

February 2, 2019
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 2019



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 2, 2019**
Registration in Main Lobby from 9:15-9:50 a.m.
Workshops are from 10:00 a.m.-3:00 p.m.

WHERE: Kingston Intermediate School
65 2nd Brook St
Kingston, MA 02364

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: **Plymouth County 4-H Advisory Council.**

MAIL REGISTRATION TO:

4-H Winter Workshops
4-H Office
44 Obery Street
Plymouth, Ma 02360

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 Plymouth County 4-H Office at 774-404-7022 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 or gently used clothes for children and adults in local clothing center Sewing Seeds in Marshfield

Registration forms are accepted until January 24, 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 2019



YOUTH AND ADULT WORKSHOP DESCRIPTIONS

SESSION 1



Dog Breed Bingo: Learn about the Sporting Group of the AKC and test your knowledge with a fun Bingo game. Taught by A Round of A Paws 4-H Club members. **For all ages.**

Tweet Treats: Did you know February is National Bird Feeding Month? Join in the fun and make a few pine cone treats to feed your local birds. Also learn about the birds that may be coming to taste your tweet treat! Taught by 4-H staff Cathy Acampora **For all ages**



4-H Club Communication App: How do your club members communicate? Learn easy creation and management steps and develop member communication. This workshop covers 4-H social media guidelines. Taught by 4-H volunteer Karen Griswold. **For all ages.**

Community Service Project: Put a smile on someone's face with jewelry. In this workshop you will make two bracelets. One for you and one to donate to local hospital or nursing home. Taught by 4-H Ambassadors Ella Reynolds and Will Maxwell **For ages 8 and up**



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.**

Scrapbook Valentines: Come make two creative Valentine's Day cards to be donated to local Nursing Homes. You can also make two for the ones you love. Taught by 4-H Volunteer Christine Hoyt **For all ages.**



Cat 101: Do you love cats? Have you ever thought about showing a cat? Learn more about your feline and cat showmanship in this workshop. Taught by Brooke Usowicz **For all Ages**

Exploring Chemistry 101: Chemistry is more than mad scientists, bubbling beakers and lab explosions. It is all around us, everyday! When we cook, mix or smell something. We will freely explore and conduct our own chemistry experiments. Children can observe what happens when simple ingredients are mixed together and practice the scientific skill of noticing changes. We promise no explosions and plenty of scents and lots of fun. Taught by Eco Explorers 4-H Club **For ages 8-11**



National 4-H Conference/Congress - Will you be 15 by Dec 1st 2019 or have a teen in your club eligible to apply for National 4-H Congress in Atlanta, GA or National 4-H Conference, in Chevy Chase, MD (D.C.)? Both opportunities are great capstone events for our 4-H youth in recognition of all their hard work and provides them with additional tools and skills all while interacting and learning alongside 4-H members from across the country and often the world. Applications will be accepted in May so come learn more about these program and how to apply. Taught by Mass 4-H STEM Coordinator Kim Pond **For Teens, parents, volunteers**

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 4-H Volunteer Cheryl Acampora. **For all ages.**

SESSION 2

Dog Toys for charity: Come make some Dog toys for local shelters and rescues and War Dogs serving our military. You will also have an opportunity to make a toy for your dog. Bring a colorful old t-shirt to make some custom toys. Taught by Around of a Paws 4-H Club JR leaders **For all ages**



Paint a box sign: Come make your own custom box sign with a silhouette or design of your favorite project. You can add sayings or sequins. The sky is the limit. Taught by 4-H staff Cathy Acampora For all ages



Rabbit 101: Learn basic care of rabbits and Learn what treats are good for your pet rabbit and create a yummy snack and entertaining toy to take home to you rabbit. Taught by Tails n' Trails 4-H Club **For all ages**

Community Service Project: Put a smile on someone's face with jewelry. In this workshop you will make two bracelets. One for you and one to donate to local hospital or nursing home. Taught by 4-H Ambassadors Ella Reynolds and Will Maxwell **For ages 8 and up.**

Playdough Soap: Good clean fun! Learn how to make playdough soap and clean up while having fun. As the soap washes away and the kids get clean (magic in itself) this playdough recipe transforms into a waterproof rubber like playdough. It is absolutely fascinating and amazes the kids every single time. Taught by 4-H volunteer Jennifer Tolton **For all ages**

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.**



Make a tote bag: Participants will use large colorful animal feedbags and bright colored duct tape to make their own large tote bag to bring to their 4-H events. Feedbags (with a large animal photo on them) will be provided, but you can bring one of your own if you prefer. Taught by 4-H volunteers Julie Silva and Corey Duclos. **For all ages.**

Needle Felted Plant Monster: Create and learn the art of needle felting! Spend some time creating a plant monster that does not need watering! Taught by 4-H Volunteer Brenda Easter **For ages 10 and up**



Artificial Intelligence: Come check out the 2018 National Youth Science Day Experiment "Code Your World". Participants will learn what it is like to play Rock, paper, Scissors with a computer, learn about algorithms while coding dance moved and be challenged to continue coding their world. Taught by Mass 4-H STEM Coordinator Kim Pond **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.**



SESSION 3



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.**

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 Staff Cathy Acampora. **For ages 8 and up.**



Model Horse Show: Learn breeds and colors of horses. Participate in a model horse show. Bring a horse from home or use one of ours. Taught by Plymouth county horse leader's council. **For all ages**



Community Service dog beds: Shelters are full and they don't have enough money for the little comforts of home. Come to this workshop and make a dog bed for a local shelter. No sewing is required. Taught by 4-H volunteer Jennifer Moyer **For all ages**

Balls & Tracks: Use materials to create a series of twists, turns and jumps as you explore the dynamics and scientific principles behind the designs of Olympic ski jumps and amusement park roller coasters. Can you get your skier to jump the highest? Land on target? What's the biggest loop you can make on your roller coaster? Taught by 4-H Educator Jay Field **For ages 8&up**

Bee crafts- Do you like to "bee" crafty? Join us for a fun workshop where you will learn some interesting facts about the amazing honeybee and make a bee craft or 2 to take home with you! Taught by 4-H volunteer Sue Gibson. **For ages 5-10**

Make a tote bag: Participants will use large colorful animal feedbags and bright colored duct tape to make their own large Tote bag to bring to their 4-H events. Feedbags (with a large animal photo on them) will be provided, but you can bring one of your own if you prefer. Taught by 4-H volunteers Julie Silva and Corey Duclos. **For all ages.**



Spiral Gem Sun Catcher: Join us to make the sunshine in during the cold winter months. Make this gem sun catcher and see how the sun reflects into any room. Taught by 4-H Volunteer Terry Gardner **For ages 10& up**

Aerospace/Rocketry- With the 50th Anniversary of the Moon Landing come learn about 4-H Aerospace Resources for your club, running a SPIN (Special Interest) program in your community or just for fun. From astronomy to rockets, there is a lot to explore. There will be several hands on activities along with an outline of links to resources. Taught by Mass 4-H STEM Coordinator Kim Pond **For all ages**



4-H Club Finances & Reporting made easy: Join us and learn the basics of 4-H financial record keeping and reporting. Make sense of EIN, 990-N, and much more! It's much easier than you think! This workshop is ideal for volunteers and club treasurers and open to all others that want to know more about financial protocols and recordkeeping in 4-H. Taught by Massachusetts 4-H Directory Sherrie Guyott **For ages 12+**

SESSION 4



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



Dog Bowl: Come play Dog Bowl and learn about dogs in a fun and exciting way. Test your dog knowledge in a jeopardy style game. Teams will answer questions from the dog knowledge curriculum including breed, health, anatomy and general knowledge. Taught by 4-H Staff Cathy Acampora & A Round of a Paws 4-H club **For all ages**

Horse Tack Cleaning: Learn the finer points of tack cleaning. Why does it need to be clean? How often should I clean my tack? What is that piece that goes over the horse nose called? These questions and so many more will be answered in this class. Taught by parent Tara Libby and Horsing around 4-H club. **For all ages**

TACK
CLEANING TIPS



Community Service dog beds: Shelters are full and they don't have enough money for the little comforts of home. Come to this workshop and make a dog bed for a local shelter. No sewing is required. Taught by 4-H volunteer Jennifer Moyer **For all ages**



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.**

Horseshoe decorating- In this workshop you will decorate your own "one of a kind" horseshoe with your choice of an assortment of materials from paint to bling! Taught by 4-H Volunteer Sue Gibson **For all ages**



Jar Fun Crafts: Start with a class experiment and then let your imagination explore! Make a nebula or a star jar! Lava Lamp anyone?! Taught by 4-H Volunteer Erin Barry. (Young kids will need a little help from parents but the fun will be for all!) **For all ages**



Valentine Mesh Wreath: Join in the fun. Make this beautiful mesh wreath for Valentine's Day. Everyone will love how easy it is to make this wreath. Taught by 4-H Volunteer Kendra Garcia **For Ages 10&up**

Circuits: Electricity, e-Textiles and Arduino's are just some of the cool projects you can do when you learn about circuits. Taught by Mass 4-H STEM Coordinator Kim Pond **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**

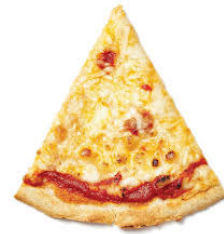
Cost: \$15.00 per 4-H member and siblings with a maximum of \$40.00 per family for the day. \$5 charge for adults.

Make checks payable to: Plymouth County 4-H Advisory Council.

Return form with the \$15.00 registration fee for each youth; \$5 for each Adult by January 24, 2019 to:

Winter Workshops, Plymouth County Extension, 44 Obery St, Plymouth Ma 02360.

Pizza Lunch is included with each paid registration.



Please let us know if you need gluten free pizza



4-H REGIONAL WINTER WORKSHOPS - 2019 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

- Dog Breed Bingo – All Ages
- Tweet Treats
- Club Communications App.-All Ages
- Community Service: Bracelets- All Ages
- Yoga mindfulness – Ages 8-12
- Scrapbook Valentines- All Ages
- Cat 101 – All ages
- Exploring Chemistry 101- Ages 8-11
- National Trips – Ages 14-17
- Visual Presentations- All Ages

Period 2 - 11:10 to 12:00

- Dog Toys – All Ages
- Paint
- Rabbit 101- All ages
- Community Service: Bracelets-All ages
- Playdough Soap- All ages
- Tree of Life Craft – All ages
- Make a tote bag - All ages
- Needle felting – Ages 8 and up
- Artificial Intelligence – All ages
- Club officer training- All ages

Period 3 - 12:45 to 1:35

- Dog grooming / careers – Ages 8-18
- 4-H Records Made Easy- All ages
- Model horse show- All Ages
- Community Service: Dog Beds – All Ages
- Balls & Tracks - All ages
- Bee Crafty Ages 5-8
- Make a tote bag - All ages
- Gem Sun Catchers – Ages 10 and up
- Aerospace/ Rocketry – All ages
- Financial Reporting for clubs – Ages 12 and up

Period 4 – 1:45 to 2:35

- Dog 101- All ages
- Dog Bowl- All ages
- Horse Tack Cleaning- All ages
- Community Service: Dog Beds- All ages
- Fly Fishing with Blake - Ages 9 & Up
- Horseshoe Craft – Ages 9& up
- Jar Fun Crafts – All ages
- Valentine Mesh Wreath – Ages 10 and up
- Circuits – All ages
- Resume writing- Ages 14-18