

# New Mexico 4-H Adult Retreat 2025 Workshops

November 8, 2025 • Albuquerque, NM



## Session 1 Workshops: 9:50 - 11:20 AM

1a.

### Running a 4-H Club

*Paige Marez, Santa Fe County FCS 4-H Agent and Leigh Ann Marez, Retired Eastern District Director*

This workshop will dive into roles and responsibilities of club volunteers and parents, distinguishing duties and providing resources to help your club maintain order, decrease stress, and increase fun!

1b.

### What's the Difference

*Cindy Grooms Dona Ana County 4-H Leader*

Learn the differences in county demonstrations, illustrated talks and speeches so you can help members choose what is right for them. Participants will also learn some strategies to help members prepare for contests and will receive a variety of handouts.

1c.

### Learning to Work with Everyone's RealColors

*Susann Mikkelson, Guadalupe County Ag/4-H Agent*

Relationships and communication are at the heart of effective teams, of which we are all a part in the various facets of our lives. RealColors training can help us learn how to understand temperaments and utilize that understanding to create and deploy effective teams.

1d.

### Deadline Club Reporter - Making this Job an "Issue" to Read

*Jeanette Coletti Dona Ana County 4-H Leader*

What is the job of the Club or Council Reporter? How can volunteers help give this position a place to report, make the job description mean something, and keep your council connected?



## Session 2 Workshops: 1:00 - 2:30 PM

2a.

### Got 4-H Members?

*Sierra Cain Valencia County Ag Agent and Crystal Anaya Valencia County 4-H FCS Agent*

Experience unique county program ideas involving FCS, Agriculture and Leadership. Identify state activities to participate in for your county's 4-H program.

2b.

### The Science of Agriculture

*Dr. Peter Skelton Professor & Director Extension & Research Youth Agricultural Science Center*

Growing plants with youths is a great way for them to learn about life cycles and patience through delayed gratification because planting a seed or growing a plant requires that youth take care of it for an extended period of time. It is also a great way to nurture bonds with both plants, families and educators.

Continue on the other side →

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## Session 2 Workshops: 1:00 - 2:30 PM (continued)

2c.

### **The Perfect Project for All 4-Hers**

*Cindy Grooms, Doña Ana County 4-H Leader*  
Housing and Interior Design Project

### **Beyond Ready to Knit**

*Tamara Schubert Chaves County FCS/4-H Agent and Arlene Rowland Chaves County 4-H Leader*

2d.

Ready to explore new curriculum. come join us as we dive into new knitting curriculum and all that it has to offer our youth. Get hands on experience in the new addition of loom knitting.



## Session 3 Workshops: 3:00 - 4:00 PM

3a.

### **Minimal to No Prop Activities - 4-H Fun on the Fly**

*Eva Madrid Dona Ana County 4-H Agent*

Discover fun, hands-on activities that require minimal props but maximize engagement in youth programs. this workshop equips Extension professionals and volunteers with creative, low-cost strategies to inspire learning, teamwork, and problem-solving in any setting.

3b.

### **Electricity Intro Project - Science Bug**

*Lena Zielie Los Alamos County 4-H Leader*

STEM projects don't need to be hard, learn a simple safe electricity project for all ages. We will explore how circuits work and even practice making our own as we build a light-up Science Bug necklace.

3c.

### **What's On Your Plate: Serving Up Shared Solutions for Club Management**

*Katelyn Wright Chaves County 4-H FCS Agent*

This interactive workshop offers practical tools and peer-driven solutions to help leaders balance club management with life's demands. Participants will explore key strategies for effective meetings, troubleshoot common challenges, and share ideas with one another.

3d.

### **My Favorite Contest - Favorite Foods**

*Kelly Knight Otero County FCS 4-H Agent*

This workshop will cover from the first step of picking a 'favorite' healthy food to presenting it to the judges.



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