

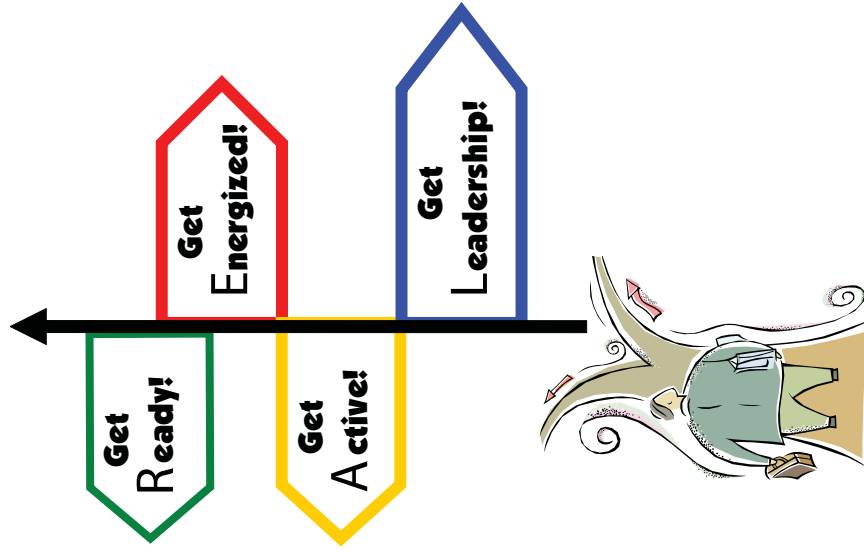
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Get R.E.A.L.



Registration Deadline: February 5, 2010!!



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



Sullivan County Office
24 Main Street
Newport, NH 03773

Saturday, February 13, 2010
Charlestown Middle School
Main Street, Charlestown, NH
8:30 a.m. - 12:15 p.m.
(Adults and Youth 10 and older)

Registration and Refreshments: 8:30a.m.

8:30a.m. - Registration and Refreshments

Session 1: 8:45 - 9:45a.m.

Woodburning

Bruce Fairbank - Volunteer Leader
Limited to 10 participants



Learn about the tools, supplies and basic steps in creating a simple woodburning picture. Participants will have a chance to use a basic woodburning tool to practice making the straight and curved lines on a simple drawing.

Inside Secrets of a Fashion Judge

Janyce St. Pierre - Volunteer Leader



Discover the techniques that judges look for inside your sewn garment. Explore new ways of giving your outfit a finished look that will increase your score or your members' scores. Try your hand at judging some 4-H garments using state score sheets.

Introduction to Lego Robotics

The Rogue Robots of 4-H

Limited to 10 youth, unlimited adult participation



The Rogue Robots of 4-H, a new engineering-focused 4-H club in Charlestown, will bring the basics of robot design and programming to you. This workshop will be hands-on with computers and robots. It is a two-hour workshop.

Print Making

Kate Niboli

Limited to 15 participants



Explore the exciting world of print making! In this workshop, you will learn two fun types of print making (Mono Prints & Reduction Prints) which you can later do at home with friends and family. You will leave the workshop with your own unique and beautiful artwork and new art skills!

8:45 - 9:45a.m. - Session 1

9:45 - 10:45a.m. - Session 2

10:45a.m. - Noon - Session 3

Noon - 12:15 - Evaluations and Door Prizes



Registration: Get Ready, Get Educated, Get Active, Get Leadership!

REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 5!

Name: _____
 Address: _____
 Adult _____ Youth _____ (10 and older)
 Email: _____
 Phone: _____

Please indicate your choices in each session in order of priority, with 1 as your 1st choice.

Session 1:

_____ Woodburning to Robotics (part 1)
 _____ The Inside Secrets of a Fashion Judge
 _____ Introduction to Robotics (part 1)
 _____ Print Making

Session 2:

_____ Design It! Explore It! Engineering
 _____ Introduction to Robotics (part 2)
 _____ Jewelry Making
 _____ Make your own Greeting Card

Session 3:

_____ Are You up for the Challenge (Youth)
 _____ Putting our 4-H HANDS to Work through Active Citizenship (Adults & Junior Leaders)

Please register online at: https://www.events.unh.edu/RegistrationForm.pm?event_id=6533 or mail registration to UNH Cooperative Extension, 24 Main St., Newport, NH 03773

Session 2: 9:45 - 10:45a.m.

Design It! Explore It! Engineering

Nancy Berry, Extension Educator



Come learn to design your own roller coaster using foam insulation and a marble. Play with gravity, experiment with twists and turns and work your way up to building a "super roller coaster." This activity is from a fairly new 4-H engineering curriculum for after-school programs.

Jewelry Making

Judy King

Limited to 10 participants.



Learn how to make a beaded bracelet in this fun, hands-on workshop. Bring needle nose pliers and wire snips if you have them.

Make Your own Greeting Card

Ashley Czechowicz

Limited to 10 participants



In this class you will learn how to create your own greeting cards using basic scrapbook and card making techniques. We will be completing one card and a mini bonus project that will coordinate with each other. These projects can be used as gifts, templates, or even just an inspiration to complete more of your own handmade greeting cards.



Introduction to Lego Robotics (part 2)

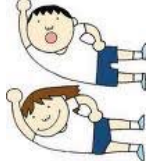
The Rogue Robots of 4-H

The Rogue Robots of 4-H, a new engineering-focused 4-H club in Charlestown, will bring the basics of robot design and programming to you. This workshop will be hands-on with computers and robots. This is the second session of this two-hour workshop.

Session 3: 10:45a.m. - Noon

Are you up for the Challenge? (For youth)

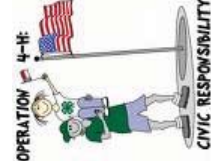
4-H Healthy Living Project Assistant, Carol Martin-Ward, and Angela Delaney, Plus Time NH AmeriCorps member



Join the fun! 4-H Healthy Living is a priority of the national 4-H program. A new curriculum resource for this focus is, Up for the Challenge: Lifetime Fitness and Healthy Decisions, developed through the 4-H/Army Youth Development Project. It includes over 200 pages of nutrition and fitness activities for each 4-H meeting...or as a whole 4-H project. Experience some of the activities and lessons recently piloted in afterschool programs with elementary and middle school youth. Explore a variety of ways to involve your 4-H group in New Hampshire's 4-H Healthy Living Challenge.

Putting our 4-H HANDS to Work through Active Citizenship (For adults and junior leaders)

Paula Gregory, Extension Professor/Specialist,
4-H Youth Development



Citizenship skills and generosity are components for the "H" representing HANDS in the 4-H Clover. Experience the newly revised **Citizenship: Public Adventures** curriculum, a basic 4-H tool designed to help leaders guide youth towards active citizenship. Learn ways to help youth gain important life experience and skill as they create, change or improve something of value to others. Practice using proven methods to coach youth in tackling important New Hampshire 4-H issues, including Operation: Military Kids (OMK) and the 4-H Healthy Living Challenge. Let's put many 4-H HANDS together to make our state a better place to live, work and play.

Noon - 12:15

Evaluations and Door Prizes



Charlestown Middle School is on Route 12 (Main Street) in Charlestown at the south end of town. If you are coming from the south, the school will be on your right. If you are traveling from the north, the school will be on your left after the Catholic church.



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