



North Central Sectional 2013 Consumer Science Field Day Registration Form



Date: Nov 16, 2013

Time: 9:30-3:30

Cost: \$10 includes lunch

Registration Due: Postmarked by November 8.

Place: UC Cooperative Extension San Joaquin, 2101 East Earhart Ave, Stockton Ca 95206

Work Shops Available (Class details on page 3):

Session A	Session B	Session C	Session D
Why it pays to Be Financially Responsible	Why it pays to Be Financially Responsible	North Sectional Council Meeting	North Sectional Council Meeting
Table Setting and Etiquette	Simple snacks and sassi sushi	Experience Blindness	Experience Blindness
Clothing and Textiles	Clothing and Textiles	There's a Cow on my Pizza	There's a Cow on My Pizza
Duct Tape Creations	Making Cards using Texture Paste/Artist Spackle	CAL meeting(only open to CAL staff)	CAL meeting (Only open to CAL staff)
It's Legen-Dairy	Healthy Spa Time	Microwave Cooking	Microwave Cooking

Youth and adults are welcome to register for workshops

Cost includes lunch Pre-Registration includes a \$5.00 lunch-- shoyu or terriokee chicken, rice, salad, fruit, and dessert & drink Registration at the door \$7.50 Lunch at the door--\$7.50 lunch

Other available activities:

- Share Fair- a Display of activities available throughout North Central Section
- Judging Contests- Multiple Judging contests available
- Community Service- Hands on Community Service activities

PLEASE BRING:

- Canned food **bring non-perishable food items for the Emergency Food Bank**
- School Supplies **bring school supplies for the Transitional Learning Center**
- Hot Wheels **bring packaged Hot Wheels or Matchbox cars for the Child Abuse Council**

DUE POST MARKED: NOV 8th

Any Questions Contact: Shayne Rivers (510)303-9038 shaynangel@sbcglobal.net



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Please Check one:

County Name : _____

Adult ____ Youth ____

Club Name _____

Name: _____

Email: _____ Phone # _____

Address: _____ State: _____ ZIP _____

Choose your first and Second Choice for Each Session:

Session A: 1st Choice _____ 2nd Choice _____

Session B: 1st Choice _____ 2nd Choice _____

Session C: 1st Choice _____ 2nd Choice _____

Session D: 1st Choice _____ 2nd Choice _____

Required Forms:

- Code of Conduct
- Medical Release Form
- Registration Form

Forms available at Youth Medical Release Form: <http://www.ca4h.org/files/4726.pdf> Adult Medical Release Form: <http://www.ca4h.org/files/4758.doc>

Please include all forms and your check for \$10 (multiple registrations can be paid with one check)

MAKE CHECKS PAYABLE TO: 4-H NCS COUNCIL

DEADLINE: NOV 8th

Sent to: NCS CSFD Attn: Shayne Rivers 941 E Dudley Rd French Camp Ca 95231

Walk ins on day of event are welcome. Please bring all forms and payment. No guarantee that classes will be available for walk in enrollment. Walk-in cost \$15.00

Workshop A: 10:00 – 10:45a.m., Workshop B: 11:00 – 11:45., Lunch: 12:00 – 12:55p.m., Workshop C: 1:00 – 1:45
Workshop D: 2:00 – 2:45, 3:00 – 4:00 - over all Evaluation & Closing Ceremonies

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CLASSES AVAILABLE:

Why it pays to Be Financially Responsible: Teens aren't typically known for their financial responsibility—yet many are already using complex financial strategies. In this workshop, students will examine the spending decisions they already make, then examine real-life spending scenarios and research, analyze and present their recommendations to the class.

Table Setting Etiquette: Learn to properly set a table for a formal dinner and then how to use the proper utensils when the meal is served

Clothing and textiles: Learn Sewing and cutting techniques while doing Community Service - Learn how to cut out fabric for drawstring Bags and sew. For Foster children *Facilitators: Carianne Kolkman* and SFR committee **Community Service Life Skills Station:** Learn how to cutting & pinning techniques in same room as workshop.

Duct Tape Creations: Learn how to use duct tape to create usable items.

It's Legen-Dairy: Healthy and Economical! In this workshop you will gain knowledge and skills to make nutritious and economical food choices while using Real California Dairy Products. Learn how dairy foods are nutritious, economical and easy to prepare using regular items found in your refrigerator or pantry. Your session concludes with putting your imagination and taste buds to work making your own tasty and nutritious dairy snack. Idea booklet for starting a Dairy Foods Project and other handouts available.

Simple Snacks and Sassy Sushi: Have fun making easy, healthy snacks and for a treat, learn to make simple dessert sushi

Making Cards: Learn about metal stencils and Artist Spackle or Cosmic Shimmer texture paste. Using chalks, water colors, metal flakes or mica or gelatos to color. while doing Community Service making Thank You cards.

Healthy Spa Time: Healthy Skin is an essential part of health and natural beauty. Glowing skin is a reflection of inner health Discover how you can use healthy everyday fruits, vegetables, grains and fats to clean, moisturize, and nourish your skin.

Experience Blindness: Experience blindness by using your sense of smell and touch, make origami dogs, do Braille card reading, and take a blind walk. *Facilitator: Guide Dog Group of San Joaquin County.*

There's a Cow On My Pizza: Showing how every part of a pizza comes from a farm and that it has items from 4 food groups so is considered a healthy meal when you add a healthy drink. Then the kids can make their own pizza. They will color a farm and where each ingredient would be on the farm while waiting for their pizza.

Microwave Cooking: Learn the basics of cooking with a microwave.

Any Questions Contact: Shayne Rivers (510)303-9038 shaynangel@sbcglobal.net