



# New Mexico 4-H Home Economics Schools March 9-11, 2018



The New Mexico 4-H Home Economics Schools are designed for 4-H members ages 9-13. 4-H'ers choose one track per year. Track size is limited and is first come first served. All participants will be engaged in service learning projects and interactive evening activities. .

## Opportunities for Senior Members

### Junior Instructors

Senior 4-H members who are at least 14 years old **may apply** to serve as junior instructors. Junior Instructors learn leadership skills by assisting with tracks and activities throughout the event.

### Rec Team

Senior 4-H members who are at least 14 years old **may apply** to serve on the 2018 Rec Team to receive in-depth recreation training and assist in leading recreation activities throughout the event.

## 2018 Track Choices

See descriptions on the back of this flyer.

- Beginning Sewing – NEW
- Aero-Science – NEW
- Welcome to 4-H – NEW
- Jewelry Making
- Favorite Foods
- New Mexico Weaving
- Outdoor Cooking



Belen High School  
Belen, NM

\$80 per youth participant  
\$40 per adult volunteer

Please contact your County Extension Office for more information or to register.



If you are an individual with a disability and need an auxiliary aid or service please notify your County Extension Office at the time of registration.





# New Mexico 4-H Home Economics Schools 2018 Track Descriptions



## Beginning Sewing – New

- Learn about fabrics, following instructions and basic sewing techniques taught in the beginning sewing projects.

## Aero-Science – New

- What goes up must come down. This workshop will look at propulsion as it relates to launching rockets and the science behind making things go.

## Welcome to 4-H – New

- Think you know everything about 4-H? Think again! This track will explore the endless opportunities in 4-H and how you can promote 4-H to your friends. Participants will make projects from Welcome to New Mexico 4-H and learn about other project areas available through the 4-H program.

## Basics of Jewelry Making

- Learn what you need to know from color selection and coordination, to beading, to a finished product! Participants will complete a set, learn about presentation and display of jewelry and review the basics of jewelry making as a business.

## So You Want To Be A Favorite Food Show Star

- This Favorite Food Showdown track allows the participants to learn the basics involved in the 4-H Favorite Food Show Contest while having fun working together as a team to choose a recipe and theme before creating a menu, posters, and table scape that will surely WOW the panel of judges!

## New Mexico 4-H Weaving

- The weaving workshop will provide insight into the Navajo culture through history, tradition and taboos of weaving. The opportunity for each participant to make a cardboard loom, string the loom and make a coaster will provide a direct and unique occasion to learn more about the Navajo culture.

## Outdoor Cooking

- This track is open to junior members and adults. Participants will learn to prepare food in a variety of outdoor cooking methods and prepare meals for the event.