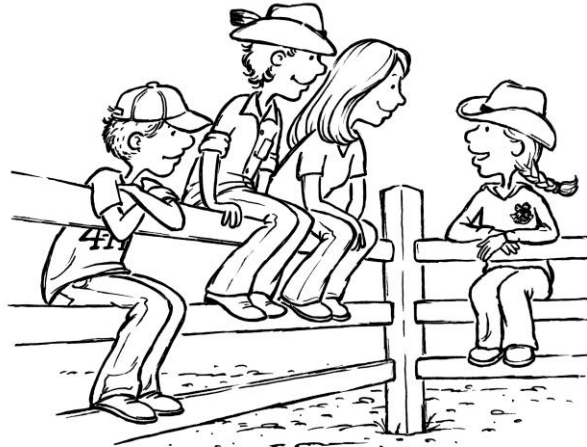


You are invited to the...

4-H Family Frenzy



Saturday, September 21, 2019

College of New Caledonia, Prince George

9:30 am – 4:30 pm

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

Registration fees are **\$10.00** per person or **\$30.00** for the family (4 people).

- 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

READ SESSION DESCRIPTIONS & SCHEDULE CAREFULLY- some sessions change location.

Participants registered in the afternoon live-animal sessions will be provided transportation to and from the 4-H Barns. Participants must stay with the travel group for the duration of the afternoon.

Pre – Registration Only! Deadline is September 6th, 2019

Send registration to: **4-H Family Frenzy**, 1150 Kalamalka Lake Rd. Vernon, BC, V1T 6V2

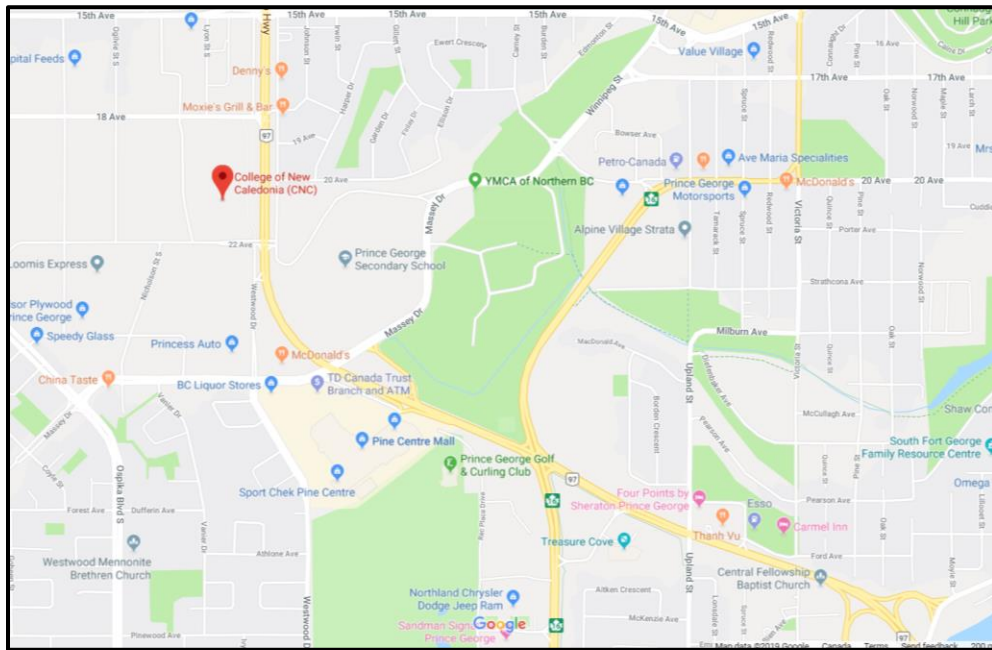
Important Information

- Children ages 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, but must choose one or the other (i.e. all-day Cloverbud or all-day regular sessions).
- Every person in attendance needs to register individually. 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 and gluten free option will be made available. Those with other special dietary concerns are kindly asked to pack a brown bag lunch.

Map to College of New Caledonia

3330 22 Ave, Prince George, BC V2N 1P8



Gear up at the 4-H pop-up store!

The 4-H store will be open all-day! Stock up on the latest 4-H merchandise, including:

Clothing
Accessories
Drinkware

*Cash/Cheque/Credit Card accepted

Thank You to Our Generous Supporters

BC Ministry of Agriculture
4-H British Columbia Provincial Council
Farm Credit Canada
Central Interior 4-H Region
Prince George 4-H District
Quesnel 4-H District
Williams Lake 4-H District

September 21st, 2019 4-H Family Frenzy Schedule

9:30 – 10:00 am Participant Sign-in at College of New Caledonia

10:00 – 10:25 am Welcome & Get Acquainted Games

<p style="text-align: center;">Session 1 10:30 am – 11:30 am</p> <p style="text-align: center;">4-H Judging 4-H Communications Halter Making Survive Outside Introducing TRU's Applied Sustainable Ranching Program 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;">4-H Record Books 4-H Awards & Opportunities Like Never Before! Build an Animal First Aid Kit Halter Making Survive Outside Fun with Cloverbuds: Part 2 Leader Training: Put the Child First (Part 2)</p>
12:45 pm – 1:30 pm: Lunch & Door Prizes	
1:30 pm: Live Animal session participants travel to 4-H Barns	
<p>1:45 pm – 2:45 pm Liberty Horse Training Cattle Feeding & Nutrition Woolcraft</p>	
<p>2:50: pm – 3:50 pm Applying your Judging</p>	
Afternoon sessions for all other participants run concurrently at College of New Caledonia	
<p style="text-align: center;">Session 3 1:45 pm – 2:45 pm</p> <p style="text-align: center;">4-H Communications 4-H Club Games & Activities Cupcake Decorating Exploring Agriculture in BC's Northern Interior Fun with Cloverbuds: Part 3 Leader Training: Introduction to 4-H (Part 1)</p>	<p style="text-align: center;">Session 4 2:50 pm – 3:50 pm</p> <p style="text-align: center;">Marketing your 4-H Animal 4-H Club Games & Activities Build an Animal First Aid Kit Fun with Cloverbuds: Part 4 Leader Training: Introduction to 4-H (Part 2)</p>
4:00 pm: Participants at 4-H Barns travel back to College of New Caledonia for closing	
4:15 pm: Concluding Comments, Door Prizes & Evaluation	

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

Session 1: 10:30 am – 11:30 am		
4-H Judging – All 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.	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.	Halter Making – All A hands-on activity in 4-H animal halter making. Sheep or cattle rope halters offered. <i>(12 participants maximum in this class)</i>
Survive Outside – All Adventure Smart encourages you to have fun & play, but always be informed & prepared before you set out. By following 3 easy steps Adventure Smart believes that outdoor recreationists will significantly improve their chances of survival should they become lost or in distress.	Introducing TRU's Applied Sustainable Ranching Program – Senior Have you ever considered managing your own agriculture 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.	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 is one of two courses required for leaders in the 4-H program; it focuses on child abuse prevention. <i>This is a 2 hour session and those registered must attend both hours.</i>		

Session 2: 11:45 am – 12:45 pm		
4-H Record Books – All Get some hints on making your record book a useful and memorable record of your 4-H year.	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!	Build an Animal First Aid Kit – All Learn all about what you need in a farm first aid kit. Go home prepared for minor incidents. <i>(12 participants maximum in this class)</i>
Halter Making – All A hands-on activity in 4-H animal halter making. Sheep or cattle rope halters offered. <i>(12 participants maximum in this class)</i>	Survive Outside – All Adventure Smart encourages you to have fun & play, but always be informed & prepared before you set out. By following 3 easy steps Adventure Smart believes that outdoor recreationists will significantly improve their chances of survival should they become lost or in distress.	Part 2: 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.
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Lunch & Door Prizes: 12:45 pm – 1:30 pm

Departure for Sessions at 4-H Barns: 1:30 pm

Live-Animal Sessions at the 4-H Barns: 1:30 pm – 4:00 pm

Participants that choose to go to one of the sessions below are required to stay with this group for the duration of the afternoon. Participants may not come and go.

Transportation to and from barns will be provided.

These sessions are limited to 40 participants and will be filled on a first-come, first-served basis.

1:45 pm – 2:45 pm

Liberty Horse Training – All

Learn about the basics of liberty training – building the bond between human and horse, free from tack.

Cattle Feeding & Nutrition – All

Proper feeding and nutrition is critical to the success of any livestock operation. This workshop will review cattle nutrient requirements and success, explore feeding to meet requirement, and feeding issues.

Woolcraft – All

Learn about the wonderful world of woolcraft! This session will explore different types of wool and fibres, along with various products that can be made.

2:50 pm – 3:50 pm

All participants in this group will participate in judging session

Applying your Judging – All

You be the judge! Utilize your judging skills by participating in a live-animal judging class. Members participating in this session will learn tips and tricks for writing comparative reasons, as well as delivering oral reasons.

Participants Travel Back to College of New Caledonia: 4:00 pm

Sessions Resume at College of New Caledonia: 1:45 pm

Session 3: 1:45 pm – 2:45 pm

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.

Club Games & Activities – All

In this session, explore ways to make 4-H meetings engaging and exciting with group games and activities.

Cupcake Decorating – All

Learn to decorate cupcakes like a pro, using different tools and techniques, and finish with a tasty take home treat!

(12 participants maximum in this class)

Exploring Agriculture in BC's Northern Interior – Senior

Do you love learning about crops, livestock, soils and more? Agriculture in the northern interior of BC is growing - and UNBC is increasing their education and research opportunities to help fill the demand. This session will provide an overview of what opportunities UNBC provides students to build their career in agriculture and food security, and highlight the current UNBC research projects happening around the region.

Part 3: 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: Introduction to 4-H (Sessions 3 & 4) – Adult

For new 4-H leaders or those looking to brush up their skills. This session 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.

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

Session 4: 2:40 pm – 3:40 pm		
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.	Club Games & Activities – All In this session, explore ways to make 4-H meetings engaging and exciting with group games and activities.	Build an Animal First Aid Kit – All Learn all about what you need in a farm first aid kit. Go home prepared for minor incidents. <i>(12 participants maximum in this class)</i>
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Important Registration Information

EACH INDIVIDUAL MUST FILL IN A REGISTRATION CARD.

Registration Cards Found at the End of this Document.

Registration fee is \$10.00 per person or \$30.00 per family (4 people) 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.

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Send completed registration card and fees to: 4-H Family Frenzy, 1150 Kalamalka Lake Rd. Vernon, BC, V1T 6V2

4-H Family Frenzy 2019 Registration Card – 1 registration per person please

Name _____ Phone _____

4-H Club Name _____ Email _____

Special Diet: Vegetarian ☐ Gluten Free ☐

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

Please number your preferred morning sessions, first (1), second (2), and third (3) for each time slot in the boxes to the left of the course titles.

All Participants will be at CNC for Sessions 1 & 2			
#	Session 1: 10:35 am – 11:35 am	#	Session 2 11:45 am – 12:45 pm
	4-H Judging		4-H Record Books
	4-H Communications		4-H Awards & Opportunities
	Halter Making Cattle <input type="checkbox"/> Sheep <input type="checkbox"/>		Build an Animal First Aid Kit
	Survive Outside		Halter Making Cattle <input type="checkbox"/> Sheep <input type="checkbox"/>
	Introducing TRU Ranching (Sr.)		Survive Outside
	Part 1: Cloverbuds		Part 2: Cloverbuds
	Leader Training – Put the Child First (2 hours)		

Instructions for Selecting Afternoon Sessions Below:

- Select your first choice between: **Option 1 (CNC) ☐** **Option 2 (4-H Barns) ☐**
- Then number your preferred first (1), second (2), and third (3) sessions for both Options 1 and 2 respectively.

*Only 40 are spots available for Option 2 and will be filled on first-come, first-served basis.

*if you are not interested in Option 2, leave blank.

*Participants will NOT be registered in sessions at both locations and must stay with the group at the location they are assigned.

Option 1: At College of New Caledonia				Option 2: At 4-H Barns			
#	Session 3 1:45 pm – 2:45 pm	#	Session 4 2:50 pm – 3:50 pm	#	Session 3 1:40 pm – 2:40 pm	#	Session 4 2:45 pm – 3:45 pm
	4-H Communications		Marketing your 4-H Animal		Liberty Horse Training	Applying your Judging <i>All registered in Option 2 will participate in this session.</i>	
	4-H Club Games & Activities		4-H Club Games & Activities		Cattle Feeding & Nutrition		
	Cupcake Decorating		Build an Animal First Aid Kit		Woolcraft		
	Exploring Agriculture in BC's Interior (Sr.)						
	Part 3: Cloverbuds		Part 4: Cloverbuds				
	Leader Training – Introduction to 4-H (2 hours)						

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.

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4-H Family Frenzy 2019 Registration Card – 1 registration per person please

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4-H Club Name _____ Email _____

Special Diet: Vegetarian ☐ Gluten Free ☐

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

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	Survive Outside		Halter Making Cattle <input type="checkbox"/> Sheep <input type="checkbox"/>
	Introducing TRU Ranching (Sr.)		Survive Outside
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	4-H Communications		Marketing your 4-H Animal		Liberty Horse Training	Applying your Judging <i>All registered in Option 2 will participate in this session.</i>	
	4-H Club Games & Activities		4-H Club Games & Activities		Cattle Feeding & Nutrition		
	Cupcake Decorating		Build an Animal First Aid Kit		Woolcraft		
	Exploring Agriculture in BC's Interior (Sr.)						
	Part 3: Cloverbuds		Part 4: Cloverbuds				
	Leader Training – Introduction to 4-H (2 hours)						

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