Welcome To
New Mexico
4-H!
Welcome To New Mexico 4-H!

The 4-H Journey

4-H is a journey, and every journey begins with a first step. You took the first step when you joined 4-H and this booklet will serve as a guidebook to the rich history and potential of 4-H.

The information and activities on the following pages will help you learn more about your club, your community, and your fellow 4-H members.

4-H membership is not just about raising animals! There are more than 100 projects available to you, including small pets, quilting, gardening, citizenship, baking, rocketry, leadership, forestry, sewing, welding, rodeo, shooting sports, archery, woodworking, vet science, leathercraft, ceramics, public speaking, scrapbooking, and photography.

Opportunities for you to participate range from local leadership, events and contests; to serving and competing at the national or international level. Possibilities include:
- County & State leadership;
- Diplomats & Ambassadors plan and carry out county and state 4-H events. Ambassadors attend the National Conference in Washington, D.C.
- Livestock schools offer hands-on training;
- Camps have educational and recreational activities;
- County contests may include judging, consumer decision making, fashion revue, presentations, crop identification, wildlife, entomology, shooting sports, and subject matter bowls;
- Novices and Juniors represent the county at the District Contest;
- Seniors represent the county at State 4-H Conference;
- Members enrolled in production livestock projects may participate in Jackpots, Sales, and Shows;
- County and State Fairs are venues to exhibit finished projects and livestock;
- Scholarships are available to Senior 4-H members.

4-H welcomes youth ages 5 to 19 years of age. Children 5 to 8 years of age participate in Cloverbuds, with special age-appropriate activities. 4-H does not discriminate or limit membership because of race, sex, color, national origin, religion, or handicap.

Welcome to 4-H! It's more than you ever imagined!

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H In New Mexico</td>
<td>1</td>
</tr>
<tr>
<td>The 4-H Motto &amp; Pledge</td>
<td>2</td>
</tr>
<tr>
<td>The 4-H Creed &amp; Slagor</td>
<td>3</td>
</tr>
<tr>
<td>The 4-H Emblem &quot;Welcome To 4-H&quot;</td>
<td>4</td>
</tr>
<tr>
<td>Projects</td>
<td></td>
</tr>
<tr>
<td>My 4-H Club &amp; County Council</td>
<td>5</td>
</tr>
<tr>
<td>Leadership</td>
<td>6</td>
</tr>
<tr>
<td>Citizenship</td>
<td>7</td>
</tr>
<tr>
<td>Community Service</td>
<td>8</td>
</tr>
<tr>
<td>Giving A Demonstration</td>
<td>9</td>
</tr>
<tr>
<td>Demonstration Planning Sheet</td>
<td>11</td>
</tr>
<tr>
<td>Recordkeeping &amp; Notes</td>
<td>11</td>
</tr>
<tr>
<td>Test Your 4-H Knowledge</td>
<td>12</td>
</tr>
</tbody>
</table>
4-H club work in New Mexico dates back to January 1912, when the New Mexico Agricultural College (now New Mexico State University) and the Santa Fe railway ran an agricultural train on all parts of New Mexico's Santa Fe Railway system. The train carried livestock and farm exhibits, and educational talks were given by College specialists. Special meetings were held for young people in which boys' and girls' club work was discussed and organized.

With the passage of the Smith-Lever Act in 1914, and the permanent establishment of Cooperative Extension in New Mexico, more concentrated club work followed.

During World War I, clubs raised more crops and livestock, rallying under the slogan "Food Will Win The War," and collected several tons of peach seeds for use in making gas masks. New Mexico's enrollment increased to 4,181, a record until 1936. By the 1920s, clubs across the nation were called 4-H because each member focused on developing his or her Head, Hands, Heart, and Health.

4-H offered travel and new experiences to rural New Mexicans. In 1928 our first delegate took a train to the National 4-H Encampment in Washington DC.

Annual state encampment brought 4-Hers from across New Mexico to the Las Cruces campus for contests and workshops.

4-H created college opportunities for rural New Mexicans. By the mid-1920s, 4-Hers who completed three years of project work could get four-year scholarships to the school. In 1928, seven women and four men took advantage of the tuition scholarships, valued at $168 apiece.

The first 4-H co-op house was located near campus on the present-day site of Las Cruces High School. It housed 4-H alumni who paid $18 in annual rent. To save money, co-op residents raised most of their own food. One member brought a cow. Another had chickens. They took turns tending the garden, washing the dishes and doing other chores.

As a counterpoint to the serious work of rural life, 4-H offered camps, dances and songs. Scott Able 4-H Camp near Cloudcroft, founded in 1950, provided a permanent site for county and state camps.

On the heels of summer camps came State 4-H Encampment in Las Cruces (now State 4-H Conference), where hundreds of youngsters celebrated with dances and sing-alongs.

To appeal to the state's growing urban population, 4-H expanded its offerings in the late 1950s with projects such as photography, dog obedience and bicycle safety.

Whatever the topic, 4-Hers were expected to learn and carry out leadership and citizenship responsibilities in the project. Record keeping charted progress.

4-H tapped the mass media to reach more children. National television programs like Mulligan Stew, a half-hour series on nutrition, introduced a new audience to 4-H. The program reached 38,000 viewers in New Mexico. New Mexico broadcast regional TV programs originating in the state.

Besides joining clubs or tuning in to TV programs, members could participate in school enrichment projects, such as hatching chicks in a classroom incubator, or special-interest groups that focused on short-term projects like building and launching model rockets.

Through service projects, 4-H leaves its mark on communities.

Lincoln County 4-H members help at the annual Cowboy Symposium. DeBaca County 4-Hers maintain Dallas Park. Rio Arriba members painted school murals and helped with highway cleanups. Socorro County 4-Hers organized a local food bank drive. Curry County 4-H planted windbreaks and shade trees and created a compost area.

Whatever the activity, 4-H's goal is to develop productive citizens!
The 4-H Motto & Pledge

Members take the 4-H motto, "To Make The Best Better" seriously, individually pledging:

My Head
to clearer thinking
4-H helps you learn to plan before you take action; teaches things you can use as an adult; and lets you make decisions.

My Heart
to greater loyalty
Through 4-H you make many friends; learn to trust and respect others; learn about people who are different from you; and learn about values.

My Hands
to larger service
4-H is learning by doing; learning to complete tasks; serving your community; and helping others.

My Health
to better living
4-H encourages activities that are fun and healthy; teaches about protecting the environment; and promotes wise use of leisure time.

For my Club,
my Community,
my Country,
and my World.
Through 4-H you learn to be a good citizen; learn about community relationships; realize that you are part of a larger group and that you belong; and learn about 4-H across the nation and around the world.

How can you "Make The Best Better"?

My Heart to greater loyalty

My Hands to larger service

My Health to better living

How will you implement each phrase of the Pledge?

My Head to clearer thinking

for my club,
my community,
my country,
and my world.
I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, plan, and to reason.

I believe in the training of my HEART for the nobleness it will give me to be kind, sympathetic, and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, skillful, and useful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my county, my state, and my community, and in my responsibility for their development.

In all these things I believe, and am willing to dedicate my efforts to their fulfillment.

My signature

My Club Leader’s signature

Date

The 4-H Slogan: “Learn By Doing!”

The “Learn By Doing” philosophy of 4-H emphasizes the importance of involving members in the learning process. You may not believe what you are told; but you know what is real when you do it.

I plan to learn:

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

I plan to do:

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

Does your 4-H club or County Council have a slogan?
What is it?

__________________________________________

__________________________________________

How can that slogan be part of your life?

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________
The 4-H Emblem

This clover is the 4-H emblem. The green four-leaf clover has a white “H” on each leaf to represent one of the four H’s: Head, Heart, Hands and Health.

The 4-H name and emblem have been held in trust by the Secretary of the United States Department of Agriculture; and protected under 18 USC 707 since June 25, 1948. The Director of Extension in each state authorizes their use. In each county, the Cooperative Extension agent delegates their use to 4-H groups.

The emblem will be part of your “Welcome To New Mexico 4-H” project. You may use it on other items to let people know you are part of 4-H, the largest youth organization in the world, with more than seven million members!

Part of the 4-H experience is learning new skills and discovering your creativity. As you plan your “Welcome To New Mexico 4-H” project, remember to relax and enjoy the journey!

"Welcome To New Mexico 4-H" Projects

Use the 4-H clover as part of your “Welcome To New Mexico 4-H” project. Design and create one or more of the following:

- A banner, no larger than 18” by 24”;
- An embellished picture frame, holding a photograph no larger than 9” x 12”, of 4-H club members or a 4-H activity;
- An embellished t-shirt.

The possibilities for embellishing are limitless! You may use traditional or innovative techniques and materials: photo transfers, found objects, stamps, glitter, carving, buttons, sewing, paint, glue, woodburning, batik, quilting, cutouts, felt, wood, paper, metal, or other items and skills.
My 4-H Club is:

We meet on:

at:

Your fellow 4-H club members may become lifelong friends, with whom you can later share stories and memories. Those who assume leadership roles help guide the Club during their term of office. The leaders who mentor you through 4-H will provide valuable assistance and insights. Take time to visit with them and ask them to help complete the following:

Optional activity:
I attended a County 4-H Council meeting on

and met:

County Council officer’s name and title

County Council officer’s name and title

County Council officer’s name and title

County Council officer’s name and title

County Council officer’s name and title

County Council officer’s name and title

County Council officer’s name and title

County Extension 4-H Agent

County Extension 4-H Agent

Business discussed included:

Some counties have County 4-H Councils. County Council officers are elected by voting delegates from the county 4-H clubs. These officers assume leadership roles and work with the Cooperative Extension agents and 4-H organizational leaders. Regular meetings are held to plan fundraisers, set budgets, and address concerns. All 4-H members, parents, project leaders, and county residents are invited to attend these meetings.

Find out whether your county has a County 4-H Council. If it does, plan to attend one of the meetings and learn how the Council conducts business.
Leadership

Leadership means taking the lead, giving direction, planning, and organizing. Leadership projects can be independent or group activities.

Leadership skills can be learned and developed through the many opportunities 4-H has to offer. In a 4-H leadership project, you gain experience in several skill areas:
- Understanding yourself;
- Communicating;
- Getting along with others;
- Learning to learn;
- Making decisions;
- Managing and working with groups.

As you take part in club meetings; present information at events; or design and implement activities for members, you will learn to take responsibility for your actions and work with others to achieve individual and group goals; skills which will be used in jobs, careers, service clubs, your community, and daily activities throughout your life.

Other leadership possibilities include:
- Promoting 4-H to recruit leaders and members;
- Helping members with presentations, recordkeeping, and officer training;
- Assisting project and activity leaders in teaching members;
- Taking the lead in special projects for your club;
- Assuming responsibility for communicating with selected members and their families;
- Assisting with planning, conduct, and evaluation of meetings and recreation activities;
- Serving as a 4-H Youth Official at the New Mexico State Fair;
- Participating in County 4-H Council (if your county has one);
- Serving on the State leadership team;
- Acting as a camp counselor;
- Helping plan and implement county 4-H activities;
- Working to establish partnership with other clubs, groups, and organizations;
- Assisting in planning and conducting community service projects.

My leadership activity:
4-H members become involved in citizenship and civic engagement programs primarily to make a difference.

Participating in citizenship activities shows an interest and commitment to community improvement. There are a variety of ways you can be involved in making positive change:

- Do volunteer work;
- Form relationships with other adult and youth organizations;
- Learn about issues of public importance and how they affect you;
- Attend local government meetings;
- Make your community a better place to live.

My citizenship activity was:

By participating in activities and programs that emphasize citizenship, you will gain new knowledge and skills which will enrich your life and the lives of others.

Learning about and experiencing citizen rights and responsibilities, government, and public issues will give you the confidence and ability to be an active member of your communities.
Community Service

Through its pledge of "Hands to larger service," 4-H has historically given back to the community by encouraging members, leaders, and parents to volunteer.

In 4-H, service is commonly defined as "...the voluntary action of an individual or a group of individuals without pay...." Service to the community, through food drives, helping senior citizens, adopt-a-highway programs, teaching younger members, mentoring children or youth, determining community needs and helping solve community problems, will help you learn to care, lead, and become a good citizen.

By giving back to your community, you and your fellow members will:
- Learn the value of helping others;
- Develop leadership, communication, organizational skills and a sense of empowerment;
- Learn how important the connection is between subject matter and life in the community;
- Learn how to cooperate with one another and work as a team with diverse groups of people including adults, peers and others with different backgrounds and experiences;
- Succeed in an area different from academics, athletics, or popularity;
- Build self-esteem from the positive results of your service;
- Develop problem-solving and decision-making skills by applying your knowledge to real-world situations;
- Develop a sense of being responsible for your community and a realization that citizenship requires you to actively participate in the community;
- Receive recognition for your efforts and possibly college scholarships;
- Experience the world of work.

Not only will you, as an individual, grow and gain by being involved in community service, your 4-H club will experience benefits from planning and carrying out service projects.

My community service project:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Records are important because:

- They are a tool to gauge your progress in projects;
- Provide background of what you gained;
- Account for your money spent, saved, and earned.

To keep records:

- Set a goal, such as raising chickens for eggs;
- List what you did to achieve your goal ~ purchased fertile eggs, incubated them, raised the hens, etc.;
- Keep track of the money you spend ~ cost of the eggs,
- incubator, feed, scratch, cage, minerals, feed and water containers, reference books, and other supplies or expenses;
- Remember to take pictures!

Many projects have special record sheets which pertain to that specific project. Others use a generic record sheet, available from your county 4-H agent or online at the state 4-H website.
Giving A Demonstration

During your demonstration, you will teach your audience a skill, explaining and demonstrating every step. Plan your demonstration as you would a trip!

Introduction
The introduction is like the destination of your trip, exciting and full of promise.

Body
Each step on your trip is special, with something to see or do; as each section of your demonstration has a specific purpose in your project.

Summary
The summary, similar to a scrapbook of your trip, is the final part: a short, clear, concise version of the whole demonstration.

We're going to drive to California and see the Pacific Ocean! We'll travel through Arizona, stopping at Canyon de Chelly, the Grand Canyon, and Lake Mead.

While we're in California, we will see two extremes: Death Valley and Yosemite National Park. Then we will drive across the state to San Francisco and travel down Highway 1; visiting Hearst Castle and Santa Barbara. Maybe we will see whales!

We'll swim and play on the beach at Santa Monica and visit Disneyland before returning to New Mexico. I'll have some special photos of the places we visit to share when we get home!
**Introduction**
I will present and describe the following finished project:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Body**
I will explain and demonstrate each of the following steps needed to complete the project:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Summary**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Test Your 4-H Knowledge

What are the 4-H colors?

Who may belong to a 4-H club?

What do the four H's stand for?

What is the 4-H slogan?

What is the 4-H motto?

What is the 4-H pledge?

How and when did 4-H start in New Mexico?

My 4-H leader is:

My 4-H agent is:

My county's 4-H office is in:
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.

These fundamental values in 4-H address the personal qualities young people need to become productive citizens in the world today and tomorrow:

- 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. Sound work habits carry over into worthwhile personal achievement.
- Develop leadership talents and abilities to participate effectively as members of a group. 4-H recognizes the role of citizens who actively join and participate in community groups with the guidance of friendly adults.
- Develop personal standards and philosophy of life based on lasting values. This includes making the world a better place for others, stressing honesty, integrity, and high standards for the individual and the group.
- Develop an appreciation for the importance of science, agriculture, and the home, and their relationship to the total economy. Education is the foundation of 4-H programming through its direct tie to state land-grant universities.
This I believe...

The 4-H boy and girl are more important than the 4-H project...

4-H is not trying to replace the home, the church, and the school... only supplement them...

4-Hers are their own best exhibit...

No 4-H award is worth sacrificing the reputation of a 4-H member or leader...

Competition is a natural human trait and should be recognized as such in 4-H work. It should be given no more emphasis than other fundamentals in 4-H...

Learning how to do the project is more important than the project itself...

Many things are caught rather than taught...

A blue ribbon 4-H member with a red ribbon pig is more desirable than a red ribbon 4-H member with a blue ribbon pig...

To Learn By Doing is fundamental in any sound educational program and characteristic of the 4-H program...

Generally speaking, there is more than one good way of doing most things...

Every 4-H member needs to be noticed, to be important, to achieve, and to be praised...

Our job is to teach 4-H members how to think, not what to think.

Revised in 2008 by Marsha Palmer, M.S.
Lincoln County Home Economist/4-H Agent

Reviewed by Jackie Baca, Lynne Seam, Brenda Bishop, Shannon Franklin, Kelly Knight, Kathy Landers, Carla Ghness, Tamgra Rowland, Michelle Stearns

Design & Layout by Kathleen Phillips-Hellman