

You are invited to the:

4-H Family Frenzy



October 14, 2017

**Thompson Rivers University, Williams Lake
Campus**

9:30 am – 4:00 pm

4-H Family Frenzy is a full day of 4-H workshops, practical hands on sessions, learning and fun for the 4-H members, parents, leaders, friends and families of the Central Interior and Yellowhead West 4-H Regions.

Registration fees are **\$8.00** per person or **\$25.00** for the family.

- The fees include sessions, lunch and refreshments.
- Fees must be included with your registration card.
- Classroom space may be limited so it is first come, first served.

Door prizes will be drawn at lunch and at the end of the day.

Pre – Registration Only!

Registration Deadline is September 18, 2017

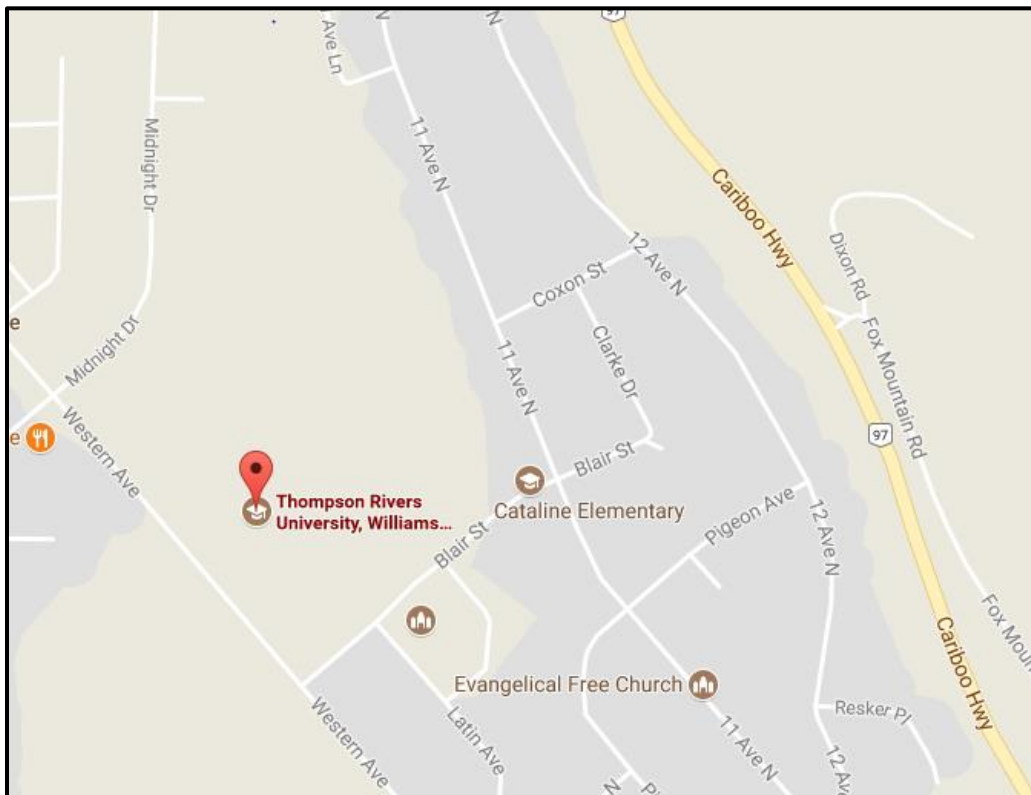
Send registration to: **4-H Family Frenzy,**
2501 14th Avenue, Vernon, BC V1T 8Z1

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 & 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 seats for everyone in the sessions.

The registration fee includes lunch and light refreshments. A vegetarian, gluten free, and lactose free option will be made available. Those with other special dietary concerns are asked to pack a brown bag lunch.

Map to Thompson Rivers University 1250 Western Avenue, Williams Lake



Thank You to Our Generous Supporters

Thompson Rivers University
BC Ministry of Agriculture
4-H British Columbia Provincial Council
Farm Credit Canada
Prince George 4-H District
Quesnel 4-H District
Williams Lake 4-H District

October 14th, 2017 4-H Family Frenzy Schedule

9:30 – 10:15am Participant Sign In

10:15 – 10:30am Welcome & Get Acquainted Games

<p style="text-align: center;">Session 1 10:35 am – 11:35 am</p> <p style="text-align: center;">Halter Making Safe Cattle Handling Communications 101 Traceability, Transportation, Food Processing, Inspection & Reportable Diseases Scholarship & Application Writing Fun with Cloverbuds: Part 1 Leader Training: Put the Child First (Part 1)</p>	<p style="text-align: center;">Session 2 11:45 am – 12:45 pm</p> <p style="text-align: center;">Halter Making Marketing Your 4-H Animal Safely Working In Agriculture: Understanding the Risks Awards & Opportunities Like Never Before Horse Care & Feeding Introducing TRU's Applied Sustainable Ranching Program Fun with Cloverbuds: Part 2 Leader Training: Put the Child First (Part 2)</p>
<p style="text-align: center;">12:45 pm - 1:30 pm: Lunch, Presentation & Door Prizes</p>	
<p style="text-align: center;">Session 3 1:35 pm – 2:35 pm</p> <p style="text-align: center;">Decorative Wreath Making Record Books Educational Displays Club Executives & Meetings Goal Setting Senior 4-H Projects & External Credits Fun with Cloverbuds: Part 3 Leader Training: Introduction to 4-H (Part 1)</p>	<p style="text-align: center;">Session 4 2:40 pm – 3:40 pm</p> <p style="text-align: center;">Going Green with Your 4-H Club Club Games & Activities 4-H Judging Educating the Public about Agriculture Rabbit Care Fun with Cloverbuds: Part 4 Leader Training: Introduction to 4-H (Part 2)</p>

3:45 pm: Concluding Comments, Door Prizes & Evaluation

During lunch and breaks 4-H promotional items will be available for sale

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

Session descriptions indicate the age group the session will be presented for, parents and leaders may choose any session.

Session 1: 10:35 am – 11:35 am

Halter Making – All
A hands-on activity in 4-H animal halter making.
(12 participants maximum in this class)

Safe Cattle Handling – All
Safe and low stress animal handling is best for the handler and the animal; learn some skills and techniques specific to handling cattle.

Communications 101 – All
Learn about the basic principles of communication, why it is important, and the different forms of communication we use in our everyday lives. Explore tips and tricks to engaging speeches and demonstrations, and discover your own unique speaking style.

Traceability, Transportation, Food Processing Inspection & Reportable Diseases – All
The Canadian Food Inspection Agency will talk about the topics of traceability, transportation, and food processing inspection, including why we inspect our 4-H carcasses, and some reportable animal diseases.

Scholarship & Application Writing – Senior
Learn some helpful tips and procedures for filling out scholarship and bursary applications. This session will provide some useful information for senior members and parents. Leaders may find the information helpful to pass on to club members.

Part 1: Cloverbuds – Cloverbuds
Kids under age 8 should register for this all day session. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult. This is a fun interactive session that will provide an introduction to various 4-H projects and activities.

Leader Training: Put the Child First (Sessions 1 & 2) – Adult

One of the goals of 4-H is to provide a safe program for youth. This session presented by Sarah van Heeswijk is one of two courses required for leaders in the 4-H program; it focuses on child abuse prevention.

This is a 2 hour session and those registered must attend both hours.

Session 2: 11:45 am – 12:45 pm

Halter Making – All
A hands-on activity in 4-H animal halter making.
(12 participants maximum in this class)

Marketing Your 4-H Animal – All
It's all about price, product, promotion, place and public relation; learn to raise your project as a product to sell.

Safely Working In Agriculture: Understanding the Risks – All
In this session, learn about risk management in agriculture by understanding the risks when working on the farm.

4-H Awards & Opportunities Like Never Before – All
Come and learn about all the wonderful awards and opportunities 4-H has to offer, while challenging your knowledge Jeopardy style!

Horse Care & Feeding – All
This session will focus on tips and techniques to properly care for your horse.

Introducing TRU's Applied Sustainable Ranching Program – Senior
Have you ever considered managing your own ranching operation? The Applied Sustainable Ranching Diploma Program offered at TRU, the first of its kind in BC, will give you the tools to do just that. This session will provide senior members an overview of the program, including courses, hands-on work based training opportunities, and a discussion with current students of the program.

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Lunch, Door Prizes, and Presentation

Session 3: 1:35 pm – 2:35 pm		
<p>Decorative Fall Wreaths – All</p> <p>Get crafty in this session by creating a decorative wreath, perfect for Fall and sure to impress family and friends.</p>	<p>Record Books – All</p> <p>Get some hints on making your record book a useful and memorable record of your 4-H year.</p>	<p>Educational Displays – All</p> <p>Do you want to make your educational display stand out to the judges? This session will provide you with some helpful tricks and tips to take your educational display to the next level.</p>
<p>Club Executives & Meetings – All</p> <p>In this session you will learn all about the club executive positions and their responsibilities in a 4-H club. The session will also include information on proper meeting agendas, making a motion, and voting</p>	<p>Goal Setting – All</p> <p>Setting goals are an important part of planning your 4-H project year and can also be useful in everyday activities. This session will help you develop skills to set attainable goals and achieve them.</p>	<p>Senior Projects and External Credits – Senior</p> <p>This one hour workshop will provide instruction, ideas, and support in the application process, time requirement and Leader/Member project management of Junior Leader, Self-Determined, Senior Management Projects, and the ability for members to achieve External Credits (graduating credits) by completing these Senior Projects.</p>
<p>Part 3: Cloverbuds – Cloverbuds</p> <p>Kids under age 8 should register for this all day session. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult.</p> <p>This is a fun interactive session that will provide an introduction to various 4-H projects and activities.</p>	<p>Leader Training: Introduction to 4-H (Sessions 3 & 4) – Adult</p> <p>For new 4-H leaders or those looking to brush up their skills. This session presented by Sarah van Heeswijk is one of two courses required for leaders in the 4-H program; learn leadership, 4-H club management, and teaching skills that will help you be successful as a 4-H leader.</p> <p><i>This is a 2 hour session and those registered must attend both hours.</i></p>	

Session 4: 2:40 pm – 3:40 pm		
<p>Going Green with your 4-H Club – All</p> <p>In this hands-on session you will learn how to make t-shirt grocery bags and reduce your carbon footprint by making beeswax wraps as an alternative to plastic wraps!</p>	<p>Club Games & Activities – All</p> <p>In this session, explore ways to make 4-H meetings engaging and exciting with group games and activities.</p>	<p>4-H Judging – All</p> <p>Sharpen your judging skills by learning more about the basics of 4-H judging. Learn what judges look for, how to write comparative reasons, and what resources are available to judge projects.</p>
<p>Educating the Public About Agriculture – All</p> <p>In this session, participants will learn how to educate the public about agriculture and deal with animal rights activists. This will prepare members for those difficult conversations at fairs and other public events when approached about agriculture and animal production.</p>	<p>Rabbit Care – All</p> <p>The perfect session for those interested in rabbit, either as a 4-H project or as a pet. Learn the basics of caring for these animals, as well as the tips and techniques for showing your project!</p>	<p>Part 4: Cloverbuds – Cloverbuds</p> <p>Kids under age 8 should register for this all day session. 6-8 year olds can attend unsupervised; kids under 6 must be accompanied by an adult.</p> <p>This is a fun interactive session that will provide an introduction to various 4-H projects and activities.</p>
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EACH INDIVIDUAL MUST FILL IN A REGISTRATION CARD.

Registration fee is \$8.00 per person or \$25.00 per family and must accompany the registration form.

Make cheques payable to the Central Interior 4-H Regional Council. No registration at the door.

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

Contact Jarrett Chung-Smith at 250-260-4606 or Jarrett.Chungsmith@gov.bc.ca if you need further information.

4-H Family Frenzy 2017 Registration Card – 1 registration per person please

Name _____ Phone _____

4-H Club Name _____ Email _____

Special Diet: Vegetarian _____ Gluten Free _____ Lactose Free _____

Cloverbud _____ Junior Member _____ Senior Member _____ Parent _____ Leader _____ Friend of 4-H _____

Please number your preferred first (1) and second (2) selections for each time slot in the boxes to the left of the course titles.

#	Session 1: 10:35 am – 11:35 am	#	Session 2 11:45 am – 12:45 pm	#	Session 3 1:35 pm – 2:35 pm	#	Session 4 2:40 pm – 3:40 pm
	Halter Making		Halter Making		Decorative Fall Wreaths		Going Green with your 4-H Club
	Safe Cattle Handling		Marketing your 4-H Animal		Record Books		Club Games & Activities
	Communications 101		Safely Working in Agriculture		Educational Displays		4-H Judging
	Traceability, Transportation, Food Processing Inspection & Reportable Diseases		Awards & Opportunities		Club Executives & Meetings		Educating the Public about Agriculture
	Scholarship & Application Writing (senior)		Horse Care & Feeding		Goal Setting		Rabbit Care
			Applied Sustainable Ranching (Senior)		Senior Projects & External Credits (Senior)		
	Part 1: Cloverbuds		Part 2: Cloverbuds		Part 3: Cloverbuds		Part 4: Cloverbuds
	Leader Training – Put the Child First				Leader Training – Introduction to 4-H		

Registration with payment must be submitted by **September 18th, 2017. Registration fees** are **\$8.00** per person or **\$25.00** for the family. Make cheques payable to the **Central Interior 4-H Regional Council.**

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