



**Rio Arriba 4-H Presents:**

# **Tell Us About it Tuesdays!**

## **Welcome to New Mexico 4-H!**

**Members who enroll in the Welcome to New Mexico 4-H project will learning about what 4-H is, what they can do, and why it is important to take an active role in their learning. It is strongly recommended at all 4-Hers take this project at some point, ideally within the first year.**

### **Some of the Project Activities include:**

- ✓ **Creating a 4-H Banner**
- ✓ **Designing an Embellished Picture Frame and t-shirt**
- ✓ **Planning and Carrying out a Leadership and Citizenship Activities**
- ✓ **Giving back to the Community through Service Learning Projects**
- ✓ **Conducting a Demonstration**

### **Complete the following activities, share your results, and earn points!**

**Watch this video about New Mexico 4-H**

<https://youtu.be/T6-j-lrWJwM>

**Design and Create a 4-H Banner**

**Send a picture of your banner: [marctala@nmsu.edu](mailto:marctala@nmsu.edu) or [hannah99@nmsu.edu](mailto:hannah99@nmsu.edu)**

### **Earn points for your participation and receive Pizza Gift cards!**

**Have Questions Contact: 575-588-7423**

**Marcella, Extension 4-H Agent, at [marctala@nmsu.edu](mailto:marctala@nmsu.edu)**

**Hannah, Extension Program Assistant, at [hannah99@nmsu.edu](mailto:hannah99@nmsu.edu)**



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

# 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.

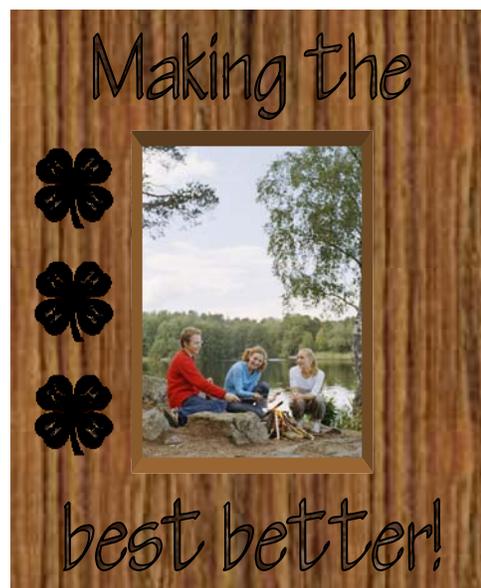
The emblem will be part of your "Welcome To New Mexico 4-H" project. You may use it on other items to let people know you are part of 4-H, the largest youth organization in the world, with more than seven million members!

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.