



PROJECT WORKSHOP DAY 2017

ANOKA COUNTY 4-H

Saturday, February 11, 9 am–12:30 pm (check-in starts at 8:30 am)
Bunker Hills Activities Center, 550 Bunker Lake Blvd NW, Andover 55304
Suggested donation: \$5 per child, \$15 family maximum

- ◆ Join us for this fun and exciting morning of educational project learning workshops!
- ◆ Arrive 15 minutes before the first activity you would like to participate in to sign-in at the main registration table, then proceed to the workshop of your choice (sign-up sheets will be posted on the doors of each workshop).
- ◆ Workshop space is limited in some cases—have a few options picked out for each session. *Please note the class limits, as instructors are prepared with supplies for only those numbers.*
- ◆ Workshops are for all ages unless specified.
- ◆ Youth and adults are welcome for all activities and parent help is encouraged when possible!
- ◆ If you have any questions please call 763-755-1280 or contact annag@umn.edu.



Ongoing Events:

4-H Information

Stop by to find out about upcoming events like Share The Fun, Camps, etc., and browse through project bulletins. Learn about what 4-H events are right for you and your family and where volunteer support is welcome! Also, spin the wheel to answer 4-H trivia for a prize...

4-H Clover Dash

Early Bird Special! Receive one free drawing ticket. 4-H families can sign up for the 4-H Clover Dash fundraiser being held on April 29! Drawing tickets for sale. You can also find out how to volunteer.

Y.E.S. Bake Sale

4-H youth leader members will have sweet treats for sale!

Free! Wild Game Feed

Served at 12:20 pm.

4-H Shooting Sports/Wildlife instructors and youth will be preparing various kinds of wild game while the workshops are going on. After all workshops are completed **everyone** is welcome to come down to the Teaching Center to sample the various treats specially made and donated by members of the committee!

Y.E.S. Prom Dress Sale, Donation Collection

Please drop off any gently used semi-formal or formal dress donations for the upcoming Prom Dress Sale on March 17 and 18. Proceeds from the sale support the Y.E.S. leadership group for 4-H'ers 6th grade and up.



Workshops:

4-H STEM: M&M Kitchen Chemistry (1/2 hr)

Join Scientists M&M (Mary and Maria) and learn all about how to make cool Chemistry experiments using things that you can find in your home. The class will feature amazing demonstrations and fun hands-on activities!

Limit: 20 youth

Ages: Grades 4 and up

Instructors: *Mary Hagar, Retired Science Teacher and Maria Brounstein, 4-H Cloverleaf Club Member*

Animal Science: The Boeckenhauer Beef Story (1/2 hr)

Third-generation beef producer, Juanita Reed-Boniface, will present the story of her family's beef business headquartered at Laramie, WY. Learn about the people, the place, the cattle, and the work done on the ranch during each season of the year. Special prizes for those who attend!

Ages: All are welcome – Cloverbuds, 4-H'ers, and adults.

Instructor: *Juanita J. Reed-Boniface, Educational Consultant, Advocate & Partner Boeckenhauer Cattle*

Child and Family Development:

Got Stress? Don't Like Tests? (1/2 hr)

Got stress? Love tests—NOT? Have trouble sitting still? Learn some simple movements to help you be positive, active, clear, and energetic. This 25-minute session will allow everyone to experience a warm-up for learning from the Brain Gym® program.

Ages: Appropriate for all ages

Instructor: *Cindy Goldade, Child and Family Development Professional, <http://in-motionintelligence.com/>*

Clothing: Valentine Fabric Heart (1/2 hr)

Come join members of the Clothing Committee as we create a fabric heart from a wire frame, which can be customized with embellishments when completed. Final project can be used as a Valentine's Day decoration or gift.

Instructor: *Kim Larsen, 4-H Volunteer and Clothing Committee*

Creative and Fine Arts: Coral Reef Collective (1 hr)

Meld sculpture techniques and science to create a model of a coral reef. As a collective, we will talk about what a coral reef is, how it fits into the environment, and where three-dimensional art fits into the picture of saving the coral reef. Participants will leave the class with a small sculpture project.

Limit: 15 youth

Suggested Ages: Grades 3-8

Instructor: *Jenny Stice, 4-H Alumni and Artist*

Creative and Fine Arts: Introduction to Zentangle—(Offered Twice) (1/2 hr)

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating art form that is fun and relaxing. It increases focus and creativity. Create your own piece and leave with some patterns to try at home!

Instructor: *Audrey Farrow, 4-H Volunteer*

Creative and Fine Arts: Scroll Painting (1/2 hr)

Learn about Traditional Chinese scroll painting and the techniques used with ink and brush. In this class, participants will learn several techniques and have the chance to create their own small scroll that focuses on the theme of memory.

Limit: 15 youth

Suggested Ages: Grades 4-8

Instructor: *Jenny Stice, 4-H Alumni and Artist*

Creative and Fine Arts: Valentine Fleece Flower Pins (1/2 hr)

Come and make fleece flowers pins for your special Valentine. Each person will be doing some simple sewing to make two flower pins and a gift bag. This project is perfect for someone that is new to sewing. Great gift for moms, grandmas, sisters, and friends!

Limit: 25

Ages: All (best for Cloverbuds)

Instructor: *Gabrielle Brounstein, 4-H Cloverleaf Club Member*

Electricity: Fun with Electricity! (1 hr)

We will learn key principles of electric circuits, and each participant will build a fun working model from kits! A schematic of the successful circuit will be drawn to bring home.

Limit: 10 youth (Firm)

Ages: Grades 2-5

Instructor: *John Hauck, 4-H Volunteer; Engineer, President at Lite Run, Inc.*

Continued on next page

Workshops, continued:

Engineering Design: Rube Goldberg (1 hr)

A Rube Goldberg Machine (RGM) uses everyday items in a whimsical and complicated way to interact as a series of chain-reaction steps to accomplish a simple task. Each year, Anoka 4-H members (grades 3-8) are invited to join teams to create their own machine. Come and learn about this year's [MN 4-H Rube Goldberg Competition](#) and how Anoka County 4-H'ers can get involved. At this workshop let's have our own fun challenge as we create our own Rube Goldberg Machines!

Suggested Ages: All ages are welcome to have fun at the workshop. However, only those in grades 3-8 are eligible for future RGM team registrations.

Instructors: *Jy Xiong, 4-H Staff*

Foods and Nutrition: Carrots Look Like Your Eyes (1/2 hr)

Did you hear that a sliced mushroom looks like your ear? Not only does a sliced mushroom look like your ear it's good for your ear. Come and find out what other food matches other parts of your body and how they keep it healthy.

Limit: 30 youth

Instructors: *Rita Everhart, 4-H Volunteer and Foods Project Volunteers*

Foods and Nutrition: Sprouts (1/2 hr)

4-H'ers will taste several kinds of sprouts, learn about their incredible health benefits, and make their own kit in a small mason jar to take home.

Instructor: *Micaela Smith, 4-H Club Leader, Lino Lakers 4-H Club*

Gardening: Winter Fairy Garden (Offered twice) (1/2 hr)

Create a magical winter fairy garden to help beat the winter blues. Learn about fairy gardens and how to care for yours.

Limit: 10 youth (Firm)

Instructor: *Maureen Hauck, 4-H Volunteer, Elementary School Teacher*

Gardening: Growing Giant Pumpkins (1 hr)

Children and families will learn the basic steps to be successful at growing giant pumpkins and watch a video documenting the growth of a state fair prized pumpkin! Learn tips and techniques to apply to all your gardening needs. We will be giving away free giant pumpkin seeds!

Instructor: *Tony Bolander, Anoka Halloween Committee*

Global Connections: Ecuador (1/2 hr)

Climate Change from the Andes to the Amazon.

Instructor: *Aryik Bhattacharya, U of M Sustainability Student*

Horse: Achievement Book Support (1/2 hr)

4-H members in the Horse Project are invited to come to this session designed to support you with completing the 1/2 step of the Achievement Book for 2017. Horse Committee members will be available to answer questions, sign off on your completed step(s), and will have reference materials available to work with.

Instructors: *Kellie Ostertag and Terri Phillippi, 4-H Volunteers, Horse Committee Members*

Horse: The Beginning Guide to Horse Care (1/2 hr)

Are you interested in horses? In this session, touch, see, and smell horse tack, feed, and grooming tools. Learn the basics of horse tack, grooming tools, and food. Session is perfect for younger groups without horse experience.

Instructors: *Aaron and Leah Goldade, Dandy Linos 4-H Club Members*

Make and Take Pet Toy (1/2 hr)

Make a fun toy for your favorite pet.

Instructor: *Katherine Pipp, Lamplighters 4-H Club Member and Rabbit Project Committee*

Performing Arts: Improv for Beginners (1 hr)

Let your imagination run wild! Join local improv troupe "Fantastic Voyage" and laugh yourself silly on a fun-filled journey into the wonderful world of improv (improvisational acting). Create funny characters, tell zany stories, and act out hilarious scenes. Best of all, in improv, there are no mistakes and anything is possible! Open to all ages, no previous acting experience is necessary.

Instructors: *Jessi Goins, 4-H Volunteer and Fantastic Voyage Improv Troupe, <http://fantasticvoyageimprov.com>*

Pollinator Power! (Offered twice) (1/2 hr)

These days, it's hard to be a bee—and without their pollinating work, we wouldn't have flowers in our gardens or delicious foods like fruits or nuts or vegetables. Learn more about how to help bees from your own yard to the MN State Capitol! Take home pollinator friendly seeds and learn more about how to make your school, city, or our whole state a better spot for bees.

Instructor: *Erin Rupp, Pollinate MN, <http://www.pollinatemn.org/>*



4-H Project Workshop Day Schedule

February 11, 2017



ROOM	9:00-9:25	9:35-10:00	10:10-10:35	10:45-11:10	11:20-11:45	11:55-12:20
UPSTAIRS LOBBY	<p>4-H Information Tables: 4-H Camp Salie, 4-H Clover Dash</p> <p>Y.E.S. (4-H youth leadership program): Bake Sale, Prom Dress Donation Drop-off</p>					
OAK	Animal Science: The Boeckenhauer Beef Story	Child and Family Development: Got Stress? Don't Like Tests?	Performing Arts: Improv for Beginners with Fantastic Voyage		Global Connections: Ecuador	Creative and Fine Arts: Scroll Painting
MAPLE	Creative and Fine Arts: Introduction to Zentangle (Offered twice)	Creative and Fine Arts: Introduction to Zentangle (Offered twice)	Make and Take Pet Toy	Pollinator Power! (Offered twice)	Pollinator Power! (Offered twice)	Creative and Fine Arts: Valentine Fleece Flower Pins
TEACHING CENTER	Engineering Design: Rube Goldberg		Creative and Fine Arts: Coral Reef Collective		<i>Set up for Wild Game Feed</i>	
CEDAR	Clothing: Valentine Fabric Heart	Foods and Nutrition: Sprouts	4-H Stem: M&M Kitchen Chemistry		Foods and Nutrition: Carrots Look Like Your Eyes	Gardening: Growing Giant Pumpkins (This class goes an extra 20 minutes—until 12:40)
ASPEN	Electricity: Fun With Electricity!		Gardening: Winter Fairy Garden (Offered twice)	Gardening: Winter Fairy Garden (Offered twice)	Horse: The Beginning Guide to Horse Care	Horse: Achievement Book Support

