



Massachusetts 4-H Virtual Winter Workshops – All 4 Days
January 16, 17, 23, & 24, 2021



Please be sure to take note of the supplies needed for workshops.

RED If a supply item is listed in RED – it will be provided, and no contact arrangements will be made to get supplies to participants

YELLOW If a supply item is listed in YELLOW – it will be up to the participant to get these items

GREEN If a supply area is GREEN – no supplies needed for that workshop

DAY 1 - Saturday, January 16, 2021

10:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Cardboard Arcade I - Session 1</p> <div data-bbox="107 848 298 987" style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Lauren DuBois </div>	<p>The cardboard arcade project started out of East LA in a used car parts shop. A 9-year-old boy named Caine used materials to create an elaborate cardboard arcade that a film maker stumbled across. Out of this friendship grew a movement of creativity and innovation. In this track youth will watch parts 1 and 2 of Caine’s Arcade and using recycled materials, they will create their own working cardboard arcade game.</p>	<p>8-18</p>	<p>Pen & paper</p>	<p>15</p>
<p>Growing Winter Greens & DIY Greenhouse</p> <div data-bbox="175 1339 376 1478" style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Meaghan McDermott </div>	<p>Learn how to make a simple DIY greenhouse to grow spinach all winter long.</p>	<p>8+ Younger youth may need assistance</p>	<p>→Soil →Baking tray with lid →Popsicle sticks →Baking sheet →Marker →Sunny indoor spot</p> <div data-bbox="1003 1436 1338 1520" style="background-color: red; color: white; padding: 2px;"> ↻Seeds </div>	<p>open</p>
<p>Horse Judging</p> <div data-bbox="165 1570 578 1629" style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Channon Ames </div>	<p>Learn how to evaluate a horse’s conformation.</p>	<p>8+</p>	<p>Pen & Paper</p>	<p>30</p>
<p>Sew a pillow pocket</p> <div data-bbox="185 1734 380 1873" style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Elaine Toomey </div>	<p>Learn how to sew a pillow with a pocket</p>	<p>8+ Younger kids may need assistance</p>	<p>→Sewing machine →Pins →Thread →Scissors</p> <div data-bbox="1003 1831 1338 1894" style="background-color: red; color: white; padding: 2px;"> ↻Pre-cut fleece </div>	<p>15</p>

DAY 1 - Saturday, January 16, 2021

11:00 AM

Title	Description	For ages:	Supplies	Maximum participants
Basic Coding with Scratch <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Lizmarie Lopez-Ortiz </div>	Participants will learn basic coding using MIT's Scratch program.	8-18	Youth should create an online scratch account before the workshop. ✓ Enrolled participants will receive an email explaining how to do this prior to the workshop.	8
Duct Tape Creations <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Grace Russo </div>	Learn the secrets of duct tape creations; leave with a finished craft!	8+	→ 8"X11" cardboard → ruler → scissors → marker → 1 roll of duct tape	15
Hippology <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Shari Morris </div>	Welcome to hippology! Hippology at the state level includes four "tests": an exam, stations, judging and slides. We will go through each of the four competitions and then do some practice. Part of this session will be interactive and I encourage your participation. Let's learn about hippology by doing it!	8+	Pen & Paper	30
What is Weed Science? <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Randy Prostak </div>	What is weed science as a discipline; Why are we concerned about weed and vegetation management, impact of agriculture and human health; Weed life cycles, annual biennial and perennial (means of propagation of each life cycle); The weed seed bank; Commonly used groups of management strategies (cultural, biological, chemical, etc.)	8+	NO SUPPLIES NEEDED	open

DAY 1 - Saturday, January 16, 2021

12:00 PM

Title	Description	For ages:	Supplies	Maximum participants
Grocery Store Plant Medicine <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Shannon Toyé </div>	Learn how to make basic home remedies from common plants and things found in the grocery store. During the workshop we will make Fire Cider!	12+ Should be able to use a knife, peeler, etc.	<ul style="list-style-type: none"> → 2" piece of ginger root → 2" piece of horseradish root → 1 small onion → 5 cloves of garlic → 1 jalapeño pepper → 1 lemon → 16oz raw, organic apple cider vinegar → 2T raw, organic honey → 16oz mason jar → peeler → cutting board → knife → rubber gloves → wax paper (enough to cover the mason jar cap) 	30
Hound Breed Bingo <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> Facilitators: A Round of a Paws 4-H Club </div>	Bingo about Hound Breed dogs.	All	No Supplies Needed You will receive an email prior to the session.	open
Parachute & Straw Rocket <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> Facilitator: Lauren DuBois </div>	Using basic materials, you will be making your own working mini-rocket and mini-parachute.	9-13	<ul style="list-style-type: none"> → plastic bag (or light material) → scissors → string → a small object to act as weight (example: little action figure) 	12
Zentangle <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> Facilitator: Alyssa Nicol </div>	Create beautiful abstract art using structured patterns. Zentangle is relaxing, improves focus, builds confidence, and is FUN!	8+	<ul style="list-style-type: none"> → 4 (or more) 4x4 squares of smooth, heavyweight paper → black gel pen → pencil → fine tip marker 	20


DAY 1 - Saturday, January 16, 2021

1:00 PM

Title	Description	For ages:	Supplies	Maximum participants
Horse Coat Colorings & Markings <div data-bbox="120 453 347 592" style="border: 1px solid black; padding: 5px;">Facilitator: Dr. Cassie Uricchio</div>	Learn about the genetics behind horse coat colors and markings. What color combinations can bring lethal genes or a color that you have always wanted in a horse.	8+	No Supplies Needed	30
Maple Sugaring <div data-bbox="99 840 329 978" style="border: 1px solid black; padding: 5px;">Facilitator: Rachel Goclawski</div>	Learn how to tap a tree and make maple syrup on your home stove! Maple syrup is a healthy sweetener, more nutritious than honey, so let's learn how to ID the right trees, Native American legend and more! Interact with the teacher with a visual presentation, videos of tapping and syrup-making help you see what is involved in the process from tap to table.	8+	No Supplies Needed	25
Stop The Bleed <div data-bbox="103 1241 334 1339" style="border: 1px solid black; padding: 5px;">Facilitator: Hope Motta</div>	Learn how to pack a wound, how to use a tourniquet, why we need to know how to Stop The Bleed, and Prepare with Padro, which is a FEMA coloring book on how to prepare for an emergency.	8+	→ a sturdy dowel → a strip of cloth (the hem of an old t-shirt is perfect. Don't cut – leave in a loop)	30
Paracord Bracelets <div data-bbox="115 1568 345 1707" style="border: 1px solid black; padding: 5px;">Facilitators: Acton CRAFT 4-H Club</div>	Learn how to make this attractive "survival" bracelet and learn its uses and a bit of history- one for you; one for a Service member	10+: 8-9 years old with a helper	→ 2 lengths of paracord → 2 bracelets will be made → One will be returned to the facilitator to be part of a community service project involving U.S. Service Members	15

DAY 2 - Sunday, January 17, 2021

10:00 AM

Title	Description	For ages:	Supplies	Maximum participants
Club Officer Training <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Tom Waskiewicz </div>	The group will discuss the responsibilities of a 4-H club president, vice-president, secretary, treasurer and news reporter.	8+	No Supplies Needed	open
Make Ice Cream <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Rochelle Toth </div>	Do you like ice cream? Silly question-who doesn't like ice cream? Sign up for a fun, ice cream-making and ice cream-eating workshop! Don't forget your spoon, bowl, & any toppings you want!	5-7	 →Sugar →Cream (any: heavy/light/whipping, half & half, milk...) →Vanilla →Pickling salt, or large crystal salt →Ice cubes (2 trays) →Freezer bags (1 pint + 1 gallon) →Towel	12
Mindfulness <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: Fiora Caligiuri-Randall </div>	This is a workshop for anyone, whether or not you have experience with mindfulness. We will do a few short practices including traditional meditation, then talk about how mindfulness applies to everyday life, how it can support mental health, and answer questions.	10-18	No Supplies Needed	15
Woodworking Series - #1 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 20px;"> Facilitator: David Fox </div>	Work with the facilitator to build your own stool!	10+ with adult help	<u>Tools:</u> →tape measure →handsaw →square →pencil →(hand planer optional) <u>Materials:</u> →3 linear feet of 1X8 pine (clear wood, try not to get knotty) →1 dozen 6D finish nails (2" long)	12

DAY 2 - Sunday, January 17, 2021

11:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Bees</p> <p>Facilitator: Adrienne Card</p>	<p>What are they good for? What can you do with Honey, besides eat it? And <i>Secrets</i> of the hive.</p>	<p>8+</p>	<p>No Supplies Needed</p> <p>Participants will receive honey straws and a color wheel.</p>	<p>25</p>
<p>Coding</p> <p>Facilitator: Faith Motta</p>	<p>From creating wackus monster algorithms to showing a public service announcement (PSA) made by the facilitator on SCRATCH; as well as how to teach younger students coding unplugged by playing the "pollinator" game, and coding the "waggle dance".</p>	<p>All Geared toward new & younger users</p>	<p>→ 1 old/used t-shirt</p> <p>(will make a t-shirt bag using coding unplugged)</p>	<p>15</p>
<p>College Essay Writing and Admissions Process</p> <p>Facilitator: Meaghan McDermott</p>	<p>Learn some tips and tricks for College Essay Writing and Application Process with a former College Admissions and Academic Advising Professional. We'll focus on the importance of putting forward an application that best represents the applicant!</p>	<p>14 - adult</p>	<p>No Supplies Needed</p>	<p>open</p>
<p>Roundtable with the State 4-H Director</p> <p>Facilitator: Dr. Linda Horn</p>	<p>Here's an opportunity to talk in an informal setting with Dr. Linda Horn. Bring your ideas, concerns, questions and hopes for the 2021 club year. Advisory and program/fair board reps also encouraged to attend.</p>	<p>All</p>	<p>NO SUPPLIES NEEDED</p>	<p>open</p>

DAY 2 - Sunday, January 17, 2021

12:00 PM

Title	Description	For ages:	Supplies	Maximum participants
Basics of Drawing a Horse <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Sara Ponikvar </div>	Learn to draw a horse.	9+	→pencils (several) →paper (2-3 pieces) →erasers	15
Show Ribbons: Now what do I do with them? <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Carrie Chickering-Sears </div>	Youth and adults will do a hands-on project using their ribbons.	10+	→scissors →12-14 ribbons →1 rosette (need the button from the center) →hot glue gun	30
Visual Presentations (MA 4-H's communications program) <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitators: Nora Tripp & Hannah Denison </div>	Join teen 4-H members to discover how to make your VP a "blue-ribbon" experience.	8+	No Supplies Needed Participants will receive information via email	open
Youth/Adult Partnerships <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Tom Waskiewicz </div>	Discuss key strategies to work as a team in your club and community.	8+	No Supplies Needed	open


DAY 2 - Sunday, January 17, 2021

1:00 PM

Title	Description	For ages:	Supplies	Maximum participants
<p>Garden Plot Planning</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Meaghan McDermott </div>	Learn how to make an interactive plan for your garden plot or container garden! We will cover the importance of planning for proper spacing, variety for climate and soil conditions, as well as pest management. Please have a rough idea of how big your plot will be, what soil conditions you have (ie: sandy, loam, compacted etc.)	8+ Younger participants may need assistance	Materials from around the house: → small journal/notebook → ruler → calculator → poster board → graph paper → colored pencils, markers, crayons, etc. → pencils → tape → scissors	open
<p>Painting Basics</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Sara Ponikvar </div>	Watercolor painting in the style of Laurel Burch.	10+	→ 2 pieces of heavy paper → 2 pencils → fine permanent marker → box watercolor paints → cup of water → round brush → paper towels	15
<p>Recycled Paper Beads</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Va Shon Wallace-Hiltpold </div>	Learn to make your own beads for jewelry, using recycled paper.	10+ 8-9 with a helper	→ magazines → books (ones missing pages, etc.) → any other heavy paper (advertisements, Sunday newspaper magazine, etc.) → scissors → ruler → pencil → tape → glue → several drinking straws, a thin dowel, or a thin pencil/pen	30
<p>Teen Roundtable</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Tom Waskiewicz </div>	The next 4-H generation: What's your vision for 4-H?	12+	No Supplies Needed	open

DAY 3 - Saturday, January 23, 2021

10:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Making Rabbit Toys</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Facilitator: Diane Mas</p> </div>	<p>Learn how to make some toys from items around the house.</p>	<p>10+ 8-10 needs assistance</p>	<p>→6-8 toilet paper tubes, →1 egg carton (not Styrofoam) →1 lunch bag →1 empty cereal box →scissors →sharpened pencil →ruler or measuring tape</p> <p>→1 roll of sisal twine (see sources below) Sisal/twine sources: https://www.michaels.com/natural-jute-twine-by-ashland/10556683.html or https://www.joann.com/natural-twine-150-ft/11895604.html</p>	<p>30</p>
<p>Rabbit Anatomy</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Facilitator: Erika Hamilton</p> </div>	<p>Learn about the inner and outer body parts of the rabbit. Skeletal model will be used to demonstrate.</p>	<p>12+</p>	<p>→pen/pencil →paper Handouts will be sent to participants</p>	<p>30</p>
<p>To the Moon - and beyond!</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Facilitator: Jess Paxton</p> </div>	<p>Create crafts from out of this world. (a tinfoil moon, a Tube Rocket, a Launchable straw rocket and we will learn more about our red planet Mars)</p>	<p>5-7</p> 	<p>→a sheet of tin foil →coins (different sizes) →drinking straws →sheets of different colors of paper (3-4) →ruler →glue →tape →pencils →chalk →crayons →markers →scissors →paper towel or toilet paper tube</p>	<p>12</p>

More options for the 10:00 AM time slot on next page.

DAY 3 - Saturday, January 23, 2021**10:00 AM - CONTINUED**

Title	Description	For ages:	Supplies	Maximum participants
Winter Sowing Facilitator: Emily Enos	We will learn how to repurpose plastic bottles by transforming them into mini greenhouses that can be used to grow seeds outside during the winter/spring. No need for grow lights - this is an easy method for getting a jump on the growing season.	8+	→ 2-liter clear plastic bottle (rinsed clean) → potting soil → duct tape → scissors → newspaper (to work on top of) ✓ make holes in the bottom of the 2-liter bottle ✓ have an adult make a 2" slit in the bottle about 5 inches from the bottom → Seeds	10
Woodworking Series - #2 Facilitator: David Fox	Assembling the stool.	10+ with adult assistance	→ hammer → tape measure → pencil → masking/painters' tape → optional: needle nose pliers (for pulling bent nails)	12

DAY 3 - Saturday, January 23, 2021

11:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Horse Communications Team</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Darlene Welch </div>	Learn about how you can be involved on a horse communications team and the opportunities to travel and compete	10+	No Supplies Needed	open
<p>Intro to Breathing & Yoga</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Julianne Campbell </div>	Learn basic yoga poses and breathing techniques to reduce stress and ease muscle tension	All	→yoga mat or carpeted area →towel	20
<p>Poultry 102: breeding and hatching.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Michelle Lee </div>	A discussion, with some demos, on how to prepare for hatching eggs from your flock and a basic flock management overview.	12+	→Pen & Paper Information will be emailed to participants.	30
<p>Sock Snowmen</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Joy LeMay </div>	Make an adorable snowman to display for the winter months. Also, learn a technique for 3D snowflakes	8+	→scissors →markers →rice →string →tape →glue ↻Socks	15
<p>UV Lights Living on Mars & gardening in space</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Kim Pond </div>	With the atmosphere and weather different on Mars than on Earth we need to adapt. What are some of the key things we need to think about to live on Mars? Why would we want to garden on Mars and how can we use what we have around us to explore using indoor gardening?	All	→UV beads →pipe cleaners →sunglasses →paper bag →sealable sandwich bag →seeds →1 cup soil	30

DAY 3 - Saturday, January 23, 2021

12:00 PM

Title	Description	For ages:	Supplies	Maximum participants
4-H Fairs <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Tom Waskiewicz </div>	Share your ideas and learn how others are building capacity for larger, more diverse events.	12+	No Supplies Needed	open
Bake a cake <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Louise Donahue </div>	Learn how to make an "Easy Apple Cake". We will also discuss a "Wacky Cake", a single layer chocolate cake and a simple frosting.	8+	→2-3 apples, cut into bite-size pieces →sugar →un-sifted flour →oil →baking powder →vanilla →baking soda →1 egg →cinnamon →raisins (optional) ✓large bowl ✓mixing spoon ✓small bowl ✓whisk ✓measuring cups & spoons ✓square or round cake pan ✓oven mitt	15
Flipgrid <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Carolyn Ritter </div>	Learn how to do a short video production. Google classroom.	13+	No Supplies Needed It is suggested that you go to the Flipgrid website to look around before the workshop.	25
Roundtable with the State 4-H Director <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Dr. Linda Horn </div>	Here's an opportunity to talk in an informal setting with Dr. Linda Horn. Bring your ideas, concerns, questions and hopes for the 2021 club year. Advisory and program/fair board reps also encouraged to attend.	All	No Supplies Needed	open

DAY 3 - Saturday, January 23, 2021

1:00 PM

Title	Description	For ages:	Supplies	Maximum participants
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Cardboard Arcade II </div>	<p>The cardboard arcade project started out of East LA in a used car parts shop. A 9-year-old boy named Caine used materials to create an elaborate cardboard arcade that a film maker stumbled across. Out of this friendship grew a movement of creativity and innovation. In this track you will watch parts 1 and 2 of Caine's Arcade and using recycled materials, will create your own working cardboard arcade game.</p>	8-18	<ul style="list-style-type: none"> → cardboard box → tape 	15
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Lauren DuBois </div>				
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Face-Painting "SFX Basic Training" </div>	<p>SFX, or special effects makeup, is a type of theatrical makeup used in horror films, stage plays, and musicals; as well as in children's movies. You will learn how to create a "Chelsea's Grin" and will be given examples of a pencil through the nose...and how to make fake blood.</p>	12+	<ul style="list-style-type: none"> → school glue → face paint → cotton balls → food coloring → honey or corn syrup 	10
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Erynn Goodermote </div>				
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Mindfulness </div>	<p>This is a workshop for anyone, whether or not you have experience with mindfulness. We will do a few short practices including traditional meditation, then talk about how mindfulness applies to everyday life, how it can support mental health, and answer questions.</p>	10-18	<ul style="list-style-type: none"> → something soft to sit on (pillow, etc.) 	15
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Facilitator: Fiora Caligiuri-Randall </div>				

More options for the 1:00 PM time slot on next page.

DAY 3 - Saturday, January 23, 2021

1:00 PM

Title	Description	For ages:	Supplies	Maximum participants
<p>Pizza Workshop</p> <div data-bbox="131 709 323 810" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Bob LeFave </div>	<p>Make a pizza snack any time!</p>	<p>10+: 8-9 years old with help</p>	<p>→ can/jar of tomato/pizza sauce → shredded cheese (mozzarella-2 cups) → english muffin, flat bread, etc. ✓ spatula ✓ spoon ✓ oven mitt ✓ toaster ✓ parchment paper/cutting board ✓ cookie sheet/pizza pan</p>	<p>15</p>
<p>Rain Sticks</p> <div data-bbox="181 1136 373 1274" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitators: Acton Craft 4-H Club </div>	<p>Rain, rain, don't go away! Join us in making your own rain stick!</p>	<p>8+</p>	<p>→ 25 1" nails (with heads), <i>OR</i> (approx.)50 twist ties & tape, <i>OR</i> heavy-duty aluminum foil → 50 beads/pebbles/raw beans (about the size of a black bean or chick peas) → paper → wrapping paper/sticker/plain paper (to cover outside of tube) → markers to decorate → sturdy 2-foot cardboard tube</p>	<p>15</p>

DAY 4 - Sunday, January 24, 2021

10:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Animal Science Opportunities for 4-H Members</p> <div data-bbox="147 491 488 583" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Carrie Chickering-Sears </div>	<p>This session will explore the various contests that youth can compete in for state and national competitions as well as the Big E and national conferences they can attend.</p>	<p>12+</p>	<p>No Supplies Needed</p>	<p>30</p>
<p>Building a Mars Rover</p> <div data-bbox="126 730 310 827" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Kim Pond </div>	<p>NASA needs your help. Are you up for the challenge to help them design a rover? Start your training in Engineering learning how things roll and get around then take what you learn and take it to the next level and submit your designs and apply to be a Rover Cadet.</p>	<p>8+</p>	<ul style="list-style-type: none"> → box (ex: bar soap box) → 2-4 straws (different sizes) → 4+ paperclips → tape/hot glue gun → small wheels/caps/buttons → 3ft board for incline (other craft supplies optional) 	<p>20</p>
<p>Little Explosions!</p> <div data-bbox="126 1073 331 1209" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Rochelle Toth </div>	<p>Have some explosive fun with these kitchen ingredients</p>	<p>5-7</p>	<ul style="list-style-type: none"> → bowl → measuring spoons → measuring cups → vinegar → baking soda → dish soap → balloons 	<p>12</p>
<p>Sewing Fixes</p> <div data-bbox="107 1346 298 1482" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Pam LeFave </div>	<p>Do you have a button that needs to be put back on? A hem that needs to be fixed? A seam that needs repair? Learn how to fix them, possibly with stuff already in your house.</p>	<p>10+</p>	<ul style="list-style-type: none"> → needle → thread → scissors → straight pins <div data-bbox="979 1451 1333 1558" style="border: 1px solid black; padding: 5px; margin-top: 5px;"> ⚙️ Bring something that needs repair; if time allows we will work on it. </div>	<p>12</p>



DAY 4 - Sunday, January 24, 2021

11:00 AM

Title	Description	For ages:	Supplies	Maximum participants
<p>Drones- Regulations, careers, safety, flying and programming</p> <div data-bbox="131 531 313 625" style="border: 1px solid black; padding: 5px;"> Facilitator: Kim Pond </div>	<p>Drones are much more than a remote-controlled toy. Drones are also a tool used in many professions and have rules and regulations.</p> <p>Thinking of getting on? Come learn more and be prepared.</p>	10+	No Supplies Needed	30
<p>The Massachusetts 4-H Foundation</p> <div data-bbox="207 810 461 905" style="border: 1px solid black; padding: 5px;"> Facilitator: Tom Waskiewicz </div>	<p>Discuss how the Foundation can support your 4-H club and regional program. A little bit of history is included.</p>	12+	No Supplies Needed	open
<p>Woodworking Series - #3</p> <div data-bbox="196 1050 388 1144" style="border: 1px solid black; padding: 5px;"> Facilitator: David Fox </div>	<p>Finish the assembled stool.</p> <p>Sand – Stain – Poly</p>	10+ with adult assistance	→hammer →nail set (a finish nail upside down can be used) →wood filler →fine sandpaper (180 grit) →paint or stain & varnish →brushes	12

DAY 4 - Sunday, January 24, 2021

12:00 PM

Title	Description	For ages:	Supplies	Maximum participants
Dog 101 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Facilitator: Christine Hoyt </div>	Learn about basic dog care.	All	No Supplies Needed	open
Google Forms <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Facilitator: Carolyn Ritter </div>	Volunteers, come learn how you can use this with your club.	Adults	🗨️ Suggestion: Get a Google Gmail account prior to the workshop.	open
Horse Bowl <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Facilitator: Rose Blomgren </div>	Want to test your horse knowledge? Interested in our regional and state horse bowl competitions? Join Rose, the current coach for the MA horse bowl national team for a thorough conversation regarding competitions, strategies and techniques and how to best prepare for competition followed by practice questions!	8+	No Supplies Needed 🗨️ Request: Participants link to Bussin live for workshop. https://buzzin.live/	20
Invasive Plants <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Facilitator: Randy Prostack </div>	Learn about hogweed, an invasive plant covering, and poison ivy - it is native and therefore not invasive.	All	No Supplies Needed	Open
Learn to be a Global Citizen <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;"> Facilitator: Krista Mangiardi </div>	Chinese culture and language 101. Learn about Chinese music, food and other cultural topics along with a few Chinese phrases to see how learning about other countries and languages can be a fulfilling way to become a global citizen.	10+	No Supplies Needed	40

DAY 4 - Sunday, January 24, 2021

1:00 PM

Title	Description	For ages:	Supplies	Maximum participants
Dairy Goat 101 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Gabriella Melnick </div>	Introduction to the Dairy Goat Project and the many opportunities available to youth.	All	No Supplies Needed	open
How to Plan an Outdoor Adventure <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Angelina Mangiardi </div>	Craving time outdoors and want to start planning your next adventure? Don't know what to do or how to start? Angelina Mangiardi, 4-H Alumni and volunteer, works as a Program Coordinator at First Descents, a nonprofit that provides outdoor adventures for young adults impacted by cancer and other serious health conditions. Join Angelina for an adventure planning workshop where you will learn tips and tricks on how to plan your next trip. Whether you are headed out on a hike or planning a week long kayaking trip, Angelina has resources and guides to help you along the way!	12+	→ notebook → pencil	open
Origami Workshop <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Alicia Mills </div>	Learn the exciting art of Japanese paper folding - see how fun it is to make things out of paper!	8+	→ 4-5 squares of origami paper ✓ any thin paper cut into squares ✓ wrapping paper works nicely	15
Sew a Hat <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Facilitator: Elaine Toomey </div>	Learn to sew a basic fleece hat; or turn a cuff if desired!	8+	→ sewing machine ⊕ thread ⊕ scissors ⊕ straight pins ⊕ fleece	15



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