

February 3, 2018
Norfolk County 4-H
Bristol County 4-H
Plymouth County 4-H
Barnstable County 4-H



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4-H Regional Winter Workshops 2018



WHO: All 4-H members, leaders, parents and families are invited to join Barnstable, Bristol, Norfolk and Plymouth County 4-H for our annual 4-H workshop series!

WHAT: A day of fun-filled, educational, hands-on learning activities.

WHEN: **Saturday, February 3, 2018**
Registration in Main Conference Room of Administration Building from 9:15-9:50 a.m.
Workshops are from 10:00 a.m.-3:00 p.m.

WHERE: Norfolk County Agricultural High School
400 Main Street, Rt. 1A
Walpole, MA 02081

COST: \$15.00 per 4-H member or sibling with a maximum of \$45.00 per family; \$5 charge for adult participants. Lunch is included in the price for each paid registration.

Please make checks payable to: **Norfolk County 4-H Advisory Council.**

MAIL REGISTRATION TO:

4-H Winter Workshops
4-H Office
400 Main Street
Walpole, MA 02081

MEALS: Breakfast: Coffee and donuts will be for sale in the morning.
Lunch: Pizza and Salad is included in the registration fee.

SNOW: If there is a severe storm, we will cancel the event; there is no snow date. Money will not be returned but will be used toward the event next year since materials will have already been purchased. In the event of bad weather, call the Norfolk County 4-H Office at 508-668-9793 to see if there is a message cancelling the program. Remember that everyone must make their own decisions about whether the roads are safe to travel based on local conditions and their personal feelings!



COMMUNITY SERVICE:

We invite all participants of our Winter Workshop to consider bringing a donation of new pajamas or gently used books for children and adults in local shelters as part of our “4-H Good Night” Community Service workshop.

Registration forms are accepted until January 26, but workshops are made on a first-come, first-serve basis! Get your forms in early for the best chance to get the workshop of your choice!



4-H Winter Workshops 2017

YOUTH AND ADULT WORKSHOP DESCRIPTIONS



SESSION 1

Rustic Wooden Snowman: Make a 3-block wooden snowman craft. Assemble and personalize by adding buttons, scarf, hat and face using materials provided: paint pens, tacky glue, wooden pegs and screws. Taught by 4-H volunteers Lisa and James Furness. **For ages 12 and up and/or 8-11 accompanied by an adult.**



Dog 101: This is a basic overview of dog care and knowledge for beginners. Taught by Ashley Hoyt. **For ages 8 and up.**



Tree of Life: Wires and beads are twisted on a hoop to create a unique tree that can be displayed in a window, on a wall, or a shelf. Taught by 4-H volunteer Christine Hoyt. **For all ages.**

Meet & Greet the Club Liaison: Join the Plymouth County 4-H Club Liaison for a meet and greet. Learn how your club can be more active in county events and ask questions on how to revitalize your club meetings. Brainstorm ideas for future programs and field trips. This is a great opportunity to network with other club leaders. Taught by Plymouth & Barnstable County 4-H Club Liaison Evelyn Golden. **For club leaders and parents.**

Fun with LED's!: Learn about what a Maker is and use LED's to make a fun, bright project. Taught by 4-H teen member Ian Easter. **For ages 10 and up.**

Dog Toy Workshop: Make recycled dog toys using old t-shirts, socks and other household items. Please bring clean sport socks (long ones), t-shirts, tennis balls and empty water bottles. Participants will make one for themselves and one to be sold to raise money for various community service projects such as soldier care packages. Taught by Raeanne Welch and Alia Murphy. **For all ages.**



Club Officer Training: Club officers serve important roles in their clubs. What do they do? If you are a club officer or have thought about becoming one, this workshop is for you! Taught by MA 4-H Program Director Sherrie Guyott. **For ages 8 and up.**

Drop Spindle Spinning: Participants will learn how to spin yarn using a drop spindle in this hands-on workshop taught by 4-H volunteers Meg Riley and Karen Faich. **For ages 9 and up.**



4-H and Google: Come explore computer science and coding using Chromebooks. Taught by 4-H Extension Educator Kim Pond. **For ages 8 and up.**

Fly Fishing: For many centuries, people have been trying to attract fish by mimicking one of their favorite foods: insects! Come learn about the history and some of the basics surrounding the delicate art and skill of fly fishing. Taught by Plymouth County Entomologist Blake Dinius. **For ages 8 and up.**



SESSION 2

No-Sew Ribbon Quilts: Turn your 4-H fair ribbons into a fun work of art! Learn how to make a simple no-sew ribbon quilt using fabric glue, a pillowcase and satin award ribbons. Participants to bring with them: 1 standard-size cotton pillowcase and 15+ fair ribbons (20+ is ideal). If using rosettes, each streamer counts as one ribbon. Taught by 4-H volunteer Katrin Hawkins. **For ages 8 and up. Must be able to safely use fabric scissors.**

How to Lead a Zero Waste Lifestyle – 30 Steps in 30 Days: This workshop will focus on going beyond recycling – Refuse, Reduce, Reuse, Recycle, Rot – to reduce your and your family’s environmental impact. The workshop will focus on simple tips and provide a calendar and resources for 4-H members. Taught by 4-H volunteer Jennifer Moyer. **For ages 8 and up.**



Bunny Treats and Toys: Learn what treats are good for your pet rabbit and create a yummy snack and entertaining toy. Taught by the Tails N Trails 4-H Club. **For all ages.**

4-H Keepsake Box: Are you looking for a way to store all of your 4-H pins and ribbons? Join us as we repurpose and upcycle old cigar boxes into beautiful and unique treasure boxes just for you! Taught by 4-H Program Assistant Evelyn Golden. **For ages 9 and up.**

4-H Records: Easier than you think! Learn how to do 4-H records and why you should do them. Learn fun and interesting ways to keep track of your records. Taught by Plymouth County 4-H Educator Valerie Schell. **For ages 8 and up.**



Dog Breeds 101 (Dog Bingo): Learn about dog breeds and test your knowledge in a game of Dog Bingo. Taught by A Round of A Paws 4-H Club members. **For all ages.**

Resume Know How!: Resumes are required to apply for some of the exciting national trips in 4-H. They are also important as 4-H'ers move on to apply for jobs and higher education. Adults and teens are invited to participate in this workshop that makes putting together a resume fun and easy. Taught by Program Director Sherrie Guyott. **For ages 13 and up.**

Origami Journal: Participants will learn a simple origami pattern that turns three squares into a unique journal that is great for writing, autographs, photos, and more. Taught by 4-H volunteer Christine Hoyt. **For ages 8 and up.**



Incredible Wearables: Explore healthy lifestyles and technology with this interactive workshop. Do you know how to check your pulse? Have you ever made a tilt sensor? Come explore and see what goes into how some of today’s technology works with 4-H Educator Kim Pond. **For ages 8 and up and Cloverbuds if accompanied by a helper.**

Tick Education for Kids: Lurking in our own backyards are the real-life monsters of the modern age: ticks! They can be found almost everywhere. Learn about the weapons we have at our disposal for defending ourselves against ticks. Taught by Entomologist Blake Dinius. **For ages 8 and up.**



SESSION 3



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Stick Ponies: Participants will be able to make their own stick pony in this workshop taught by 4-H volunteer Sue Gibson. **For ages 5 to 11.**

Survivalism 101: This workshop will focus on how to create a stockpile supply in the event of an emergency. Participants will learn about the dangers facing people coping with natural disasters. It will focus on the basic needs that have to be provided for and how to get the right equipment without making a huge investment. Taught by 4-H volunteer Jennifer Moyer. **For teens and adults.**

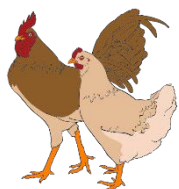


Wool Needle Felting: Everyone knows that sheep grow wool but in this workshop you will have the chance to learn some fun facts about why this fiber is so amazing. We will also learn about felting. Everyone will make their own piece of felted fiber art to take home with them. Taught by 4-H volunteer Kim Veilleux. **For ages 8 and up.**

We Love Cloverbud Crafters: Make Valentine's Day decorations – a great gift to give your “Valentine” or donate to decorate at a nursing home or shelter. Parents are welcome and encouraged to stay and join in the fun!! Taught by Program Assistant Evelyn Golden. **For ages 5 and up.**



Winning 4-H Presentations: Learn how to put together an award-winning visual presentation and have a chance to get all your questions answered. Taught by Plymouth County 4-H Educator Molly Vollmer. **For all ages.**



Chickens 101: Are you a new chicken owner or plan to get chickens soon? Attend this workshop and find out what it takes to raise happy and healthy chickens. Topics will be: what is the expense of raising chickens, what is the time commitment, what kind of chickens do best in this area, and biosecurity of having chickens. Taught by 4-H volunteer Erin Barry. **For all ages.**

Dog Tricks: Teach your dog to spin, open a door, ring a bell, and more! Also receive a trick title worksheet to get your dog's trick title. Taught by 4-H volunteer Cathy Acampora. **For ages 8 and up.**

Junior Master Gardeners: Learn, Grow, Eat & Go!: Have you wanted to garden and don't know where to start? Only have a parking lot or other hard surface at your site? We will explore fun gardening activities to gear you up and prepare you to get gardening this spring. Make a garden plan using square foot gardening, make your own seed tape, and more! Participants bring a washed ½ gallon or gallon milk jug and we will make a tote to hold and carry your supplies. Taught by 4-H Educator Kim Pond. **For ages 8 and up but Cloverbuds are welcome with a helper.**



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Tick Education for Adults: New England is at the heart of the tick-borne disease epidemic. Learn about evidence-based tactics for protecting you and your loved ones against ticks and the dangerous disease they carry. Taught by Extension Entomologist Blake Dinius. **For adults.**

SESSION 4

Decorative Pallet Signs: In this workshop, each person will make their own decorative sign using pallet pieces. Taught by 4-H volunteer Sue Gibson. **For ages 12 and up.**

4-H Club Websites: Does your club have a Facebook page or website? Learn easy creation and management steps and develop member website skills. Cover 4-H guidelines and social media guidelines. Taught by 4-H Ambassador Charlie McMahon. **For All Ages.**

Community Service Project: “4-H Good Night” participants will organize donations of books and pajamas for children and adults in local shelters so they can have a Good Night! We will create fleece blankets and cards to go with our Good Night donations. Taught by members of the Tails N Trails 4-H Club. **For ages 8 and up.**



Dog Grooming: Participants will learn how they can make a career out of pet grooming, particularly dog and cat grooming. Taught by 4-H volunteer Tracey McDonald. **For ages 8 and up.**

Pet Therapy: Learn how to get your dog pet therapy certified, organizations available for certification, and what it takes to be certified. Also, learn about the different types of pet therapy that is available. Taught by 4-H volunteer Cathy Acampora. **For ages 9 and up.**

Chickens 102 – How to Show Your Chickens: Are you planning to show your chickens next season? Attend this workshop to find out what it takes to show your chickens. Learn how to clean and prepare your bird for show. Learn about show handling and the different types of shows you can attend. Additional topics will be covered. Taught by 4-H volunteer Erin Barry. **For all ages.**



Growing Fodder: Learn how to grow highly nutritious and delicious greens for your greens-loving animals. Fodder can be fed to rabbits, parrots, sheep, goats, horses, chickens, guinea pigs, finches, wild birds, and so on! Fodder can be grown by the thousand pounds or by the handful on your kitchen counter. In six days, go from seeds to bowl! Super fun to watch and super easy to grow. Lower your feed costs and raise the happy level of your animals. Taught by 4-H volunteer Kim Veilleux. **For all ages.**

Basic Car Design: Learn the basics of wheels, axles and aerodynamics. Leave with a basic car design to work on and bring to an upcoming car competition. Taught by 4-H Educator Kim Pond. **For ages 8 and up.**

Developing Your Elevator Speech: An elevator speech is a short sales pitch, usually 20-60 seconds, that is used to quickly describe a process or an organization. Teens will learn how to develop an elevator speech about their 4-H experiences to share with legislators at Ag Day. Taught by 4-H volunteer Carlos Fragata. **For teens.**



Yoga-Mindfulness: In this workshop participants will learn mind and body tools that they can use in ALL situations while developing confidence and knowledge to make healthy choices for themselves. Taught by 4-H volunteer Leanne Giarrantara. **For ages 8-12.**

4-H REGIONAL WINTER WORKSHOPS - 2018 REGISTRATION FORM

Name _____ (One per form) Street _____ Town _____
Adult _____ or Youth (give age) _____

Parent Cell/Phone _____ Email _____ Club/County _____

You must fill out one form for each participant *including* adults who want to participate.

Make copies of this form, as needed.

- ❁ Indicate your workshop choice (first, second and third choice) for each period. Write the number 1, 2 or 3 on the small line next to each workshop box to indicate your choice of workshop.
- ❁ **Cost:** \$15.00 per 4-H member and siblings with a maximum of \$45.00 per family for the day. \$5 charge for adults.

Period 1 – 10:10 to 11:00

- Rustic Wooden Snowman – ages 8 and up
- Dog 101 – ages 8 and up
- Tree of Life – all ages
- Meet & Greet Club Liaison – adults
- Fun with LED's – ages 10 and up
- Dog Toy Workshop – all ages
- Club Officer Training – ages 8 and up
- Drop Spindle Spinning – ages 9 and up
- 4-H and Google – ages 8 and up
- Fly Fishing – ages 8 and up

Period 2 - 11:10 to 12:00

- No-Sew Ribbon Quilts – ages 8 and up
- Zero Waste Lifestyle – ages 8 and up
- Bunny Treats and Toys – all ages
- 4-H Keepsake Box – ages 9 and up
- 4-H Records – ages 8 and up
- Dog Breeds 101 – all ages
- Resume Know How – ages 13 and up
- Origami Journal – ages 8 and up
- Incredible Wearables – all ages
- Tick Education for Kids – ages 8 and up

Period 3 - 12:45 to 1:35

- Stick Ponies – ages 5 to 11
- Survivalism 101 – teens and adults
- Wool Needle Felting – ages 8 and up
- We Love Cloverbud Crafters – ages 5 and up
- Winning 4-H Presentations – all ages
- Chickens 101 – all ages
- Dog Tricks – ages 8 and up
- Junior Master Gardeners – ages 8 and up
- Tick Education for Adults - adults

Period 4 – 1:45 to 2:35

- Decorative Pallet Signs – ages 12 and up
- 4-H Club Websites – all ages
- Community Service Project – ages 8 and up
- Dog Grooming – ages 8 and up
- Pet Therapy – ages 9 and up
- Chickens 102 – all ages
- Growing Fodder – all ages
- Basic Car Design – ages 8 and up
- Elevator Speech – teens
- Yoga-Mindfulness – ages 8-12