

February 4, 2017

Plymouth County 4-H

Norfolk County 4-H

Bristol County 4-H

Barnstable County 4-H



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4-H Regional Winter Workshops 2017



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 4, 2017
Registration is in the Lobby from 9:15 to 9:50 am.
Workshops are from 10 am to 3 pm.

WHERE: Silver Lake Middle School
256 Pembroke Street
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:

Plymouth County 4-H
Winter Workshops
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.

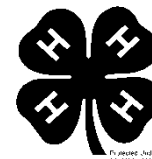
SNOW: If there is a severe storm, we will cancel the event; there is no snow date. Money will not be returned but will be used toward the event next year since materials will have already been purchased. In the event of bad weather visit Plymouth County 4-H on Facebook. Remember that everyone must make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



Registration forms are accepted until January 25th, 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

Dog 101: *An introduction to dog ownership/parenting* ~ we will talk about the 7 important commands all dogs should know. We will touch upon dog socialization, knowledge, safety, and first aid. We will end with a braided fleece pull toy. Taught by 4-Her Ashley Hoyt & Satucket River Dog Club **Ages 8+**



The Science of Smart Materials on Earth and in Space. Smart materials respond to stimuli, such as electricity, heat, and light. Come see how these materials work and respond to stimuli, such as heat with shape-memory alloys. Samples of electroactive polymers (EAPs) will also be shown, including a mockup of the Synthetic Muscle Experiment that was flown on the International Space Station. Taught by 4-H Volunteer Lenore Rasmussen. **For ages 8+**

Crazy Fun Craft: Join us for crafts using recycled materials. For all ages but specifically targeted to clover bud and siblings. Taught by 4-H Volunteer Erin Barry **For all ages**

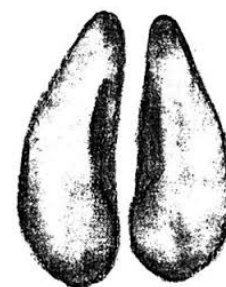


Meet & Greet the club Liaison: Join the Plymouth County 4-H Club Liaison for a meet and greet. Learn how your club can be more active in county events, ask questions on how to revitalize your club meetings. Brainstorm ideas for future program and fieldtrips. This is a great opportunity to network with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



Community Service Project 1: Make Para cord bracelets for the military. To be donated to Operation Gratitude for distribution in care packages throughout the world. Community service projects change lives. Taught by Plymouth County 4-H Ambassadors. **For ages 12+**

Wildlife tracking & conservation - Participants will learn about how to track Deer and other Wildlife Creatures, along with learning about Wildlife Conservation in this interactive workshop taught by 4-H Volunteer Mandy Deveno. **For ages 8 +**



Beginner Crocheting: Crocheting (knitting with a crochet hook) for Beginners. Taught by 4-H parent, Clarissa Madden. **For ages 8+**



Jewelry Making: Art from the Heart 4-H "All That Glitters" Workshop- Join local artist Kim Rumberger as she helps you create a one of a kind masterpiece by recycling old jewelry and/ or repurposing other unique baubles, bangles and beads. Come enjoy a creative workshop that will have you crimping, beading, wiring and more and walking away with a new creation of your very own to wear to share or embellish! Taught by 4-H Volunteer Kim Rumberger **For ages 10+**

Getting the Job: *Winning Resume Writing & Interviewing Tips that Will Help You Get the Job You Want*
Ever wonder what they're looking for on a resume? How about those interview questions? Ever get nervous you'll say the wrong thing? How can you get the interview and clinch it? This interactive session we'll judge up your existing resume or help you get started writing one that employers / schools will notice. You'll learn how to prepare for the interview and how to answer tough interview questions while still be honest.

What to bring: Please bring a resume if you have one or, if you don't, please have the dates and places you've worked written down. Please dress as you would for an interview for the job you most want (yes we'll critique that too).

Taught by 4-H Volunteer Reva Levin, leader of the Hot to Trots 4-H Club 20+ years' experience in the area of employer and college recruiting. **For Ages 14+ (adults too)**

Fizzy Snowballs – how to make synthetic snow

Come do some cool chemistry! We will make fizzy snowballs and investigate instant snow. Bring your brain and leave your mittens at home! Taught by 4-H Volunteer Hather Kundzicz **For ages 9+**

Session 2

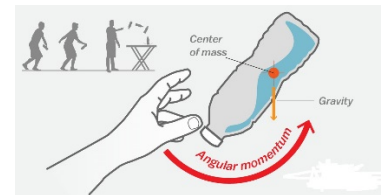


4-H Records: *Easier than you think:* Learn how to do 4-H records and why you should do them. They will show you fun and interesting ways to keep track of your records. They will also explain the reasons we do records and how it has helped them to reach their goals. Taught by Plymouth County 4-H Volunteer Christine Hoyt and 4-H Volunteer Christine Botello. **For all ages**

Donkey 101: Have you ever wondered where donkeys originated or how a donkey is made? Come join donkeys 101 and you will learn everything you ever will need to know about them. From different breeds to what their main purpose was you will leave being a donkey guru! Taught by 4-H Volunteer Marissa Young. **For all ages**

War Dog Workshop: Come make tug toys to for the War Dog Care package campaign. **Bring old t shirts to use! Extra t-shirts are always welcome.** Make a card to thank a soldier for their service. Bring items for a soldier such as- canned meals, baby wipes, non-chocolate candies, batteries, drink mixes for water, soup, protein bars, Sunscreen, toothpaste, sanitizer, eye drops, Made in USA dog treats, XL dog Kong. Taught by 4-H volunteer Cathy Acampora **For all ages**

Bottle Flip Science Have you been Bottle flipping? Students everywhere are driving teachers, parents, and community members a little crazy flipping their half-filled water bottles and trying to land them upright. Have you ever wondered how the flip works and why it lands up right? We will explore the Science behind the flip. Taught by 4-H Volunteer Evelyn Golden **For ages 8+**



Take a dip into candle making! Join us for a workshop where we learn a little about the many different types of candles that people can make including paraffin, soy and beeswax. We will then make our own dipped candles to take home! Wear clothes that can get waxy Taught by 4-H Volunteers Meg Riley and Karen Faich from the Soule Kids 4H club. **For ages 5+**

Buzz Bots Workshop: This is an intro into the 4-H Robotics Curriculum: Think like a scientist, communicate like an engineer, and build like a technician! We will use everyday items to create a Buzz Bot that uses power and motion. Challenge your Buzz Bot against other designs in a Buzz Bot Battle! Think like a scientist. Communicate like an engineer. Build like a Technician. Taught by 4-H volunteer Mandy Deveno **For ages 8+**

Make a Horse Bran Mash (and other no bake treats); Why do we feed bran mash? What is the benefit of Bran Mash? Myths and truths about feeding this long standing tradition. Make a Bran Mash in a mason jar to take home to your favorite equine. Taught by 4-H Volunteer Katie Moar **For ages 8+**



Jewelry Making: “ Valentine gift for MOM”_Art from the Heart 4-H Workshop- Join local artist Kim Rumberger as she helps you create a one of a kind masterpiece by recycling old jewelry and/ or repurposing other unique baubles, bangles and beads. Come enjoy a creative workshop that will have you crimping, beading, wiring and more and walking away with a new creation of your very own to wear to share or embellish! Taught by 4-H Volunteer Kim Rumberger **For ages 10+**

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+**



Wired for Wind - Explore wind power by designing turbines. Control the blades orientation, size, shape and angles. Can you design a turbine to light a lightbulb? What other ways can wind power do work? Taught by Kim Pond UMass Extension Educator – **For ages 8+**

Session 3

Scrapbooking 4-H Memories: Learn how to make your records fun and interesting. This workshop will teach you how to scrapbook your accomplishments so you can include them in your 4-H Records. Taught by 4-H Volunteer Christine Hoyt. **For ages 8+**



Introduction to-Basic Rabbit Care: *Bringing Bunny Home* ~ An introduction to topics such as how to choose a rabbit, breeds, nutrition, housing, basic grooming, general care, and 4-H showing. Have you ever wanted your own rabbit and to learn what goes into taking care of one? Do you currently have your own rabbit and want to learn more and get questions answered about rabbit care? Taught by 4-H Volunteer Lynn Mandile **For all ages**

Be a trick dog star!! Come learn how to teach your dog fun tricks to impress your friends. We will go over things like waving, hide your head, peekaboo and much more. You can even teach your dog math!!! Taught by 4-H Volunteer Cathy Acampora **For ages 8+**

How to make Goat Milk Soap: There are many uses for goat milk including making homemade soaps. Come learn this fun process using goat milk and take some home! Taught by 4-H Volunteer Susan Roy. **For ages 8+.**



“Give it a Shot” in this hands-on workshop we will explore reading medicine labels, administering shots, taking vitals, and steps to keep your animals safe and healthy. Taught by Carrie Chickering-Sears, Director of Community Education in Animal Agriculture at UMass Amherst. **For ages 8+**

How to give an Extemporaneous Speech: Ever wonder what Extemporaneous speaking is? Find out what everyone is talking about. In this workshop you will learn how to effectively participate in extemporaneous speaking at VP Day. Taught by Plymouth County Extension Director Molly Vollmer **For Ages 14-18**



4-H Club Websites: Does your club have a Facebook page or website? Learn easy creation and management steps, develop member website skills, and how it can help you win a CORE Award. Cover 4-H guidelines social media guidelines. Taught by 4-H volunteer Jenn Moyer and 4-H Ambassadors Charlie McMahon and Abbey Drinkwater. **For All Ages**



Horse Valentine Craft Wreath: Participants will make their own Horse Valentine Wreath at this workshop taught by 4-H Volunteer Sue Gibson. **For all ages**, but (Clover buds will need a parent to supervise for safety)

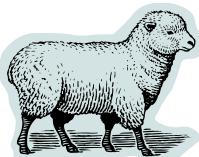


4-H 101 ~ Volunteer Training (part 1): New and seasoned volunteers, junior leaders and parents are invited to attend this 2-hour workshop. Learn about our state and national partners, the time-tested learn-by-doing 4-H methodology, life skill development, and resources available for volunteers. Meet other volunteers and parents and share your questions and ideas. NOTE: this will meet the requirement for the on-line volunteer training for new leaders. Taught by Massachusetts 4-H Directory Sherrie Guyott

4- H2O: youth will participate in a live demonstration of how carbon dioxide builds up in the atmosphere and explore other sources of carbon dioxide and it's contributions to Global Warming. Taught by Kim Pond UMass Extension Educator –**All Ages**

Session 4

Crafting with Christine: Join us for fun crafts. For all ages but specifically targeted to clover bud Taught by 4-H Volunteer Christine Hoyte **For all ages**, * geared for clover buds



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 and everyone will make their own piece of felted fiber art to take home with them. Taught by 4-H Volunteer Kim Veilleux . **For ages 9+**

Chiropractic and Laser treatment for you dog: Meet an animal Chiropractor and learn how horses and dogs are treated with chiropractic medicine and laser treatments. Taught by Deborah Tranberg, animal Chiropractor

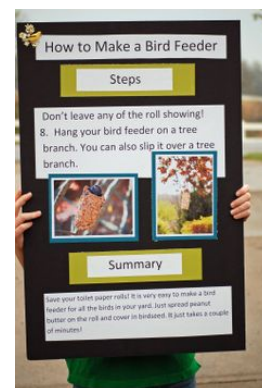
Making inspirational Notebooks for Dana Farber We all know someone who has been affected by Cancer. We will craft beautiful and inspirational notebooks to give to Cancer Patients at the Dana Farber Cancer Center. ages 9- up



New England 4-H Show at the Big E – What do I need to do to apply for the livestock show? We will review the various requirements for the 4-H livestock shows at the Big E in September. Taught by Carrie Chickering-Sears, Director of Community Education in Animal Agriculture at UMass Amherst. **For ages 8 +**

How to make Visual Presentation Boards: Learn how to make your presentation boards so they are easy to read, clear and appealing. You will learn the best techniques for a successful VP day Your boards are an important part of VP's . Taught by Plymouth County Extension Director Molly Vollmer **For all ages**

Publicize Your 4-H Club and Make Mo' Money: Do you know you can get up to \$150 annually for your club by getting in the newspaper? Learn how to get your club in print, develop member marketing and journalism skills, and receive grant money for 4-H club activities. 4-H provides great resources to make it easy. Taught by 4-H volunteer Jenn Moyer and 4-H Muddy Buddies Lena O'Donnell and Gwen Moyer. **For All Ages**



BEE Crafty: During this workshop kids will make Styrofoam bees as planter decorations. Taught by 4-H Volunteer Sue Gibson **For ages 5-11**



4-H 101 ~ Volunteer Training (part 2) New and seasoned volunteers, junior leaders and parents are invited to attend this 2-hour workshop. Learn about our state and national partners, the time-tested learn-by-doing 4-H methodology, life skill development, and resources available for volunteers. Meet other volunteers and parents and share your questions and ideas. NOTE: this will meet the requirement for the on-line volunteer training for new leaders. Taught by Massachusetts 4-H Directory Sherrie Guyott

Fun with Hydrogels - Who doesn't like playing in water and then add in some chemistry and KABAM! That is why this first National Youth Science Day was such a hit. Learn how hydrogels help us, where we find them used in homes and backyards and how they differ. Taught by Kim Pond UMass Extension Educator **For ages 8+**

**Directions to Silver Lake Middle School
256 Pembroke Street (Route 27)
Kingston, MA 02364**



From the North: Take Rte. 3 South to Exit 10.



Take a right onto Rte. 3A
Turn right onto Rte. 53.
Take a left onto Winter St.
At the end of Winter St. turn right onto Pembroke St (Rte. 27)
Look for the Silver Lake Campus on the left
The Middle School is to the rear of the Administration Building
Follow the 4-H Clovers to the Classrooms

From the South: Take Rte. 3 North to Exit 10.



Take a left onto Rte. 3A
Turn right onto Rte 53.
Take a left onto Winter St.
At the end of Winter St. turn right onto Pembroke St. (Rte. 27)
Look for the Silver Lake Campus on the Left.
The Middle School is to the rear on the Administration Building.
Follow the 4-H Clovers to the Classrooms.

From the West: Take Rte 44 East



Take the Rte. 58 N exit towards Plympton
Turn left onto N. Main St (Rte. 58)
Follow Rte. 58 for approximately 4.5 miles
Take a right onto County Rd. (Rte 106)
Turn left onto Lake St.
Turn right onto Pembroke St. (Rte. 27)
The Middle School is to the rear of the Administration Building.
Follow the 4-H Clovers to the Classrooms



Cost: \$15.00 per 4-H member and siblings with a maximum of \$45.00 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 27, 2017 to:

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

Pizza Lunch is included with each paid registration.

MA 4-H REGIONAL WINTER WORKSHOPS - 2017 REGISTRATION FORM

Name _____ (One per form) Street _____ Town _____

Adult _____ or Youth (give age) _____

Parent Cell/Phone _____ Email _____ Club _____

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 101- Ages 8+
- Smart Materials on Earth and in Space Ages 8+
- Crazy Crafts Ages 5+
- Meet & Greet PC club liason All ages
- Community Service Project 1- Ages 12+
- Wildlife Tracking & Conservation – Ages 8+
- Beginner Crocheting Ages 8+
- Jewelry Making - Ages 10+
- Resume Writing / Interview skills – Ages 14+
- Fizzy snowballs Ages 9+

Period 3 - 12:45 to 1:35

- Scrapbooking 4-H Memories All Ages
- Intro to Rabbit Care All Ages
- Trick Dog Star Ages 8+
- How to make goat milk soap Ages 8+
- Give it a shot Ages 8+
- How to do Extemporaneous Speaking Ages 14-18
- 4-H Club Websites All Ages
- Horse Valentine Wreath All Ages
- 4-H 101 Volunteer training All Ages * **Part 1**
- 4- H2O All Ages

Period 2 - 11:10 to 12:00

- 4-H Records All Ages
- Donkey 101 All Ages
- War Dog Tug Toys All Ages
- Bottle flip Science Ages 8+
- Take a dip into candle making Ages 5+
- Buzz Bots Ages 8+
- Horse Bran Mash & Treats Ages 8+
- Jewelry Making Ages 10+
- Club Finances & Reporting Ages 12+
- Wired for Wind Ages 8+

Period 4 - 1:45 to 2:35

- Crafting With Christine All Ages
- Wool Needle Felting 9+
- Chiropractic for your dog Ages 9+
- Notebooks for Dana Farber Ages 9+
- New England 4-H show at Big E Ages 8+
- How to make visual presentation boards All Ages
- Publicize your 4-H Club all Ages
- Bee Crafty Ages 5-11
- 4-H 101 volunteer training All Ages * **Part 2**
- Fun with Hydrogels Ages 8+