



Rio Arriba County
Extension Service
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CLOVERLEAF

Your Source for 4-H News and Events



August 2024

Happy Birthday!

Hekaila, Rosalie, Ariana, Alydia, Nathaniel, Keelin, Gavin,
Tristen, Lillyana, Adam, Aria, Alannah, Jeremy,
Kai & LilyAnne

Congratulations to all our Rio Arriba County Fair Exhibitors!

And a huge THANK YOU to all of you who worked tirelessly behind the scenes making this Fair happen!!

HEY 4HERS!

Do you want to be a part of the 2024 State Fair Food Challenge?

We are looking for Novice, Juniors and Senior to participate and represent Rio Arriba County at our State Fair, possibly win State and even go to Nationals in Dallas!!

If you enjoy cooking for yourself or your family, or if you have never cooked and want to learn . . . THIS opportunity is perfect for YOU!

NMSF Food Challenge is Saturday, September 14. Teams are forming now! 3 – 5 per team, 2 teams per age group. Call Melanie at 505-685-4523 or email her:

melmoya@nmsu.edu

REGISTRATION DUE TO EXTENSION OFFICE BY AUGUST 26TH
\$15 per Team

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

Checkout page 2 for more information about the contest



Dates to Remember

Aug 26 - NM Food Challenge Registrations Due to RA Extension Office

Sept 3 – BAKED GOODS DUE to RA CES, that are going to State Fair between 8am-10am

Sept 5 -15 - New Mexico State Fair, Abq

Sept 7 – 4-H NM State Horse Show

Sept 14 - NM 4-H Food Challenge Contests

Sept 20 - 22 – State 4-H Rodeo Finals, Bosque Farms

Sept 25 – 29 Southern NM State Fair

Sept 28 – National Public Lands Day at the Abiquiu Dam



Continued . . . Food Challenge - Rules of Play



- Each team will be directed to a cooking/preparation station. There will be a set of secret ingredients at each station – 4 for seniors, 3 for juniors and 2 for novices.
- With the ingredients provided, along with access to a pantry of additional ingredients, each team will have 40 minutes to plan and prepare a dish, plan a presentation, determine the cost of the dish, and clean up their assigned preparation area
- Teams must incorporate at least a portion of each ingredient provided into their dish
- Teams must use at least two additional items from the pantry. The items provided in the pantry will be typical of what one can find in a pantry at home including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices.
- Teams must present to the judges a single plated serving of the dish created
- Each team is allowed up to five (5) minutes for their presentation, during which they should highlight: knowledge of MyPlate, nutrition knowledge, food preparation, safety concerns and practices, serving size information, and cost analysis of the dish prepared. Judges will also take into consideration the appearance and quality of the food, the team's creativity, effectiveness of communication, and teamwork when scoring the team presentation.



Going to State Fair Exhibit Winners . . .

Baked Goods

If your baked good won 1st place at Rio Arriba County Fair and you had a State Fair sticker on your baked item, it is going to the State Fair! Congratulations!

Please bake the same item and bring it to the Extension office in Abiquiu between 8am and 10am Tuesday morning, September 3rd! It will be transported to the State Fair by Joy & Melanie.

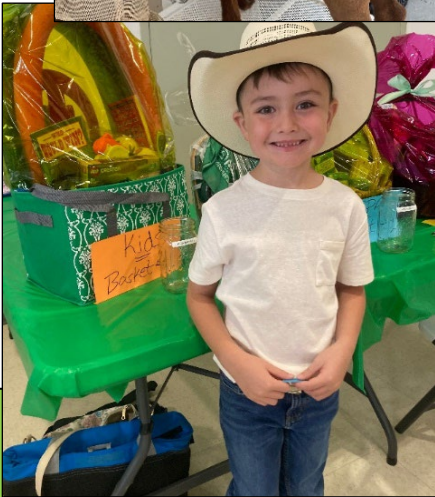
Spirit Table 1st Place Winner

Tuesday, Sept 3rd, please transport your booth items to the NM State Fair, Harms Building, enter through Gate 6. You will set up your exhibit in the area designated by State Fair officials.

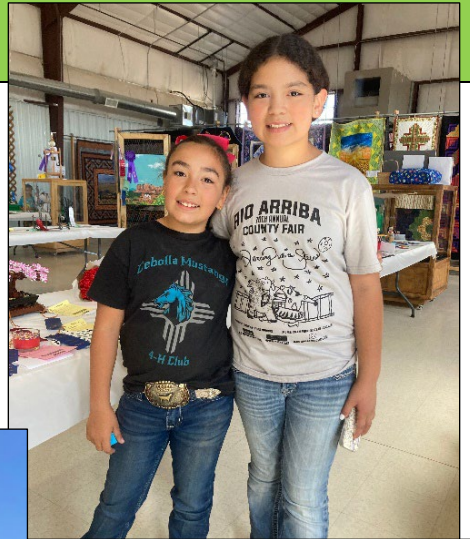
The theme is, "4-H Shows Bounty in our County".

- Booths set up; September 6 (Noon-5pm) continue on September 7 (Until 12pm)
- Booth take down; September 15 (After 5pm) continue on September 16 until 1:00pm

Rio Arriba County Fair 2024



4-H  **GROWS HERE**





Summer Program 2025 CWF

Citizenship Washington Focus (CWF) is a leadership program for high school youth from across the country. Every summer, thousands of young people stay near Washington, D.C., to 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 and 1st payment is due is due October 17, 2024. Contact the Extension Office for more information.



Join us at Abiquiu Lake

To give back to your public lands on

National Public Lands Day

Saturday, September 28, 2024

10 am-2 pm

with registration beginning at 9:30 am
at Group Shelter 3 by the boat ramp.

Activities will include:

Shoreline Trash Pick-Up, Building birdhouses for Juniper Titmouse, and a Pollinator Garden Plant ID activity for children.

Volunteers will receive a free night of camping.

Please come dressed appropriately for the activities and weather. Wear sturdy shoes, bring water, sunscreen and hats to protect from the sun. We look forward to working with you!



**National Public Lands Day is on
September 28, 2024**

Abiquiu Lake will be cleaning up the shoreline, prettying up the pollinator garden by making plant ID tags with the kids, and sprucing up our recreation areas.

Registration will begin at 9 am at Group Shelter 3 at the Abiquiu Lake Boat Ramp.

For volunteering you will get a free night of camping at the Dam!

Great community service opportunities for clubs !

Hotel Discount Rate for New Mexico State Fair

- The Hampton Inn University/Midtown (2300 Carlisle N.E., Albuquerque) is once again offering a discounted room rate (**\$91 per night**) for 4-H agents, staff, youth, and families participating in the State Fair.
- The rooms feature two queen beds and some connecting rooms are available. The discounted rate is good between Tues., Sept. 3 – Mon., Sept. 16. Please make your reservation using the link below:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=ABQMTHX&groupCode=CHHNM4&arrivaldate=2024-09-03&departuredate=2024-09-16&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>



New Mexico 4-H Horse Show

Judge: Chris Culbreth/AZ



Indoor Horse Arena:

- Showmanship at Halter
- Western Pleasure
- Western Horsemanship
- Ranch Riding
- Hunter Under Saddle
- Hunt Seat Equitation
- English Disciplined Rail
- Futurity
- Versatility
- Reining



**SATURDAY
SEPTEMBER 7
2024**

**Egg N Spoon Jackpot!
Winner Takes all!**

HI-POINT BUCKLES
NOVICE * JUNIOR * SENIOR

CLOSING DATE AUGUST 28, 2024
 Post entries accepted on site or by EMAIL ONLY after closing date.
 MAIL TO: Evelyn Huff- PO Box 1505, Alamogordo, NM 88310
 EMAIL: swqhahorseshow@gmail.com
 Stay Tuned to www.Statefair.ExpoNM.com for Premium and Updates
 More Info: Show Manager*Mariah Wilson*505-803-3228

Family & Consumer Sciences Lettermen

APPLY NOW

ANY 4-H MEMBER WHO IS ACTIVE IN FAMILY AND CONSUMER SCIENCES (FCS) PROJECTS CAN "LETTER" IN FCS.

APPLICATIONS DUE:
SEPTEMBER 27, 2024



THE FIRST YEAR (FIRST-TIME APPLICANT):
RECEIVE A "CLOVER" LETTER.

NOVICE: BRONZE "H" PIN 

JUNIOR: SILVER "H" PIN 

SENIOR: GOLD "H" PIN 

- 2 PLATINUM LETTERS WILL BE AWARDED EACH YEAR IN THE FORM OF A PLAQUE.
- THE PLATINUM LETTERS ARE BASED ON OVERALL ACHIEVEMENT & MAY BE RECEIVED AT ANY AGE LEVEL WHO APPLY.
- 4-H SENIOR AWARDEES WILL BE RECOGNIZED AT SENIOR LEADERSHIP RETREAT 2025


Visit NMSU 4-H Website for more info!



BE BOLD. Shape the Future.
College of Agricultural, Consumer and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development



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



BE BOLD. Shape the Future.
College of Agricultural, Consumer and Environmental Sciences
 Cooperative Extension Service
 Rio Arriba County Extension Office

Joy Czmyrid

Joy Czmyrid, Rio Arriba County

Family & Consumer Sciences/4-H Agent