

2012 North Central Section 4-H Family and Consumer Science Field Day, November 3, 2012

Room	Workshop A (10:00 – 10:45)	Workshop B (11:00 – 11:45)	Workshop C (1:00 – 1:45)	Workshop D (2:00 – 2:45)
Multi-purpose	Share Fair	Share Fair	Share Fair	Share Fair
Multi-purpose	Judging contest – Sewing/Clothing	Judging contest – Foods & Nutrition	Judging contest – Sewing/Clothing	Judging contest – Foods & Nutrition
On Stage	For Teen leaders & Project Leaders . “ Put Your Best Foot Forward by ASG’s	youth. “ Put Your Best Foot Forward” by ASG’s	"Be[you]tiful Models" Modeling clinic	
Next to Kitchen using cafeteria tables	“Taste the difference”			
In Kitchen	Lunch Setup	Lunch Setup	Lunch Cleanup	Food & Nutrition Zip-Lock bag Ice Cream Learn about Facilitators: Julie Kanemura Limit
Room 22 Science Lab has big tables - hold 38	Healthy Spa Time		Life skills station: Community Service: Help put together kits to hand out at SLF for “Little dresses “ a kit for knit shorts for Africa,” also "A Zoo of Hugs" kit, every one will be able to take one back to their counties to share.	
Music room -open areas just chairs	Community Service: Make Thank You Cards			Workshop: Experience Blindness
Teachers lounge – Limit 10 people	“How Sassy is Your Applesauce?” Limit 10	“How Sassy is Your Applesauce?” Limit 10	“How Sassy is Your Applesauce?” Limit 10	“How Sassy is Your Applesauce?” Limit 10
South side Room#2	Food & Nutrition: You are what you eat	Food & Nutrition: You are what you eat		
Computer lab has sink & stove			Service Learning and Revolution of Responsibility	Service Learning and Revolution of Responsibility
Room 21 After School room	Clothing & Textiles Life Skills: Sewing Savvy, Sassy stitches & Button Boutique	Clothing & Textiles Life Skills: Sewing Savvy, Sassy stitches & Button Boutique.	Clothing & Textiles Fashionista Make and Take - First Session	Clothing & Textiles Dress Your Fashionista – second session
A cross from 21	Pattern Perfect:	Pattern Perfect		2 yard wonder Challenge
A cross from 21	Flirting with Fabric	Flirting with Fabric		
Room 23 After	Community Service: sewing	Clothing & Textile Community	Food & Nutrition:	"A Garden of Accessories"

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school With Refrigerator	“Little dresses & shorts for Africa,” Life Skills Station: Cutting out pillowcases dresses fabric & pinning them	Service: "A Zoo of Hugs" Limit 15	“All about Milk”	
Room 3 North Wing Presentations	Focus On Fruit.	<i>SIX SIMPLE SCARF STYLES</i>		
Room 4 North wing sink in room	Life skill Station	Life skill Station	Life skill Station	Life skill Station
North wing classrooms	Clothing & Textile Life Skill Station			
south wing classrooms	Foods & Nutrition Life Skill Stations			

Workshop Name	Workshop Description	Facilitator
Health: Healthy Spa Time Limit 15	Health: Healthy skin is an essential part of health and natural beauty. Glowing skin is a reflection of inner health. Come join us for pampering and learn natural healthy alternatives to caring for your skin. Discover how you can use healthy everyday fruits, vegetables, grains and fats to clean, moisturize, and nourish your skin.	Might have be cancelled if we can't find a replacement Facilitator
Food & Nutrition: You are what you eat	We will look at food advertising, with an emphasis on sugar sweetened beverages and fast foods.	Marisa Neelon, NFCS Advisor Contra Costa County
Food Preservation "How Sassy is Your Applesauce?" Limit 10	We'll do a 5 minute overview, and then have the participant's peel, chop and cook the apples, do a taste test of various spices, puree the apples and then put the applesauce in freezer jars.	Sue Mosbacher MG and MFP Program Representative Amador and El Dorado Counties
Food & Nutrition Zip-Lock Bag Ice Cream	Food & Nutrition Zip-Lock bag Ice Cream: Learn about how to make Ice cream with out a machine.	Julie Kanemura
Food & Nutrition: All about Milk	Tasting all types of Milk including Soy and Almond milk. Making recipes with various types of milk and comparing the results.	Molly & Elisabeth Watkins and Anna Lucostic
"Taste the difference" A 2012 – 2013 Revolution of Responsibility Project	To raise awareness of locally grown agricultural products and create a competitive advantage for taste, when possible. Also to teach life skills that utilize scientific methods which are taught at the University level (Davis, Cal Poly, etc.) designed to measure consumers perception, and used by development, marketing, and advertising team. We will set up a competitive product set using local and national producers of apple juice. Participates will be given an orientation on why the information is so important to producers and scientific nature of the sensory research experiment. Then participants will taste the products, unbranded, and rate each product to provide a quantitative measure of the perception.	Rebecca Bleibaum Erin Bleibaum
Service Learning workshop	Showing the true meaning of service learning and Revolution of Responsibility	Michelle Wong Dominique Germann
Workshop: Experience Blindness	Sense of Smell, Sense of Touch, origami dogs, Braille card reading, and a blind walk. We'll also do a short guide dog puppy presentation	SJ.county Guide Dog group
Make Thank You Cards	Learn paper crafting techniques. Including embellishments.	Alexandra & Darcie Castelanelli
Clothing & Textiles, Fashion Review and Consumer Education		
ASG's youth . " Put Your Best Foot Forward"	Modeling Clinics for youth - Learn the proper modeling skills to take part in Fashion Shows	Sacramento chapter of American Sewing Guild
ASG's for Teen leaders & Project Leaders. " Put Your Best Foot Forward"	Modeling Clinics for adults & teen leaders & project Leaders. Learn the proper modeling skills to take part in Fashion Shows	Sacramento chapter of American Sewing Guild
"Be[you]tiful Models"	Learn how to model at Fashion Shows and Fashion Revues	Sierra Berdeja

Workshop Name	Workshop Description	Facilitator
“ Walk Like A Model”	Modeling clinic	
Clothing & Textiles - Community Service: “Little dresses & shorts for Africa,” limit 15	Learn how to cut out fabric/pillowcases and sew it into pillowcases dresses – to be sent to Africa	Carianne Kolkmann & Alanna Kolkmann
Clothing & Textile Community Service: "A Zoo of Hugs" Limit 15	Learn to sew & stuff a fleece soft toy. And donate to SFR for their community service project for year	Carianne Kolkmann & Alanna Kolkmann
"A Garden of Accessories"	Learn how to make fabric flowers to use as accessory. Will present a few varieties of flowers that can easily be made with either a machine or by hand.	Alanna Kolkmann
Clothing & Textiles Fashionista Make and Take - First Session	First Session Construct your own fashion doll (male or female) in our first session. Basic construction methods will be used including pattern reading, cutting out, sewing a straight line machine stitch, turning, stuffing and final construction. Each participant will leave the session with a completed doll or, if unfinished, the instructions for completing it at home. Limit	Robin Lise-Nielsen Nicole Nielson
Dress Your Fashionista –second session	Second Session Choose a pattern and construct some clothing for your Fashionista. Participants will be offered the opportunity to dress their Fashionistas as a male or female. You may also choose from different fabrics and embellishments to make your fashion doll look cool and reflect modern trends in fashion.	Robin Lise-Nielsen
Life Skills Stations: Fashionista Make and Take - First Session	Life Skill Stations – If only doing part 1 of workshop 1. cutting, 2. sewing, 3. embellishing	SFR committee
Life skill Stations: Dress Your Fashionista –second session	If only doing part 2 of workshop. All the Stations for a finished sewn doll to take home 1. cutting, 2. sewing, 3. turning, 4. stuffing, 5. final assembly (attaching legs and arms to body), 6. Hair, 7. Face	SFR committee
Sewing Savvy & Button Boutique & Sassy stitches	Sewing on 3 kinds of buttons, 2 hole, 4 hole and shank. Sassy stitches: Learn the most common useful stitches	Sacramento chapter of American Sewing Guild
Pattern Perfect:	How to read a pattern, what the terminology means. How they go together. Things you don't want to skip!	Sacramento chapter of American Sewing Guild
Flirting with Fabric;	How it identify the most common fabrics. What are the fabrics in the clothes you wear? What to look for when you shop for fabric. How to take care of your fabrics.	Sacramento chapter of American Sewing Guild
2 yard wonder Challenge	Brainstorm ideas for State Fashion Revue Challenge	SFR committee
SIX SIMPLE SCARF STYLES	A presentation how to tie a scarf in six simple fashionable styles. Participants will be able to try out all the styles after the demonstration.	Clarissa Shane
Focus On Fruit	Demonstration on how to make a Fruit Smoothie	Hope Fardanesh
Life Skills Stations: Home Arts & other projects		
Life Skills Stations: Clothing and Textiles,		

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Fashion Revue and Consumer Education		
Life skills station: Community Service:	Help put together kits to hand out at SLF for "Little dresses " a kit for knit shorts for Africa," also "A Zoo of Hugs" kit, every one will be able to take one back to their counties to share.	SFR committee
Judging Contest	Sewing, Clothing and Textiles	Alanna Kolkmann & Sierra Berdeja
Judging Contest	Food and Nutrition	Hope Fardanesh
Still needed		
North wing classrooms	Clothing & Textile Life Skill Station	
south wing classrooms	Foods & Nutrition Life Skill Stations	