

# 4-H to the Extreme!

**March 3rd 2012**



**Aldergrove Community Secondary**

4-H to the Extreme is for 4-H members, parents, leaders, families and friends. It is a full day of 4-H workshops, practical hands on sessions, learning and fun!

**Make it a family day, there is something for everyone!**

Doors open at **8:00am**, activities will finish at **3:45pm**.

Registration fees are \$10.00 per person or \$30.00 per family. Registration fee includes sessions, lunch and refreshments. Please think environmentally and bring along your own mug for refreshment breaks.

**Pre – Registration Only!**

Register with a friend who is not in 4-H and be entered to win a prize

**Registration Deadline is February 17<sup>th</sup> 2012**

Send or drop off registration at the 4-H Program Office at 1767 Angus Campbell Rd. Abbotsford, B.C., V3G 2M3

# Important Information

- Children age 5 and under must be accompanied all-day by an adult
- Children ages 6-12 must be supervised by a parent or leader during breaks and lunch
- Children ages 7 and under are only eligible to attend the all-day Cloverbud session
- 8-year-olds are welcome to register in the Cloverbud or the regular sessions
- Every person in attendance needs to register separately. Parents accompanying their children need to be registered so we can plan for the right amount of refreshments and make sure there are enough chairs for everyone in the sessions.

## Map to Aldergrove Community Secondary School

**26850 - 29th Ave Aldergrove**  
**Enter through the west side door by the large gym**



Thank You to Our Generous Supporters

**Sears Canada**  
**Farm Credit Canada**  
**B.C. Hydro**  
**B.C. Ministry of Agriculture**  
**Meadows Produce at Hopcott Farms**  
**Otter Co-Op**  
**North Fraser 4-H District**  
**Abbotsford 4-H District**  
**Cochrane and Associates**

March 3<sup>rd</sup> 2012 4-H to the Extreme Schedule



**8:00 - 8:45am Participant Sign In (ACSS, 26850 - 29th Ave)**

**8:45 - 9:00am Meet and Greet**

**9:15 - 10:15am: Session 1**

- Part 1: Leader Training Awards
- Poultry Judging
- Beef Basics
- Rabbit
- Dairy Feeding
- Jr. Public Speaking
- Judging for Juniors
- Sr. 4-H Opportunities
- Oral Judging
- Farm Safety
- T-Shirt Time
- Beginner Photography
- Flower Arranging
- Jump Start Gardening
- Part 1: Cloverbuds

**10:30 - 11:30am: Session 2**

- Part 2: Leader Training Awards
- Horse
- Llama Extravaganza
- Small Engines
- Small Animal Handling
- Sr. Public Speaking
- Judging for Juniors
- Record Books
- Beginner Photography
- Demo's Beginner
- Card Making
- T-Shirt Time
- Flower Arranging
- Treat your Buyer Right
- Part 2: Cloverbuds

**11:30 - 12:15pm: Lunch and Door Prizes**

**12:15 - 1:15pm: Large Group Session – Games for Your Club**

**1:20 - 2:20pm: Session 3**



- Part 1: Leader Training Project Teaching
- Part 1: Outdoor Cooking
- Swine
- Dog Beginner Novice
- Who Grows There?
- Woolcraft
- Educational Displays
- Creating Successful Cloverbud Programs
- Pet First Aid
- Demo's Advanced
- Card Making
- Halter Making
- Balloon Creations
- Part 3: Cloverbuds

**2:25 - 3:25pm: Session 4**

- Part 2: Leader Training Project Teaching
- Part 2: Outdoor Cooking
- Dog Rally Obedience
- Sheep
- Leather Craft
- Fantastic Fair Displays
- Prick and Stitch Art
- Fundraising
- Let's Investigate
- Halter Making
- Scholarship Applications
- Balloon Creations
- Two-Step Dance
- Part 4: Cloverbuds

**3:30pm: Evaluation, Door Prizes and Closing**

**Part 1: Leader Training Awards Program – Adults**

Come learn all the ins and outs of the B.C. 4-H Awards Program from a Leader's perspective. Topics will include awards cards, junior proficiencies and grade 11/12 credit administration.

**Poultry Judging**

Do you find it difficult to tell one chicken from the next? Well not all chickens were created equal. In this session Megan Dykeman will help you learn to choose a winning chicken either for your project or at a 4-H judging rally.

**Beef Basics**

In this session participants will learn all the necessary basics to prepare your steer for the show ring. From feeding to fitting this session will help you get ready for a successful 2012 season with your beef project.

**Rabbit**

4-H Alumnus Katrina Clow will lead participants through a year in the life of a 4-H rabbit club member. This session will include a game of rabbit jeopardy to test members' skills and help them prepare for rabbit showmanship classes.

**Dairy Feeding**

Feed expert Shelagh Niblock will help participants in this session design a feeding program for their dairy show calves. Learn about the different types of feeds and make sure that you are feeding a balanced diet.

**Junior Public Speaking**

Experienced 4-H public speaker Chaylene Pow will help new 4-H speakers learn the basic steps to preparing and presenting a winning 4-H speech. From topic selection, to practice, to delivery this session is for you.

**Judging for Juniors**

In this session experienced 4-H judges Ashley Gilliland and Sean Hope will provide basic information for completing a 4-H judging card. Tips will be given on proper terminology, how to compare objects, as well as how judging is part of everyday life.

**Sr. 4-H Opportunities**

This session will provide an overview of all the special 4-H opportunities available for senior members from trips to new projects. Presenter Kirsten Bevandick is a former 4-H ambassador and the current B.C. representative to the Canadian 4-H Council's Youth Advisory Committee.

**Oral Judging**

Experienced judge and 4-H leader Angela Hamming will help participants in this session master the art of oral judging. From formulating your reasons to presenting to the judge, this session will help both new and experienced 4-H judges prepare for the 2012 judging season.

**Farm Safety**

Presenter David Sebo will help you stay safe on the farm. Learn about safe operating procedures for common farm equipment. This session will include a demonstration on safety shielding.

**T-Shirt Time**

Are you looking for something to do with your old t-shirts? In this session t-shirts will be sewn and painted with fabric paints to be revived as a personalized t-shirt, shopping bag or scarf. T-shirts will be provided but feel free to bring one from home if you prefer. Presented by Lydia Gemmell.

**Beginner Photography**

Experienced photographer Don McPhee will provide detailed instruction on photo technique and photo composition. This session will include a slideshow highlighting various photographic methods.

**Flower Arranging**

In this session Denise Radatzke will teach you how to make flower arrangements for any occasion. Work with partners to create a mini-arrangement right in the session.

**Jump Start Gardening**

Jenny DeJong will show participants how to jump start their gardens through indoor seed starting and propagation.

**Part 1: Cloverbuds – Cloverbuds**

Kids under age 8 should register for this all day session with the B.C. 4-H Ambassadors. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult.

**Part 2: Leader Training Awards Program – Adult**  
Continued from Session 1

**Horse**

This session will prepare participants with everything they need to know about 4-H horse shows! Topics will include: class descriptions, proper attire, riding patterns, and things to pack that aren't necessarily "horse" items like cornstarch! Presented by Michelle Van Reeuwijk.

**Llama Extravaganza**

From the trail to the llama fiber farms, find out why thousands of people now own, show, breed and train some of the more than 350,000 llamas currently in North America! Presented by Mark DeJong.

**Small Engines**

This session will cover the "do's and don'ts" to consider when purchasing small engines. Topics will include: safety, ease of use, purpose, maintenance, and judging. Presented by Linda Smith.

**Small Animal Handling**

Come learn from an animal health technician how to keep yourself safe when working with small animals. Discover behaviours to look out for and proper techniques for restraint.

**Sr. Public Speaking**

This session will help senior 4-H speakers bring their speaking skills to the next level. There will be a focus on impromptu speaking. This session will be presented by longtime 4-H leader and communications program judge, Suzanne Skaaning.

**Judging for Juniors**

In this session experienced 4-H judges Ashley Gilliland and Sean Hope will provide basic information for completing a 4-H judging card. Tips will be given on proper terminology, how to compare objects, as well as how judging is part of everyday life.

**Record Books**

B.C. 4-H Ambassador Anna Douglas is going to set the record straight on record books. Learn how to accurately complete your 4-H record book and review how 4-H records are evaluated.



**Beginner Photography**

Experienced photographer Don McPhee will provide detailed instruction on photo technique and photo composition. This session will include a slideshow highlighting various photographic methods.

**Demo's for Beginners**

Experienced 4-H judge and parent Leslie Anderson will introduce participants to 4-H demonstrations, from set-up to take-down. Learn the basics of topic selection, preparation and delivery.

**Card Making**

There will be a \$5 supplies charge for this class to be paid on arrival. This is a make and take card session that focuses on creative thank you cards with thoughtful messages that make a difference. Presented by Susy Chung-Smith.

**T-Shirt Time**

Are you looking for something to do with your old t-shirts? In this session t-shirts will be sewn and painted with fabric paints to be revived as a personalized t-shirt, shopping bag or scarf. T-shirts will be provided but feel free to bring one from home if you prefer. Presented by Lydia Gemmell.

**Flower Arranging**

In this session Denise Radatzke will teach you how to make flower arrangements for any occasion. Work with partners to create a mini-arrangement right in the session.

**Treat Your Buyer Right**

Learn the steps you will need to approach a potential buyer for your 4-H market project. Also consider how to thank your buyer once they have purchased your animal. Presented by auction experienced 4-H member Jordan Pawloski and longtime 4-H auction buyer Barbi Gibbons.

**Part 2: Cloverbuds – Cloverbuds**

Kids under age 8 should register for this all day session with the B.C. 4-H Ambassadors. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult.

**Lunch: 11:30 - 1:15pm**

**11:30 - 12:15pm: Lunch and Door Prizes**

**12:15 - 1:15pm: Large Group Session – Games for Your Club**

**Session 3: 1:20 - 2:20pm**

**Part 1: Leader Training  
Project Teaching – Adult**

In this session Pat Tonn will introduce a variety of techniques to help you teach your club 4-H project skills. Other topics will include 4-H record books and achievement days

**Part 1: Outdoor Cooking**

In this session you'll learn how to make tasty treats outdoors in a dutch oven. Learn some tricks to take on your next camping trip.

**Swine: Preparing for the  
Show Ring**

Experienced swine showman Jordan Pawloski will help you prepare your swine project for the show ring. This session will include information on tack box necessities, and proper washing technique. Participants will also be involved in a mock show ring experience.

**Dog Beginner Novice**

Geoff Anderson will guide participants through basic obedience and off leash maneuvers. Come learn tips and tricks from an experienced dog handler that you can apply to your 4-H dog project.

**Who Grows There?**

UFV Agriculture student Sarah Zonneveld will lead this session about Agriculture in the Fraser Valley. Learn how farming started in the valley and how it works today.

**Woolcraft**

Learn more about the wonderful world of woolcraft by making your very own needle felting animal. The instructor will demonstrate the needle felting technique and help 4-H members to craft their project from wool. Supplies will be provided. Presented by Alison Wilkins.

**Educational Displays**

Do you want to put together an award winning display board this year? Sign up to learn the tricks of the trade. Presented by Sarah and Brenda Sprietsma.

**Creating Successful  
Cloverbud Programs –  
Adult**

Learn how to run a fun and exciting Cloverbud program! Whether you have an existing Cloverbud program you would like to enhance or are considering starting a new group, this is the session for you. Come plan, share, and craft with Cloverbud leader Holly Johnson and learn her recipe for Cloverbud success.

**Pet First Aid**

Presenter Jocelyn Lavoie will teach you basic first aid for cats and dogs. Learn how to properly care for your pet at home and decide when you need to see the vet.

**Demo's Advanced**

Experienced 4-H judge and parent Leslie Anderson will teach you how to win over the audience and impress the judges. Learn what eye catching pointers the judges are looking for and consider some common demo mistakes you should avoid.

**Card Making**

There will be a \$5 supplies charge for this class to be paid on arrival. This is a make and take card session that focuses on creative thank you cards with thoughtful messages that make a difference. Presented by Susy Chung-Smith.

**Halter Making**

A hands-on session that will teach you how to splice, crown and knot a rope halter. Participants will get to take home their halter at the end of the session.

**Balloon Creations**

In this session presented by Earl Earl, participants will learn to create their own balloon shapes and animals. Come prepared to participate and have fun!

**Part 3: Cloverbuds –  
Cloverbuds**

Kids under age 8 should register for this all day session with the B.C. 4-H Ambassadors. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult.

**Part 2: Leader Training Project Teaching – Adult**  
Continued from Session 3

**Part 2: Outdoor Cooking**  
Continued from Session 3

**Dog Rally Obedience**

In this session Geoff Anderson will introduce participants to the up-and-coming dog sport, Rally Obedience. Learn about Rally-O signs and courses and consider a new way to have fun with your dog.

**Sheep**

Johanna Walker will help participants in this session prepare for the show ring step by step. Topics will include designing a feeding program, training, and grooming.



**Leather Craft**

There will be a \$5 supplies charge for this class to be paid on arrival. The experts at Tandy Leather Factory will teach participants to make a leather craft using stamping and tooling techniques. Take your leather craft home at the end of the session.

**Fantastic Fair Displays**

Come learn how to make your club's fair stall displays stand out! Find out the secrets to eye catching displays and scoring well for fair stall competitions. Presented by Deanna Laity.

**Prick and Stitch Art**

Learn how to stitch beautiful patterns for greeting cards, bookmarks or frames. 4-H leader Linda Stromburg will help participants choose a pattern, transfer it to cardstock and stitch it using embroidery floss. Take your project home at the end of the session.

**Fundraising**

Where to start and what works: know how to fundraise toward your club's financial goals. Get some fundraising ideas and examples from B.C. 4-H's Shawne Bremer. Ideas around sponsor recognition will also be discussed.

**Let's Investigate**

In this session we will be tuning in to our inner investigator! Participants will engage in eye-witness testimony, fingerprinting and criminal justice system activities. Be prepared to participate and investigate! Presented by Jennifer Hetland.

**Halter Making**

A hands-on session that will teach you how to splice, crown and knot a rope halter. Participants will get to take home their halter at the end of the session.

**Scholarship Applications**

Learn about B.C. and Canadian 4-H Scholarship opportunities. Presenter Glenda Reid will teach participants how to complete successful 4-H scholarship applications: from essays, to reference letters, to budget pages.

**Balloon Creations**

In this session presented by Earl Earl, participants will learn to create their own balloon shapes and animals. Come prepared to participate and have fun!

**Two-Step Dance**

Learn basic two-step dance moves. This is a participatory session so bring your dancing shoes! Presented by Kim Ross and Dan Dick.

**Part 4: Cloverbuds – Cloverbuds**

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**EACH INDIVIDUAL MUST FILL IN A REGISTRATION CARD.**

The registration fee is \$10.00 per person or \$30.00 per family and must accompany the registration form. If you are accepted into Leather Craft or Card Making you will need to bring your cash supplies charge on March 3<sup>rd</sup> and give it to the session leader. Extra registration forms can be downloaded from the B.C. 4-H website [www.bc4h.bc.ca](http://www.bc4h.bc.ca) on the Events page found under the News tab.

**Make cheques payable to the Fraser Valley 4-H Regional Council.**

Sessions will be filled on a first come, first serve basis. Later entries will be given second choice or other, if first choice sessions are filled. Sorry no refunds. Class assignments are final.

**No registration at the door.**

**4-H to the Extreme 2012 Registration Card**

Name \_\_\_\_\_ Phone \_\_\_\_\_

4-H Club Name \_\_\_\_\_ Email \_\_\_\_\_

Cloverbud\_\_\_ Junior Member\_\_\_ Senior Member\_\_\_ Parent\_\_\_ Leader\_\_\_ Friend of 4-H\_\_\_

**Please number your preferred course selections in the boxes to the left of the course titles. Please number at least your top 3 selections in each time slot. 1 = 1<sup>st</sup>, 2 = 2<sup>nd</sup>, 3 = 3<sup>rd</sup>...etc.**

#	Session 1 9:15 - 10:15	#	Session 2 10:30-11:30	#	Session 3 1:20 - 2:20	#	Session 4 2:25-3:25
	Leader Training Awards				Leader Training		Project Teaching
	Poultry Judging		Horse		Outdoor Cooking		
	Beef Basics		Llama Extravaganza		Swine		Dog Rally Obedience
	Rabbit		Small Engines		Dog Beginner Novice		Sheep
	Dairy Feeding		Small Animal Handling		Who Grows There?		Leather Craft
	Jr. Public Speaking		Sr. Public Speaking		Woolcraft		Fantastic Fair Displays
	Judging for Juniors		Judging for Juniors		Educational Displays		Prick and Stitch Art
	Sr. 4-H Opportunities		Record Books		Successful Cloverbuds		Fundraising
	Oral Judging		Beginner Photography		Pet First Aid		Let's Investigate
	Farm Safety		Demo's Beginner		Demo's Advanced		Halter Making
	T-Shirt Time		Card Making		Card Making		Scholarship Applications
	Beginner Photography		T-Shirt Time		Halter Making		Balloon Creations
	Flower Arranging		Flower Arranging		Balloon Creations		Two-Step Dance
	Jump Start Gardening		Treat Your Buyer Right				
	Part 1: Cloverbuds		Part 2: Cloverbuds		Part 3: Cloverbuds		Part 4: Cloverbuds

Registration with payment must be submitted to the Abbotsford Agriculture Centre 4-H Program Office by **February 17<sup>th</sup>, 2012**. \$10/person or \$30/family. Make cheques payable to the Fraser Valley 4-H Regional Council. Phone inquiries 604-556-3051. Send registration to: 4-H to the Extreme, 1767 Angus Campbell Rd, Abbotsford, B.C., V3G 2M3

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