farmington Starting January 2023 on Sundays, 2pm
	Amber James		



New Mexico 4-H Adult 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:	
Have you had any change in criminal status since your most recent 4-H background check?		Yes	No
*If your answer is yes, please contact your County Extension Office for a new background check.			

New Mexico 4-H Code of Conduct for Adults

The positive influence of caring, capable and responsible adults plays an important role in the lives of youth and the 4-H Youth Development Program. Adults working with 4-H youth are charged to lead by example and create a sense of belonging for the youth they support. Therefore, the adult, by signing this form 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

- To cooperate with, support and empower adult staff and youth leadership as they facilitate the 4-H program.
- To oversee the health, safety, and whereabouts of the young people I am responsible for.
- To act as an informal mentor to young participants and model appropriate behavior.
- To abide by the same rules as the youth, spelled out in the Code of Conduct and Clothing Guidelines; including full participation and no use or possession of alcohol, drugs or weapons, before, during or after an event and until the youth are released from my responsibility.
- To orient youth participants as to expectations of dress, manners, safety, punctuality, etc., for the event and to answer concerns and questions of the youth.
- To enforce all written and signed behavior expectations established for youth participating in the 4-H Youth Development Program.
- To consult with local and/or state 4-H program contacts in determining appropriate disciplinary action in the case of inappropriate youth behavior.
- To refrain from causing or demonstrating conflict with other parents, volunteers, chaperones or agents in front of the youth.
- To act in the best interest of the youth in the event of an emergency.
- To communicate with fellow adults and youth in an appropriate manner with no swearing, cursing or abusive language in all forms of communication, including social media.
- To not use my position of trust for personal advantage or profit/gain through any form of communication, including social media.
- To avoid sexual contact of any type with youth and/or personal displays of affection with other adults in the presence of youth.
- To not ignore situations involving bullying, hazing or harassment, nor fail to intervene if youth are being threatened, humiliated or intimidated by other youth or adults.
- If I will be transporting youth for any 4-H activity, I certify that I:
 - Have a valid driver's license.
 - Understand the responsibilities of safe driving.
 - Have vehicle insurance, individual liability and medical coverage:
 - Insurance Company _____ Policy # _____
 - Have no prior convictions for driving while impaired or driving while under the influence of alcohol or drugs.

*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 as an adult I should model positive behaviors and lead by example. Also, I understand that my behavior not only affect the youth under my direct supervision but the entire 4-H Youth Development Program and that I represent myself, my club, county and state as well as the overall 4-H Program. Therefore, I have read and understand the expectations related to the Code of Conduct for Adults and agree to be bound by it.

Signature

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 my image and/or voice 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

I am 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 you have 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) you are currently taking:

Release of Liability and Medical Authorizations

The health history 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. If an injury or other medical condition occurs or arises and I am incapacitated, 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 me. I agree to assume full financial responsibility for any medical services provided.

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.

Signature

Date



**New Mexico State University
4-H Youth Development
Volunteer Application Form**
(To be completed by all *potential* volunteers)

For County Extension Office Use Only	
Date entered	_____
Fee Paid	<input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> Cash
Date	_____ <input type="checkbox"/> Accepted <input type="checkbox"/> Declined <input type="checkbox"/> More info needed
Date of Notification Letter	_____

Name: _____
(First) (Middle) (Last)

Mailing Address: _____
(Street) (City) (Zip)

Length of time at current address: _____ (If less than 2 years, please provide previous address below)

(Address) (Length of time)

Phone: Day: _____ Best time to call: _____
Eve: _____ Best time to call: _____
Cell: _____ Best time to call: _____

Email: _____

Work, Education and Volunteer Experience (please list most current experience first)

Employer/Organization	Position Title/Volunteer Role	Year(s)
_____	_____	_____
_____	_____	_____

Background Disclosure

Answer YES or NO to each listed item. If the answer is YES to any item, explain in the area provided, indicate the charge or finding, the date and the court(s) involved.

- Convicted of a felony. Yes No **IF YES, EXPLAIN BELOW**

- Convicted of crimes relating to financial exploitation. Yes No **IF YES, EXPLAIN BELOW**

- Convicted of crimes related to drugs and/or alcohol, including driving under the influence. Yes No **IF YES, EXPLAIN BELOW**

- Convicted of any crime against children or other persons. Yes No **IF YES, EXPLAIN BELOW**

I understand a background check will be completed prior to final consideration of my application to volunteer and that volunteering is a privilege and not a right. I understand that misrepresentation or omission of required information is just cause for non-appointment as a volunteer with New Mexico State University Cooperative Extension Service and that failure to communicate any change in status related to the above questions to the County Extension Office will result in immediate removal as a 4-H volunteer leader. I understand that I serve at the pleasure of New Mexico State University Cooperative Extension Service and agree to abide by the policies of the New Mexico State University Cooperative Extension Service 4-H Youth Development Program and to fulfill the volunteer responsibilities to the best of my ability.

Applicant Signature: _____ **Date:** _____

Please return this application and the Disclosure and Consent Form at your earliest convenience to your local County Extension Office. Contact us if you have any questions or wish further information. Thank you!



Cooperative Extension Service

Department of Extension 4-H and Youth Development
College of Agriculture and Home Economics
Msc 3AE
P.O. Box 30003
Las Cruces, NM 88003-8003
Tel: 505-646-3026
Fax: 505-646-3027

DISCLOSURE AND CONSENT CONCERNING CONSUMER AND INVESTIGATIVE CONSUMER REPORTS

This form, which you should read carefully, has been provided to you because the New Mexico State University (NMSU) State 4-H Office may request Consumer Reports and/or Investigative Consumer Reports from a consumer reporting agency. NMSU State 4-H will use any such report(s) solely for the employment-related purposes.

Consumer Reports or Investigative Reports will be obtained from HireRight, Inc. (HireRight) located at 2100 Main Street, Suite 400, Irvine, CA 92614. They can be contacted at 800-400-2761. Any such reports may contain information bearing on your character, general reputation, and personal characteristics. The types of information that may be obtained include, but are not limited to: social security number, criminal records checks, public court records checks, including civil, driving records, etc. The information contained in these reports may be obtained by HireRight from private or public record sources including sources identified by you in your job application or through interviews or correspondence with your past or present coworkers, neighbors, friends, associates, current or former employers, educational institutions or other acquaintances.

For California residents, under section 1786.22 of the California Civil Code, you may view the file maintained on you by HireRight. You may also obtain a copy of this file, upon submitting proper identification and paying the costs of duplication services, by appearing at HireRight's offices in person, during normal business hours and on reasonable notice, or by mail; you may also receive a summary of the file by telephone. HireRight has trained personnel available to explain your file to you, including coded information. If you appear in person, you may be accompanied by one other person, provided that person furnishes proper identification.

You are given a summary copy of the "Summary of Your Rights Under the Fair Credit Reporting Act" prepared pursuant to 15 U.S.C. section 1681 (g)(c). You have the right to request additional disclosures of the nature and scope of the investigation and a statement of your rights by contacting HireRight.

CONSENT

I have carefully read and understand this Disclosure and Consent form and, by my signature below, consent to the release of consumer and/or investigative consumer reports, as defined above, to the NMSU State 4-H Office in conjunction with my application for employment. I further understand that any and all information contained in my job application or otherwise disclosed to the NMSU State 4-H Office by me before, during or after my employment, if any, may be utilized for the purpose of obtaining the consumer reports or investigative reports requested by the NMSU State 4-H Office. I understand that if the NMSU State 4-H Office hires me, it may request consumer reports and/or investigative consumer reports about me, as defined above, for employment-related purposes during the course of my employment. I understand that my consent will apply throughout my employment, to the extent permitted by law, unless I revoke or cancel my consent by sending a signed letter or statement to the NMSU State 4-H Office at any time. This Disclosure and Consent Form, in original, faxed, photocopied or electronic form, will be valid for any reports that may be requested by the NMSU State 4-H Office.

Applicant Last Name _____ First _____ Middle _____

Social Security # _____ Date of Birth (for ID purposes only) _____

Present Address _____

City/State/Zip _____

Applicant Signature _____

CALIFORNIA, MINNESOTA AND OKLAHOMA APPLICANTS ONLY:

I wish to receive a free copy of any Consumer Report and/or Investigative Consumer Report on me that is requested.

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: 8-13, 2023 SAN JUAN COUNTY FAIR

SEPTEMBER: STATE FAIR

OCTOBER: NATIONAL 4-H WEEK

OCTOBER: STATE OF NEW 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.**



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.