



Northeast Region Winter Forum

January 28, 2017



St. Williams Church School
1351 Main St., Tewksbury, MA

Pre-registration by Mail should be Postmarked by January 13th Deadline!

Although we offer four sessions with many workshops each, popular workshops fill early! Limits are based on safety and supplies. Preference is given to youth first, with slots for adults on a space-available basis the day of the event. While registrations are accepted after the postmark deadline or at the door, choices may be limited. Your patience and flexibility are appreciated.

**** Adults MUST accompany Cloverbuds (Youth aged 5-7) in their workshops****

SCHEDULE:

8:30-9:15	Set up, Check-In, Raffle Donations, Refreshments
9:15-9:30	Opening Remarks for all in Cafeteria
9:45-10:45	Workshop Session #1
11:00-12:00	Workshop Session #2
12:15-12:45	Lunch, Announcements, Final Raffle Ticket Sales
<u>** During lunch meet with Kim Pond to learn what Science Projects await your discovery!! **</u>	
1:00-2:00	Workshop Session #3
2:15-3:15	Workshop Session #4
3:20	Raffle Winners Posted and Pick up available
3:30 PM	Break down and clean up (Help is needed... Sign up on Registration Form)

How can you support the MIDDLESEX ADVISORY COUNCIL?

We ask that every family bring *NEW* or like new items to donate for our raffle.

Did your child get something for the holiday that doesn't quite "fit": A book, game or craft kit?

Our 4-Hers really enjoy this raffle! Choose unused items that 4-Hers will want!

All monies raised go to the Middlesex Advisory Council to be used in support of our local 4-H programs. Refreshments are sold for the same purpose, so please support MAC by purchasing raffle tickets, drinks, donuts and a full lunch on the day of Winter Forum!

Our Community service project this year is in support of MSPCA Nevins Farm in Methuen

MSPCA can use gift cards from Walmart, Staples, Dodge Grain, Essex Co-Op, Dover Saddlery, Home Depot & all local supermarkets, as well as items found around your home or barn.

Go to the link below for a more detailed list of needed items:

<http://www.mspca.org/wp-content/uploads/2015/09/wish-list-general-2015.pdf>

Please also let us know if you donate directly at <https://www.mspca.org/donate-now/>

There is NO SNOW DATE for Winter Forum

In the event of bad weather, please call 781-891-0650 ext. 29 for an informational message.

For an emergency during Winter Forum call

Wendy Marcks at 978-430-7514 or Pam LeFave at 978-337-5452

Workshop Descriptions



Session 1: 9:45 - 10:45

1. **Recycled Paper Baskets**
(Ages 8+; limit 15) Easy to learn and Fun to do! Combine recycling and crafting while weaving a basket using strips of recycled magazines and newspapers.
2. **About Face – Doll Version**
(Ages 8+; limit 15) Learn techniques how to repaint a dolls face as well as about the person who came up with this fun idea. Also learn which dolls and materials to use (and not to use). **Please bring a smock.**
3. **Bees & Candles**
(Ages 8+; limit 15) Learn the “buzz” on bees in this class! We’ll discuss everything you ever wanted to know and more, so bring your questions and curiosity. We’ll also learn how to make candles from beeswax!
4. **Feed Our Feathered Friends**
(Ages 8+; limit 15) This time of year it’s harder for our feathered friends to find food, so join us as we make bird feeders from easily accessible supplies and ideas!
5. **They’ll Play Like Kittens Again!**
(Ages 8+; limit 15) Is your kitty slowing down a little? There’s no need to go out and buy expensive toys for them at the store! Join us while we make fun creative toys out of simple to find supplies!
6. **Paper Mache Creations**
(CB; limit 15) Paper Mache means “chewed paper” in French! Well, we won’t chew the paper but will take paper, a messy gloppy form of paste and let our imaginations run wild on this project!
7. **Got Hammer?**
(Ages 10+; limit 12) **Bring a hammer and measuring tape.** In this class, you will learn basic woodworking skills as you make a project that, when finished, you can enter in the woodworking department at the Fair!
8. **Slammin’ Jam**
(Ages 8+; limit 12) Making a simple delicious jam is the best way to break into canning! Together we will learn the steps to making and processing jam. Your jam will be ready to be picked up by the end of the day.
9. **VP Improv 101**
(Ages 8+; limit 15) Do you find VPs make you nervous? Not after this class! Join us while we use fun props and crazy tips to make it a whole new adventure!

Workshop Descriptions



Session 2: 11:00 - 12:00

- 1. Zip Painting** (Ages 8+; limit 15) Want to learn to face paint for the fair or a fundraiser? Pick designs and break them down into simple steps so you'll be done in ZIPPY time!
- 2. Shake, Rattle and Roll** (Ages 8+; limit 15) These rattlesnakes are safer to be around than the real thing! Learn a little bit about rattlesnakes as you make one out of easily gathered supplies recycled from around your house.
- 3. 4-H Eco-Bot Challenge** (Ages 8+; limit 15) Assemble a simple robot; add design features and a control surface to attack the task of cleaning up a simulated toxic spill. What else can they clean? Can they race? Learn how to go further with a Honeybee challenge or fair ideas.
- 4. All About Showmanship** (Ages 8+; limit 15) Have you ever wondered how to do showmanship with a pocket pet, rabbit or other sized *small animal* at the 4-H Fair? Come learn how to "go tiny" in this class to get you started!
- 5. ZUMBA** (Ages 8+; limit 15) Let's take the "work" out of workout, by using ZUMBA moves for a dance fitness party! We'll combine all elements of fitness – cardio, muscle conditioning, balance and flexibility and have boosted energy! It's a serious dose of awesome!
- 6. Creative Portrait Photography** (Ages 10+; limit 16) **Please bring a camera or a phone with a camera.** We will talk about composition and lighting and interesting ways to get creative results when taking portraits of your friends, family or pets!
- 7. Doggy Tug O'War** (Ages 8+; limit 15) During this class you will learn how to make a "do-it-yourself" dog toy from tee shirts. We will "rip" t-shirts into strips and braid them together to make your very own dog toy to take home!
- 8. It's For The Birds! (House)** (CB; limit 15) What is your favorite bird? Let's talk about the birds while we assemble a fun little birdhouse from a kit! When you take it home you can hang it and see what birds are attracted to it!
- 9. Introducing 4-H COMPACT** (Adults; No Limit) Do you have the passion to help 4-Hers get trained to do "pet therapy"? Join Wendy Marcks and learn what it takes to be trained in 4-H COMPACT (Companion Animal Assisted Activities).

Workshop Descriptions



Session 3: 1:00 – 2:00

- 1. Wired for Wind** (Ages 8+; limit 15) Learn about renewable energy and the positive impact it can have in communities. Explore wind power by designing turbines. Control the blades' orientation, size, shape and angles.
- 2. Ahh-Spa** (Ages 8+; limit 15) Are you suffering due to the dry winter air? Learn to make products to soothe dry winter skin, tighten pores and leave your face with a healthy glow! Banish the ravages of winter from your skin!
- 3. Self-Watering Planters** (Ages 8+; limit 15) Forget to water your plants? It's been shown that plants grow stronger and faster when watered consistently and from below. We'll make and plant wicking self-watering planters to solve this issue.
- 4. Chicken Scratch** (Ages 8+; limit 15) Ask yourself: Are you ready to show a chicken? How do you like your show chicken? Clean and pretty! Whether you're five or fifteen, age doesn't matter. You can have an amazing chicken that's ready for the show by following our guidance.
- 5. Wet Wool Felting** (Ages 8+; Limit 15) Let's talk about wool. Where does it come from? How does it turn into the colored "stuff" (roving) we see? Take that same roving, add soap, hot water and agitate. What comes out at the end is fantastic! This fun class is the same yet different every time!
- 6. Kaleidoscope Vision** (Ages 8+; limit 15) Make a simple kaleidoscope from materials found around the house. Rotate the disk and watch the colors dance.
- 7. Star Wars Clothespin Characters** (Ages 8+; limit 15) Calling all Star Wars fans! Make your own action figures out of clothespins! We will use old-fashioned clothespins, paint, felt and markers to create some of the main characters from the movies.
- 8. Ribbit! Ribbit! Frogs!** (CB; limit 15) What's the difference between a frog and a toad anyway? How far can they jump? We'll have a fun discussion, learn all about frogs and keep busy with some fun frog activities!
- 9. VP Judges: What Do They Look for?** (Adults and Teens; no limit) Learn about Visual Presentations from the Judge's perspective. What are the rules they follow when judging, how are they trained? Helpful for parents, volunteers and teens.

Workshop Descriptions



Session 4: 2:15 – 3:15

1. **Game of Life**

(Teens; limit 15) You've played the board game now join us for the Game Of Life! In this active, hands-on workshop you will get a job, get paid, and go to the bank and more. A fun, interactive session, lots of activity!
2. **After Dinner Challenge Lot**

(Ages 8+; limit 15) Dinner was a quesadilla and dessert apple pie? Well take the scraps and see what you can grow! Avocado, tomato and apple seeds? Get them to grow and enter this challenge lot at the fair!
3. **Hydrogels**

(Ages 8+; limit 12) Who doesn't like playing with water then add some chemistry and KABAM! Learn how hydrogels can help us, where we find them used in homes and backyards and how they differ.
4. **Not Your Average Airplane**

(Ages 8+; limit 15) We're taking paper airplanes to new heights! Using copier paper we'll show simple, effective techniques to teach ordinary airplanes new tricks. Test your plane's speed, distance, and more!
5. **Old Time Flip Book**

(Ages 8+; limit 15) Learn how people entertained themselves a hundred years ago; before the internet, before television, even before radio. Make your own simple machines used in animation: thaumatrope, zoetrope, and a flipbook!
6. **Goop Superballs**

(CB; limit 15) Who knew you can make a home made bouncy ball that ****actually**** bounces?! And that you can make it out of household ingredients? We will have some fun with this goopy situation for sure!
7. **Crunchy Granola**

(Ages 8+; limit 12) Earthy, crunchy, nutty, yummy. Join us in the kitchen as we learn to make a simple and healthy granola. Use it to top yogurt, ice cream or eat it on its own as a nice after school snack.
8. **Grow With 4-H!**

(Teens and adults; no limit) Take this opportunity to discover what the new 4-H IMPACT program can look like with some hands-on fun. Use it with your own club or to help introduce 4-H in your community.

Sign Up on the Registration Form to Help Us!

We need Adults and Teens willing to assist with: Workshops, Registration, Food Booth, Raffle, Morning set up & Afternoon break down.

You've thought of a great class you can teach next year?

Contact Pam LeFave 781-891-0650 ext. 15

plefave@umext.umass.edu

If you are interested in helping plan next year's Winter Forum, please contact

Wendy Marcks 781-891-0650 ext. 29

wmarcks@umext.umass.edu

Directions to St. Williams Church School

1351 Main Street (Rte 38), Tewksbury MA

Route 495 North or South: Take Exit 38, head toward Tewksbury.
2.5 miles to church school on right (1/4 mi past traffic light at Chandler St)

Route 93 North or South: Dascomb Road Exit 42 (if coming *from Boston*, turn left onto Dascomb; *from the North*, left at end of ramp, then right at the traffic light onto Dascomb) Follow approx 3 miles – name changes to East Street - when you pass the Tewksbury State Hospital on the left, ball fields, on the right, the next intersection is Chandler St., turn left onto Chandler, left at the next traffic light onto Main Street. Church is 1/4 mile on your right.

From **Route 128**, most direct route is to take 3 North to 495 North, and follow directions as above.

Winter Forum is held in the church's School Building. There are a series of brick buildings – First, the Rectory, next is the Church, then an annex, and farthest from the Church (to the far left as you face all 4 buildings) is the School. **Look for the Clover!**

Park in front of the School Building and enter through the center front doors. From the main floor, turn to the left and head downstairs to Registration table in the cafeteria.

SEE YOU THERE!



UMass Extension is a unit of the Center for Agriculture, Food & the Environment in the College of Natural Sciences. UMass Extension is an equal opportunity provider & employer, United States Department of Agriculture cooperating. Contact your local UMass Extension office for information on disability accommodations or the UMass Director if you have concerns related to discrimination, 413-545-4800 or refer to www.extension.umass.edu/civilrights.


Northeast 4-H Winter Forum - Registration Form – January 28, 2017

Family Name _____ Phone _____

Street _____ E-mail _____

City _____ State _____ Zip _____

Instructions: Fill in name of each person and workshop choices for each session of the day. Use workshop number, as well as title! **Reminder: 5 -7 year olds *MUST* be accompanied by an adult to each session all day. Make checks payable to “Middlesex County 4-H”.** Include registration fee of \$10.00 per person (Family maximum \$16.00) all fees are non-refundable. **Mail by January 13th** to:
Debbie Seale, 11 Plympton Circle, Waltham, MA 02451

	Name of family member #1 _____	Name of family member #2 _____	Name of family member #3 _____
	age: _____	age: _____	age: _____
Session #1 9:45 - 10:45	1st Choice # _____ _____	1st Choice # _____ _____	1st Choice # _____ _____
	2nd Choice # _____ _____	2nd Choice # _____ _____	2nd Choice # _____ _____
Session #2 11:00 - 12:00	1st Choice # _____ _____	1st Choice # _____ _____	1st Choice # _____ _____
	2nd Choice # _____ _____	2nd Choice # _____ _____	2nd Choice # _____ _____
Session #3 1:00 - 2:00	1st Choice # _____ _____	1st Choice # _____ _____	1st Choice # _____ _____
	2nd Choice # _____ _____	2nd Choice # _____ _____	2nd Choice # _____ _____
Session #4 2:15 - 3:15	1st Choice # _____ _____	1st Choice # _____ _____	1st Choice # _____ _____
	2nd Choice # _____ _____	2nd Choice # _____ _____	2nd Choice # _____ _____

Note: If a parent is *not* going to be present at Winter Forum they must sign below and designate an alternate adult who will take responsibility for their child all day.

**** Not applicable to Cloverbuds/Youth aged 5-7 ****

Name: _____ has my permission to attend Winter Forum.

Parent/Legal Guardian Print and signature: _____

Emergency Phone _____ Alternate Adult: _____

Adults & Teens we need your Help!

Name: _____

Willing to assist with: ___ Workshops ___ Registration Table ___ Food Booth ___ Raffle ___ Set Up ___ Break Down