Northeast Region Winter Forum
January 28, 2023

Collegiate Charter School of Lowell
1857 Middlesex St, Lowell, MA 01851

Pre-registrations/Food Orders must be postmarked by January 21, 2023!
NO day-of Walk-ins; all participants must pre-register.
NO confirmations will be sent – pick up schedule that day

Workshops fill early! First Received, First Reserved. Limits are based on safety and supplies. Youth given first preference for workshops. Adults may attend classes with the understanding that supplies for adults may not be available. Your patience and flexibility are appreciated.

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

SCHEDULE:

8:45-9:15	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
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

(Volunteers Needed in classrooms, for set up, clean up……..…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 so encourage items that appeal to youth. All monies raised from sale of raffle tickets go to the Middlesex Advisory Council to support our local 4-H programs.

Refreshments are sold for the same purpose, so please support MAC by purchasing drinks on the day of Winter Forum and order lunch in advance!

Hands to Larger Service – Community Service Project
Join us to make fleece scarves and Valentine cards for seniors.
Also accepting canned or dry goods to donate to a local pantry donations.

There is NO SNOW DATE for Winter Forum
In the event of bad weather, please call # *617-243-1935* for an informational message.
For an emergency during Winter Forum call 781-929-8447

Workshop Descriptions

Session 1: 9:45 - 10:45

1. **Slimey stuff!**

   (Cloverbuds; limit 12) What fun to be able to make a sticky icky mess and no one will complain! Have fun making slime and bring home several recipes so you can make another batch later.

2. **Equine Massage**

   (Ages 8+; limit 15) Massage therapy can benefit your horse by helping to prevent injury, improve circulation, increase range of motion and reduce stress. Your horse will be happy you took this class and learned some techniques!

3. **Say cheese!**

   (Ages 8+; limit 12) In this workshop you will learn about cheese making, and we will be making cheese from scratch. At the end of the workshop the cheese you made will be ready to taste and you'll have a recipe to bring home!

4. **Beyond Recycling**

   (Ages 8+; limit 15)

   Taking recycling one step further and focusing on reusing. We'll do a few different projects bringing new life to everyday items you would normally toss in your recycling bin or trash can. If you have a sock with a hole or other clothing item headed for the trash, bring it with you and we'll show you how to turn it into a heating pad. We'll also make plant tags two ways and make a nightlight. Items will be eligible to enter into environmental department at the fair

5. **Woodworking**

   (Ages 10+; limit 12) Measure twice/cut once - Hammer straight - learn these basic skills while creating your own Fair entry to use yourself, or give as a gift after the Fair. Bring a Hammer.

6. **Good Sense About Scents**

   (All ages; limit 15) Every wonder what's in that stuff you put on your lips or your hands? Learn how to make some of these products with bees wax and other safe and healthy natural ingredients. Make another batch and enter them in Static at the Fair!

7. **Needle in a Felt Swatch**

   (Ages 8+; limit 15) Much more satisfying than finding a needle in a haystack, learn some basic techniques to use a needle to transform a piece of felt and some wool into a lovely keepsake.

Workshop Descriptions

Session 2: 11:00 - 12:00

1. **For the Birds!** — **(Cloverbuds; limit 12)** Make a home for your neighborhood birds, using wood and glue. If time allows, we will also make a pinecone bird feeder.

2. **Wet Wool Felting** — (**Ages 8+; limit 15**) Come get creative and get your hands wet as you transform colorful wool roving material into a beautiful 3-dimensional object.

3. **On the Wire** — **(Ages 10+; limit 12)** Can you sculpt? This amazing method will have you creating an armature, with a foil finish - display as is or take a 2nd class (session 3) to learn how to use sculpty clay as a finish

4. **All's Fair!** — **(Ages 8+; limit 15)** Bring your creativity and start sketching an idea for a Fair Premium Book Cover and maybe even leave with a completed design. You could win that "free fair" if you submit your drawing to the Fair and your drawing is selected!

5. **Stuck on You** — **(Ages 8+; limit 15)** What comes in a rainbow of colors and can be used to repair anything - or make an amazing and useful object? Duct tape of course!

6. **Put on a Fun Face** — **(Ages 8+; unlimited**) In this session, learn the technique and supplies to paint faces like a pro! Try your hand at this and bring the knowledge you gain to your club to use it as a fundraiser at your next event!

7. **Zen Greetings** — **(Ages 8+; limit 12**) Enjoy some colorful meditative creativity with Zentangle drawing, and come away with greeting cards to frame or send to friends and family.

8. **Cosmic Claw** — **(Ages 8+; limit 20)** Let's explore the world of hydraulics then take the knowledge you gained to explore and create your own device to enter into the 2023 STEAM Festival.

Workshop Descriptions

Session 3: 1:00 – 2:00

1. **Snowflakes and Snowpeople** — **(Cloverbuds; Limit 12)** When it might be too cold or snowy to go outside, here's an indoor activity to keep you busy, using paper bags and pompons to make cute creations

2. **Slap Chop** — **(Ages 8+; limit 15)** What's red and green and yellow and tastes great? Start with some veggies and end up with a salsa that will get your creative juices flowing!

3. **Back on the Wire** — **(Ages 10+; limit 12)** Bring the frame you made in the earlier session to this class - or receive a simple one and discover how to add sculpty clay to add more details to your figurine

4. **Chemistry Wonders** — **(Ages 8+; limit 15)** Even household products can make some most amazing sights - what things, combined, make what? Find out in this mysteriously fun class!

5. **Upcycle** — **(Ages 8+; limit 15)** No, you won't be learning to ride a bike! Instead, come get creative using items that would typically end up in a landfill

6. **Buzz about Candles** — **(Ages 8+; limit 15)** Did you know that beeswax has been used to make candles since ancient times? Come learn how to make and use beeswax, and bring home your own personal creation.

7. **Up in the Air** — **(Ages 8+; limit 15)** Come learn the basics of how to juggle in this workshop - and find out what kinds of things "juggle" best and why?!

8. **Sinking and Floating** — **(Ages 8+, limit 20)** Let's explore what sinks and floats with a few simple experiments. Along with making things sink and float we will try to make things dance and dive! Make a cartesian diver to take home.

Workshop Descriptions

Session 4: 2:15 – 3:15

1. **Let the Games Begin!** **(Cloverbuds; limit 12)** Playing games with teamwork and cooperation is extra fun for all. For example, learn to play "river crossing" to see how you and your teammates can strategize to all get across the room by working together!

2. **A Bucket? A Seat?** **(Ages 8+; limit 12**) Make this super handy carry-all that also gives you a place to sit while you care for your animals. The famous and so very useful "bucket-seat" loved by 4-Hers for generations!

3. **Pom-Pom Emojis** **(Ages 8+; Limit 15**) Learn to make pom-poms, but not just any pom-pom - emoji pom-poms- and let your imagination take off from there! Gifts, fun, decorations - and more.

4. **Party Platter Fun** **(Ages 8+; limit 12**) Whether you're asked to contribute snacks to an event or are planning your own party, come join this fun class to make an assortment of treats perfect for school spaghetti dinners, potlucks, or sleepover parties!

5. **Fishy Science** **(All ages; limit 20)** Join our 4-H STEM Educator and explore the parts of a fish, their habits and create a fish.

6. **VP Improv** **(Ages 8+; unlimited)** Your leader said you must do a Visual Presentation and you have NO IDEA what that means? Join this workshop and experience how to do a fun and award-winning VP using props and prompts to inspire you

7. **Mind your Mind** **(Ages 8+; limit 15)** When the world around you gets too hectic, it's nice to set your mind at ease. Come to this workshop to learn techniques for greater mindfulness. A nice way to end a busy Winter Forum day!

***Sign Up on the Registration Form to Help Us*!**

We need Adults and Teens willing to assist with:

Workshops, Registration, Raffle, Afternoon breakdown, Hall monitor

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4-H and The University of Massachusetts Amherst prohibits discrimination on the basis of race, color, religion, creed, sex, age, marital status, national origin, mental or physical disability, political belief or affiliation, veteran status, sexual orientation, gender identity and expression, genetic information, and any other class of individuals protected from discrimination under state or federal law in any aspect of the access to, admission, or treatment of students in its programs and activities, or in employment and application for employment. Furthermore, university policy includes prohibitions of harassment of students and employees, i.e., racial harassment, sexual harassment, and retaliation for filing complaints of discrimination.

Northeast 4-H Winter Forum - Registration Form – January 28, 2023

Are you a 4-H Member? Circle one: Y N

Family Name_____ Phone_____

Print carefully please E-mail_____

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**. Include registration fee $10.00 per person (Family maximum $25.00). If ordering lunch please see last page of brochure and include form and payment. Make checks payable to "*Middlesex 4-H Advisory Council".* All fees are non-refundable.

Mail and postmark by January 21st to: Debbie Seale, 11 Plympton Circle, Waltham, MA 02451
No pink or Red Ink, please.

	Name of family member #1 _____ age: _____	Name of family member #2 _____ age: _____	Name of family member #3 _____ age: _____
Session #1 9:45 - 10:45	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice_____ _____ 2nd Choice_____ _____
Session #2 11:00 - 12:00	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____
Session #3 1:00 - 2:00	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____
Session #4 2:15 - 3:15	1st Choice _____ _____ 2nd Choice _____ _____	1st Choice _____ _____ 2nd Choice _____ _____	1st 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_____Raffle___Set Up____ Break Down____ Hall Monitor____

LUNCH ORDER FORM: ADVANCE ORDER REQUIRED

Registration Page 2 – include with registration form for Winter Forum 2023

Registration form for _____family (print last name on line)
Brown Bag or Order Here:

Lunch is $6.00 per person

Lunch includes 2 slices of cheese pizza, 1 water and 1 dessert

Total to be included with Registration – Make check payable to Middlesex 4-H Advisory Council

Order lunch for (one name per line)_____

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NOTE: **Food orders with postmark after January 21, 2023 will not be filled**