

4-H Project Day

March 17th, 2018—Immanuel Lutheran School - Plainview, MN

SESSION 1 (ALL MORNING): 9:15 am - 12 Noon

Cloverbud Day Camp I

Each participant will go home with a few items that they make. Participants will be busy creating, learning and having fun interacting with each other and youth leaders teaching this class.

Presenter: Rebecca Lofgren & Fillmore County Ambassadors

Grade Level: K-2nd

Cost: \$8.00

Limit: 20

Bread Making

Youth will learn the step-by-step process it takes to create their own bread! From the yeast to the kneading to the baking, we will cover it all in this 4-hour session! Sign up for "Session 1: All Morning" AND "Session 5" on the registration form to see your bread from start to finish.

Presenter: Mary Tentis

Grade Level: 3rd and up

Cost: \$6.00

Limit: 12

Cake Decorating

SESSION 2: 9:15 - 10:35 am

Participants will learn from area Cake Decorators about the tools and techniques they use when decorating cakes, cookies and desserts. Youth will get time to use those techniques and decorate their own bakery items to take home!

Presenter: Bennett's Food Catering

Grade Level: 3rd and up

Cost: Free

Limit: 15

Grow a Plant!

Do you like plants? Would you like to learn how to start different plants? Come and join us for a session of learning to grow green plants. You will bring home a plant that you can grow for a Fair project!

Presenter: Patty Zabel-Duden

Grade Level: 3rd and up

Cost: \$6.00

Limit: 15

4-H Science Lab

Do you love STEM (science, engineering, technology and math)? This session is for you! Each participant will have the opportunity to learn and experience fun and cool science projects.

Presenter: Patrick Jirik

Grade Level: 3rd and up

Cost: \$8.00

Limit: 15



SESSION 2: 9:15 - 10:35 am (Continued)

Advanced Knitting

Youth must have prior experience knitting and know how to purl. We will explore how to put those stitches together and apply to patterns youth might want to try. We will learn how to make a plaid sampler piece that could be expanded to create a scarf. Must bring your own: Size 6 & 8 knitting needles, scissors, 3 colors of 4-ply worsted weight yarn.

Presenter: Janet Beyer

Grade Level: Any grade level,
must know how to
knit and purl

Cost: Free

Limit: 10

SESSION 3: 10:40 am - 12 Noon

Flower Design

Learn the art of flower design. We will explore how a boutonniere, corsage and bouquet are created. Youth will be able to create one of these designs to take home with them!

Presenter: Patty Zabel-Duden

Grade Level: 5th and up

Cost: \$6.00

Limit: 15

Zumba Kids

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids moving' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Presenter: Jennifer Weyer

Grade Level: K-6th

Cost: \$6.00

Limit: 40

Spring Pallet Craft

Do you enjoy arts and crafts? Then this session is for you! Youth will learn how to make and design their very own pallet craft to take home!

Presenter: Jody Jordahl

Grade Level: 3rd and up

Cost: \$6.00

Limit: 12

Resume Building and Job Interview Prep

Are you on the search for a job? Need help getting started or polishing up your resume? Nervous about interviewing? We can help! Sign up for the Resume Building and Job Interview session to get started on your job search preparations!

Presenter: Kristen Schnell & Kim Wingert

Grade Level: 9th and up

Cost: Free

Limit: 15

Intro to Fly Fishing

Come join Mel Hayner, owner of Driftless Fly Fishing Co and board member of the National Trout Center in Preston to learn about fly fishing. You will also get to make and take home flies so you can try fly fishing yourself this summer!

Presenter: Melvin Hayer

Grade Level: 7th and up

Cost: Free

Limit: 10



SESSION 4 (ALL AFTERNOON): 12:35-3:20 pm

Cloverbud Day Camp II

Each participant will go home with a few items that they make. Participants will be busy creating, learning and having fun interacting with each other and youth leaders teaching the class. Join us for an Art Camp during the afternoon Cloverbud Session! Bring your paint shirt if you have one, or staff will have extra shirts available.

Presenter: Jody Jordahl

Grade Level: K-2nd

Cost: \$11.00

Limit: 20

Babysitting Course

Session will be at 12:00 pm - participants should bring their lunch to eat at the start of class. Let us prepare you to be the best sitter in your neighborhood! Through hands-on experience and role plays we will cover age appropriate toys, learn good business practices, basic first aid, safe cooking, safety and emergency action plans and parent expectations. A starter "babysitting bag" and snack will be included. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter!

Presenter: Rebecca Paulson

Grade Level: 5th and up

Cost: \$21.00

Limit: 25

SESSION 5: 12:35 - 1:55 pm

The Power of Pressure

Do you know how powerful water pressure is? Come find out when you shoot 2 liter bottles high into the air! This program is done outside, so please dress for the weather. Another activity may be substituted if we cannot be outside.

Presenter: Rebecca Lofgren

Grade Level: K- 8th

Cost: \$5.00

Limit: 20

Zumba Kids

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids moving' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Presenter: Jennifer Weyer

Grade Level: K-6th

Cost: \$6.00

Limit: 40

Sewing and Service

Learn how to sew and do it for a cause! In the Sewing and Service Session 4-H'ers will learn to sew while making items for those in need!

Presenter: Lisa Wingert & Maria Gallik

Grade Level: 3rd and up

Cost: Free

Limit: 8

ATV Safety

Learn all about ATV safety. Youth in attendance will be entered in a drawing to win a ATV Helmet at the end of the session!

Presenter: Southeast Farm Bureau

Grade Level: 3rd and up

Cost: Free

Limit: 20



SESSION 6: 2:00 - 3:20 pm

Wildlife Experience

During the wildlife experience you will get a glimpse of what the 4-H Wildlife Project is about. Some activities we will do is animal identification, orienteering, wildlife games and crafts.

Presenter: Doreen Goodman

Grade Level: 3rd-7th

Cost: Free

Limit: 10

Sewing for Kids

Learn to sew or sharpen your skills making a beginner level sewing project that you will be able to take home with you!

Presenter: Lisa Wingert & Maria Gallik

Grade Level: 3rd and up

Cost: \$5.00

Limit: 8

Grain Bin Safety

Learn all about Grain Bin safety. Life on the farm is fun but can be unpredictable. Learn ways to keep yourself and those around you safe.

Presenter: Southeast Farm Bureau

Grade Level: 3rd and up

Cost: Free

Limit: 20

Yoga for Youth

Learn poses and basic stretches as well as breathing techniques and relaxation exercises. Youth will develop physical skills in strength, balance, breathing and flexibility. Bring your own waterbottle and towel or yoga mat if you have one. A limited number of yoga mats will be available for use.

Presenter: Winona YMCA

Grade Level: 3rd-6th

Cost: Free

Limit: 15

Intro to Robotics

Learn how to create and command your own robotic LEGO creatures, vehicles, machines and inventions! Youth will get to build their own creations with a group of others and connect it to software to get to see their work come to life!

Presenter: Cooper Hancock

Grade Level: 6th and up

Cost: Free

Limit: 16

Learn by **DOING**.

*All Project Day sessions are put on by industry volunteers,
4-H volunteers and staff.*

*We thank them for their time and willingness to share their talents with
4-H youth!*



2018 Project Day Registration Form

Family Name: _____ County: _____ Email/Phone: _____

Participants:
 Child 1: _____ Child 2: _____ Child 3: _____

Please use the registration form below to register for the classes. Fill-in the corresponding class box for each participant and total fees per class. Also note, there is no onsite lunch service...all participants must supply their own sack-lunch from home. Please plan accordingly for any food items that would need to remain cool as refrigeration will not be available to us for use. **REGISTRATION IS FROM 9 - 9:15 am.**

CLASS	Class Time	Child 1	1st/2nd choice	Child 2	1st/2nd choice	Child 3	1st/2nd choice	Fee/child	Total Fees
Cloverbud Day Camp 1	9:15-12:00							\$8.00	
Bread Making	9:15-12:00							\$6.00	
Cake Decorating	9:15-10:35							Free	
Growing a Plant!	9:15-10:35							\$6.00	
4-H Science Lab	9:15-10:35							\$8.00	
Advanced Knitting	9:15-10:35							Free	
Flower Design	10:40-12:00							\$6.00	
Zumba Kids	10:40-12:00							\$6.00	
Spring Pallet Craft	10:40-12:00							\$6.00	
Resume Building/Job Interview	10:40-12:00							Free	
Intro to Fly Fishing	10:40-12:00							Free	

Afternoon sessions are on the flipside...



Project Day Registration Form *(continued)*

CLASS	Class Time	Child 1	1st/2nd choice	Child 2	1st/2nd choice	Child 3	1st/2nd choice	Fee/child	Total Fees
Cloverbud Day Camp II	12:35-3:20							\$11.00	
Babysitting Class	12:00-3:20							\$21.00	
The Power of Pressure	12:35-1:55							\$5.00	
Zumba Kids	12:35-1:55							\$6.00	
Sewing and Service	12:35-1:55							Free	
ATV Safety	12:35-1:55							Free	
Wildlife Experience	2:00-3:20							Free	
Sewing for Kids	2:00-3:20							\$5.00	
Grain Bin Safety	2:00-3:20							Free	
Yoga for Youth	2:00-3:20							Free	
Intro to Robotics	2:00-3:20							Free	

MAIL TO: U of MN Extension Regional Office
 ATTN: Deb Sveen
 863 30th Avenue SE
 Rochester MN 55904

Total Class Fees \$ _____

TOTAL \$ _____

Pay for your 1st choice only, be sure to total amounts from both sides.
 Please make check payable to: University of Minnesota

All registrations are due Monday, March 5, 2018

© 2018, Regents of the University of Minnesota. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this publication/material is available in alternative formats upon request. Direct requests to 612-624-2116. ♻️ Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material.

