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College of Agricultural, Consumer  
and Environmental Sciences  
Cooperative Extension Service  
Rio Arriba County Extension Office



# Cloverleaf



## Your source for 4-H News and Events

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THANK YOU 2025-2026

# 4-H Club Leaders!

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Please note this is the list of the 2025-2026 4-H Clubs (As the year proceeds an updated list will be provided). These Clubs are subject to change with New Leaders added to the list. The general area is also listed for youth in the area looking to join 4-H.

## A New Beginning

Exciting news! 4-H is starting an incredible chapter. We're thrilled to soon welcome a new agent to our team, bringing fresh ideas and energy. This is a unique chance to inspire future leaders, expand programs, and reach more youth. Get ready to welcome a new face to our 4-H family! Stay tuned for updates!

As we begin the 2026-2027 4-H year, we're excited to embrace new challenges and opportunities. Last year highlighted the resilience and dedication of our youth, families, and volunteers, who contributed to the vibrant Rio Arriba County community. We thank the 4-H Club Leaders for their unwavering commitment and exemplary service, which have greatly impacted our members' lives. Their guidance has fostered an environment for young people to thrive and learn. As we look forward, we're enthusiastic about the new experiences and achievements ahead. Together, let's continue to build a nurturing space for our 4-H community.

## Upcoming Events & Programs Calendar

**OCT  
1**

### Start of New 4-H Year

Enrollment for the new 4-H year will open October 1. Please contact your club leader or the extension office and we will assist you with enrollment. **Re-Enrollment opens October 1<sup>st</sup>, New Enrollment opens November 1<sup>st</sup>.**

Scan QR Code or click link to view FAQs for Volunteers.



Scan QR Code or click link to view The Clover Academy in ZSuite.



**OCT  
4-10**

### National 4-H Week

National 4-H Week brings together 6 million youth, 3,500 Extension educators, 500,000 volunteers, and 35 million alumni to celebrate the incredible impact of 4-H and preparing young people to be Beyond Ready for life and career.

Scan QR Code or click link to view the National 4-H Week Toolkit



**NOV  
13-14**

### NM 4-H Adult Leader's Retreat

This retreat is a great opportunity for 4-H volunteer leaders, parents, and agents to learn, network, and get energized. Numerous workshops are provided covering 4-H projects, 4-H clubs, working with youth, and more.

The Rio Arriba 4-H County Council will cover the registration costs for the first three 4-H Leaders who contact the office. Act fast to secure your spot and enhance your leadership skills!

Scan QR Code or click link to access event details and registration link.



## Happy Birthday

|                |                |
|----------------|----------------|
| 10/03 Naleah   | 11/01 Shanisha |
| 10/04 Ava      | 11/01 Maya     |
| 10/04 Loic     | 11/07 Angel    |
| 10/09 Joey     | 11/08 Marileya |
| 10/14 Ariana   | 11/12 Emmaly   |
| 10/15 Marquesa | 11/12 Alycia   |
| 10/18 Aiden    | 11/16 Arena    |
| 10/19 Sarah    | 11/17 Emilia   |
| 10/21 Presley  | 11/18 Paige    |
| 10/24 Evan     | 11/28 Destiny  |
| 10/24 Alijah   | 11/30 Mateo    |
| 10/30 Juliana  |                |

**DEC  
5**

### Fall 4-H Project Party

An engaging event aimed at introducing families to local 4-H opportunities, project tracks (Baking, Sewing, Small Animals), and enrollment processes through structured workshops and a comprehensive orientation. This will take place at the Rio Arriba Extension Office, 10:00 a.m.- 3:00 p.m.

# Rio Arriba Smart Cookies



**4-H Food Challenge  
Winners  
New Mexico State Fair 2026**

## The Rio Arriba 4-H Smart Cookies

The NM 4-H State Food Challenge provides an exciting place for youth to compete at the state level. This year it was Saturday, September 19<sup>th</sup>, with a bright and early call at 8am at Harms Hall at the NM State Fair. The event provides a place to compete with other 4-Hers across the state, testing their knowledge of nutrition, healthy food preparation and creativity. Novice, Junior and Senior teams are given a category and a secret ingredient they must incorporate into the dish they create. They work together to produce a tasty and appealing dish that is judged and they are also quizzed on their nutrition knowledge as a team.

The Rio Arriba 4-H Smart Cookies team consisting of Airdrie and Florence Massari from the Chama Rangers and Caroling Botting from the Black Bears 4-H clubs teamed up to produce their first place winning dish! Congratulations team! What a great job and proud representation of Rio Arriba county!





Photo Credit: Annie Nielsen

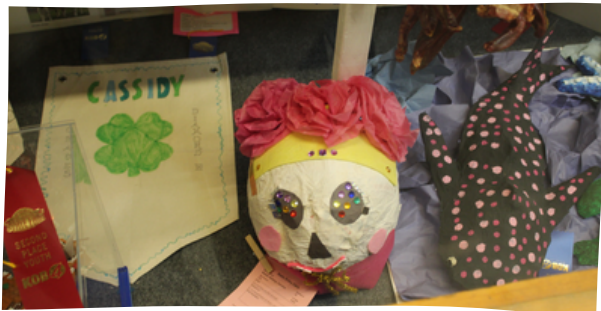


Photo Credit: Annie Nielsen



Photo Credit: Annie Nielsen



Rio Arriba CES  
County Booth  
photo credit:  
Chancey Bush  
Albuquerque Journal

## The Rio Arriba County 4-H State Fair Participation

Congratulations to all the incredible 4-H participants who showcased their talents and hard work at the State Fair! Your dedication, creativity, and passion are truly inspiring, and you've represented your communities with pride and excellence. Whether you presented livestock, crafts, or any other project, each of you contributed to the vibrant tapestry of the fair, and your efforts have not gone unnoticed. Remember, your journey with 4-H is as much about learning and growth as it is about winning ribbons. Keep reaching for new heights, and know that your community is incredibly proud of all you've achieved!



2026 NM 4-H Photography  
Contest  
Category: 4-H  
1<sup>st</sup> Place  
Fancy and Free Flags  
Antonio Montoya

Please visit the Extension Office to pick up your County and State Fair Projects as soon as possible.

# 4-H Special Interest Spotlight

## The Human Brain

I'm home-schooled and just finished 5th grade. I get to decide my projects, and I decided to study the human brain because I love learning about the body. First off, the brain is our most complex organ and the center of the whole body, controlling our thinking, memory, feelings, intelligence, and actions. A newborn baby's brain grows by 1% each day until the baby is three months old (at which point it is already 91% of the brain's full size). A child's brain has grown to 95% of the size of an adult's brain by the age of nine. It is crazy to think that 20% of the body's energy is used by the brain, more than any other organ. Human brains contain about 100 billion nerve cells, a number much bigger than comprehension. If we could take the brain apart, we would see that it has two distinct, very similar halves, called hemispheres. The largest part of the brain, the Cerebrum, controls our thoughts, speech, and senses. The brain has many other areas and scientists are still not sure about the exact functions of all of them. Frontal Lobe: deals with planning, personality, and working out problems. Parietal lobes: interpret information from your five senses and environment. Occipital lobes: receive information from the eyes. Temporal lobes: responsible for emotions and memory. Cerebellum: keeps the body's movements smooth. Brainstem: connects the brain to the spinal cord.

I wanted to study adolescent brain development because that is the stage of life I am growing into.

### 1. Adolescence is a vital time for brain development:

Although brain growth slows by early adolescence, the teen years are all about fine-tuning how the brain works. The brain finishes developing and maturing in the mid-to-late 20s.

### 2. Brain development is related to social experiences during adolescence:

Changes to the areas of the brain responsible for social skills can lead teens to focus on peer relationships and social experiences. During adolescence the reward systems and limbic (emotional) cortex are more developed than the frontal lobe, this leads to an increased focus on emotions and risk-taking.

### 3. Because the teen brain is still developing, teens may respond to stress differently than adults.

This could increase teens' chances of developing stress-related mental illnesses such as anxiety, depression and eating disorders. Learning about this was very interesting because my brain is going through these changes.

It was interesting to me that the brain changes in each period of the human life cycle. Most people don't know it, but our brain is always growing and changing which means that how we use it shapes how it develops. Activities like reading, writing and using your body to do things can lead you to keep learning and making new connections to keep your brain healthy. Unhealthy activities like sitting on your devices all the time can lead to a loss of brain power. If you are always on a device, you may lose knowledge and skills you have gained.

Sources: Human Body! Smithsonian, Dk Published 2017,

<https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know> and

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3705203/>

# Look Ahead



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

## NM 4-H Portfolios

Completion Instructions (R-2018)

### New Mexico 4-H: State Portfolio Instructions

Mindy Turner 4-H Youth Development Specialist, New Mexico State University

#### Why Keep Records?

4-H'ers Keep Records to:

- ✓ Measure Progress in their project(s)
- ✓ Identify expenses and financial gains or losses of their project
- ✓ Document all 4-H activities and experiences year by year
- ✓ Evaluate project growth over the years
- ✓ Refer to when filling out applications for out-of-county educational events
- ✓ Serve as a guide when applying for local 4-H awards and scholarships
- ✓ Assist in completing employment and/or college application forms
- ✓ Help when writing resumes for college and/or employment

4-H'ers Learn to:

- ✓ Plan and organize their work
- ✓ Evaluate economic growth
- ✓ Budget their project and other financial needs
- ✓ Improve their written communication skills
- ✓ Pay attention to detail, follow instructions, and meet deadlines
- ✓ Make decisions
- ✓ Set priorities
- ✓ Appreciate the life skills they are developing
- ✓ Understand the value of keeping records.

We want to remind you of the importance of completing your 4-H portfolio. This is an excellent opportunity for you to showcase your accomplishments, reflect on your experiences, and set goals for the future. Not only does your portfolio highlight your growth and achievements, but it also plays a crucial role in scholarship applications and awards within the 4-H community. Remember, the skills you develop through this process—organization, reflection, and goal-setting—will serve you well beyond your 4-H years. If you have any questions or need assistance, don't hesitate to reach out to your club leader. Good luck, and we're excited to see all the amazing work you've done!

# For 4-H Leaders

Since the previous fiscal year has now ended as of June 30, it is time to submit all 4-H club financials for the same fiscal year (July 1, 2025, through June 30, 2026). For a club to remain a chartered 4-H club, we must receive club financials in the format that has been specified for the past several years. Please submit your report to the extension office by October 12th. [Click here to access form.](#)

Get ready to shine in our next 4-H newsletter! We're inviting you to share your unique stories, achievements, and memorable moments captured in photos. Your contributions will highlight the amazing work happening across our 4-H community, inspiring and connecting fellow members and leaders.

Whether you have photos from recent events, updates on ongoing projects, or news about upcoming initiatives, we'd love to feature your insights and experiences. Please send your contributions to [desmaes@nmsu.edu](mailto:desmaes@nmsu.edu) to be included in our upcoming issue.

Thank you for your dedication and for sharing your journey with us. Let's celebrate your accomplishments and the vibrant spirit of 4-H together!

## Dates to Remember

### October

- 1<sup>st</sup>, 4-H Re-enrollment
- 4th-10th, National 4-H Week
- 12<sup>th</sup>, Indigenous Day
- 31st- Halloween

### November

- 6th, Portfolios Due to Extension
- 11th, Veteran's Day
- 13th, Northern District PD- Office Closed
- 13th-14th, NM 4-H Adult Leader's Retreat
- 26-27th, Thanksgiving Holiday- Office Closed

### December

- 5th, Fall 4-H Project Party
- 24-Jan 1<sup>st</sup>, Winter Holiday- Office Closed

Rio Arriba County 4-H

# DIA DEL VAQUERO SPONSORS

## PLATINUM

CENTURY BANK

EAST RIO ARRIBA  
SOIL AND WATER

HALTER  
(VIRTUAL FENCING)

RIO ARRIBA COUNTY

## GOLD

RIO ARRIBA COUNTY  
FARM & LIVESTOCK  
BUREAU

UPPER CHAMA SOIL  
AND WATER

## SILVER

LYSSY AND ECKEL

## BRONZE

ABIQUIU ARTS  
COUNCIL

ZIA CREDIT UNION



## EMERALD

OSO CANYON RANCH

### SPECIAL THANKS TO:

AG IN THE CLASSROOM, ALLEN COALSON COZY CANINE DOGGY DAY CARE,  
COCA-COLA BOTTLING COMPANY OF SANTE FE, BILL & BETH FILIOWICH,  
THE CHUCK WAGON OF EL RITO, DRAMA QUEEN RACING, DUNCAN  
PLYMATE MOUNT 2COAST SOLAR, GREG DE LA O STATE FARM  
ALBUQUERQUE, KDCE,  
MR. AND MRS. JUAN GONZALES, CHARLES HIBNER, HIGHWAY 17, MOORE  
LUMBER, PAM ALCORN ALCORN INSURANCE AGENCY, US FOREST SERVICE