



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

New Mexico 4-H FCS

# School of Real Life Skillz

**March 9-10, 2024**

**\*Community Service Project - Optional**

**March 8<sup>th</sup> @ 5:00PM (Dinner Provided)**

**Bernalillo CES Office - ABQ, NM**

**\$60 per Youth**



Contact your County Extension Office for more information or to register.

**\*\*The New Mexico 4-H FCS School is designed for 4-H members ages 9-12. 4-H'ers choose one track per year. Track size is limited and is first come first served. New this year; youth are invited to participate in Dress a Girl around the World Program on March 8<sup>th</sup>, 2024 at 5-8PM. This program spreads awareness and works to fight human trafficking of young girls around the world. Dinner will be provided.**

## 2024 Track Options

See descriptions on the back of this flyer.

- Baking
- Quilting
- STEAM
- Babysitting 101
- Photography
- Outdoor Cooking (Juniors ONLY)
- Quilling/Ceramics/Painting on Canvas
- Jewelry Making/Scrapbooking/NM Round Up



## Opportunities for Senior Members: Junior Instructors

Senior 4-H members may apply to serve as junior instructors. Junior Instructors learn leadership skills by assisting with tracks and activities throughout the event. Applications due Feb. 16<sup>th</sup> Return to State 4-H Dept.



**Participants will be responsible for their own lodging. Hotel information will be available on the State 4-H Website. Lunch and dinner will be provided on Saturday the 10th.**

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



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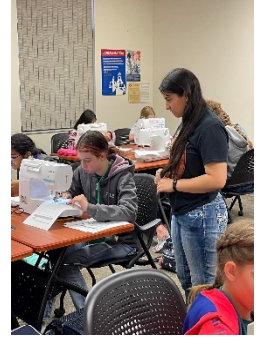


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# New Mexico 4-H FCS School of Real Life Skills 2024 Track Descriptions

## Baking

In this track, members will utilize the cake projects and learn to prepare butter cakes; prepare frosting; how altitude effects cakes, quality characteristics that judges look for. Including tips for county and state fairs as well as utilizing the cake decorating 1-3 project and learning basics of cake decorating.



## Quilting

Build on your skills and knowledge of sewing machines and tools learned in the Sewing I and II curriculum and take on the Quilting 1 Quick and Easy Throw. Come learn tips and tricks and make your own Quick and Easy Quilt. Workshop is designed for those already with the basic knowledge of sewing learning in 4-H Sewing I and II.

## STEAM

Get ready to learn about Science, Technology, Engineering, Arts, and Math! In this track you will get to explore different fun activities with our State Steam Innovators. Get ready for these hands-on experiences that will leave you ready to learn more!



## Baby Sitting 101

This crash course will consist of safety, first aid, child development, food and nutrition, entertainment, and the business aspect of babysitting.

## Photography

Learn how to take great photos indoors and out of your fellow 4-Hers in their workshops. We'll explore a variety of camera techniques & the differences between candid shots and portraits. You'll get to see your work on the big screen, assembled into a fun presentation at our closing on Sunday. Join us and learn to mount your own photos & leave with a professionally mounted photo that is ready to show at your fair!



## Outdoor Cooking (Juniors only)

This track is open to junior members only. Learn how to prepare food, kitchen safety, and a variety of Outdoor cooking methods and prepare meals for the event!

## Quilling/Ceramics/Painting on Canvas

Quilling involves using strips of paper that are rolled, looped, curled, twisted and otherwise manipulated to create different shapes and glued together to create decorative designs. Quilling designs can be used to decorate greeting cards, pictures, boxes, eggs, and to make models, jewelry, mobiles, etc.

Learn the basic tools, equipment, and supplies used to make ceramics as you make your own unique in this hands-on workshop. The Workshop will go over wheel thrown pottery techniques and acrylic painting on canvas.

## Jewelry Making/Scrapbooking/NM Round Up

Participants will learn about tools and supplies, how make jewelry and make a scrapbook page. 4-H members will also gain awareness and appreciation for New Mexico's rich culture. Participants will help preserve the heritage that makes New Mexico unique by creating a corn husk doll, Indian corn necklace, and other crafts as well as learn some of the history & traditions of NM. Participants will leave with completed pieces including information for presentations or public speaking county contests.

