2019 MAINE 4-H DAYS
JULY 19 – 21, 2019
Windsor Fairgrounds, Windsor
Excitement – New Friends – Good Times
Fun – Good Laughs – Learning

REGISTRATION DEADLINE: July 1, 2019 at 8:00 am- Participants who register before the July 1st deadline will be charged the early registration fee of $7.00/person, with a maximum of $20.00/family. If you register after July 1st, the fees increase to $10.00/person, with a maximum of $25.00/family.

Paper Registration: mail forms and check or money order to (or pay online at: https://extension.umaine.edu/register/product/maine-4-h-days-july-19-21-2019/):
State 4-H Office
491 College Ave
Orono, ME 04473

Contact: Jessy Brainerd, State 4-H Office Administrative Specialist 207.581.3877, or 800.287.0274

Maine 4-H Days Sign-in Requirements
Sign-in must be your first priority when arriving on the fairgrounds. It is important for all attendees (including presenters and parents) to sign-in so that coordinators have an accurate account of who is on the fairgrounds at all times in case of an emergency. Be sure to indicate on your form which days you plan to be at the event. You will receive a bracelet upon sign-in, and are required to wear it throughout the weekend. If you are seen on the fairgrounds without a Maine 4-H Days bracelet, you will be asked to report immediately to the office to sign-in. This includes workshop participants - you will be asked to leave the workshop until sign-in is complete.

Thursday Sign-in: The main office for Maine 4-H Days will be opening for attendees to sign-in on Thursday, July 19th from 2:00 – 6:00 pm. Please sign-in before you begin setting up your camper or tent site. The office will open from 8:00 am – 6:00 pm on Friday, and Saturday, and from 8:00 am – 1:00 pm on Sunday.

- Maine 4-H Days is a program of the University of Maine Cooperative Extension.
- Maine 4-H Days is sponsored by the Maine 4-H Foundation.
- This is a community event with neighborhood watch style of enforcing rules and regulations. Everyone is responsible for monitoring the safety of participants.
Every child must have a chaperone, and chaperones must remain on the grounds at all times (sharing the responsibility is fine). **Chaperones of Cloverbuds (ages 5-8) should plan to accompany them from one workshop to the next**, and check in with each workshop instructor to see if it is appropriate to leave them with the instructor. Some Cloverbud workshops require adults to stay and assist their child(ren).

Please complete a separate registration for each person. Please register if you are a member, leader, parent, or sibling of a participant. If you need paper copies of the registration packet and forms, please contact your local UMaine Cooperative Extension county office, or call the State 4-H Office at: (800) 287-0274, or (207) 581-3877.

The cost for Maine 4-H Days is $7.00 per person, with a maximum fee of $20.00 per family prior to 8:00 am on July 1, 2019. After that date, the fee increases to $10.00 per person, with a maximum fee of $25.00 per family. Checks or money orders can be made out to the University of Maine – be sure to put Maine 4-H Days in the memo line, or you can pay online, information is available at https://extension.umaine.edu/4h/main4h-days/.

Confirmations are not mailed out; if you are unsure whether your registration arrived, please call the State 4-H Office at: 800.287.0274, or 207.581.3877. If you want to find out which workshops your child has been assigned to, this information will be available by phone from July 8th – 12th.

Individuals with special needs accommodations should contact Sarah Sparks at 1-800-287-1458 at least 14 days prior to the event. All requests for accommodation will be considered.

**Curfew** is at 10:00 pm; all attendees need to be quiet & settled in after that.

Please use the buddy system when walking around the fair grounds. This is not a closed venue; we are sharing the grounds with the other groups.

**Animal/livestock program participants**: If you have already registered your animal for a show, you still need to register yourself for Maine 4-H Days. Please send in your registration form in this packet, and check in at the Administration Building when you arrive.

**Camping**: We are excited to have very full fairgrounds for our upcoming event. Camping will need to be done ONLY in the designated areas. These include areas near the sheep barns, in the small area between the pulling arena/cattle barn, or across the street in the designated field. This has been requested by Windsor Fairgrounds maintenance in an effort to have less area to clean after we leave. We are very grateful that they are willing to work with us on this.

- Camping spaces inside the fenced grounds, in the barn area, will be reserved first for campers coming for the livestock tracks so that they can be close to their animals. 4-Hers in the dairy program will start arriving Friday, and we will need to reserve areas for them. There will be some space inside the fence for non-livestock families, but not enough for all campers. This area will be reserved first for participants with livestock and the rest of the marked area will be on a first come, first serve basis for other campers.
- Campers should use the enclosed sign to put on their camping unit/tent etc. for identification of who is on that site.
- Families in the working steer program can set up campers between the pulling arena and the barn beside it.
- Unfortunately, all available barn and covered space is needed for animals and workshops, so participants will not be able to tent under any covered space. No exceptions on this.
- The other camping area is a grass area outside the gate behind poultry barn. There is a walk in gate right beside the poultry barn. There will be signs directing you to this area.
- No campfires will be allowed anywhere on the fairgrounds, including camping areas.
- This year there will be a compost bin in the camping area that participants are encouraged to use for paper towels, food scraps, tea bags, coffee grounds, etc. Please do not put meat or dairy in the compost bins. There will be a laminated sign with further directions if any questions arise as to what can and cannot go in the bins. There will also be a recycle bin at the same location, next to the compost bin, which will also have signage for what should be put into the bin.
Food – You are responsible for your own meals at Maine 4-H Days. There is a limited amount of refrigerator space available; be sure to clearly label your items; please plan accordingly, as when there are sessions/groups in the kitchen, the refrigerators will not be available. There will be an ice cream social on Friday night. There is a Hannaford grocery store at the junction of Rt. 32 and Rt. 3 in China, seven miles from the fairgrounds. Hussey’s General Store is 2 miles from the fairgrounds and has a few groceries and a deli. There will be an early fundraiser breakfast on Saturday and Sunday to support the Maine 4-H Dairy team. Please note: as the horse track is not running, there will be no food booth in the horse area.

This year we will have compost buckets and bins at various parts of the fairgrounds to be utilized by all who attend Maine 4-H Days. If you plan to utilize the kitchen to cook any meals, please place food scraps, tea bags, coffee grounds, paper towels into the buckets. They will be replaced with a clean empty bucket once full. There will be signage in regards to what can and cannot go into the compost buckets and please feel free to talk to staff regarding your questions.

Please return your signed Permission / Photo Release, Health Form, and Assumption of Risk Form with mail-in registration. If you complete an online registration, you will need to mail in a Health form. Youth forms MUST have a parent/guardian signature.

Please follow the instructions on the registration form. For enrichment programs, note your first, second, and third choice for each session for every day. Registrations are processed as they are received, and sessions are available on a first come, first serve basis.

Dogs need to be on a leash at all times, and must have a current rabies certificate on the premises.

Zero Waste at Maine 4-H Days: This year we are trying something new, zero waste, or as close to possible as we can get! What this looks like is a few new green bins on site, specifically for paper towels, food scraps, etc. As well as compost buckets in the kitchens to be used for the same purpose. There will be signage at each of the sites with compost bins labeled with what to put in, and what to leave out. Scrapdogs Compost from Rockland is largely helping us in this effort and will be using the food scraps generated to create compost, as well as teaching workshops on Sunday on composting. To help us towards this effort here is a short packing list to consider at Maine 4-H Days.

- Re-useable water bottle 1 for every participant
- Place setting, 1 per participant, i.e. silverware, plate/bowl
- Re-useable napkins, i.e. cloth napkins and/or handkerchiefs
- Re-useable bags or containers to carry around food, things, etc.

Shoes/Footwear must be work at all times when moving around the fairgrounds.

Bicycles & Skates – Maine 4-H Days encourages you to bring these. However, to keep everyone safe, there is a need to define the rules for bikers, skaters, and anything with wheels that is person-powered.

- Helmets are required for all and are to be buckled at all times. As this is a 4-H event, we ask that all adults also use helmets and be role models in safety.
- All are required to pre-register their bikes and skates in the office, this form is included in this packet, and can be found on the Maine 4-H Days website.
- We also are REQUIRING all riders/skaters to participate in a Bike/Skate Meeting (this meeting is separate from the bike workshops being offered). Rules will be reviewed with riders to receive their Ride Safe sticker.
  - Youth, and the adult that is overseeing youth, must attend a meeting before you may use your bike, skates, or skateboard. Bike/Skate Meetings will be held after opening ceremony daily.
  - Youth only need to attend 1 safety meeting for the weekend.
  - Your proof of attendance must be visibly displayed on your bike, or visible on the skaters while skating.
  - These tags will be monitored by our staff and adults on the grounds. Biking and skating is a privilege at Maine 4-H Days. Bikers/skaters without the proper tags, or not following these rules, should be reported to the office. Participants will receive one verbal warning, from 4-H
staff, throughout the entire 4 days. If another warning is needed, that participant may be asked to put the bike/skates away for the rest of the event. Any volunteer or adult can remind a rider/skater of safety standards. Please see the Office or the website for complete rules and implementation.

- The defined rules and routes that bikers/skaters will be provided at the meeting will be posted in the office and on the website.

**Directions:** The Windsor Fairgrounds is located approximately 15 miles east of Augusta, a half-mile north of the junction of Routes 17 & 32 on Route 32.

Travel east from Augusta on Route 17 to the intersection of Route 32, and then go north a half mile. ~OR~ Travel east from Augusta on Route 105 to the intersection of Route 32, then go south about 2 miles.

A map to the Windsor Fairgrounds is on their website at [www.windsorfair.com/location.htm](http://www.windsorfair.com/location.htm). Also, you can use [www.mapquest.com](http://www.mapquest.com) or [http://maps.google.com/](http://maps.google.com/), and get directions to “Malta Road, Windsor, ME” which will give you directions right to the fairground.
4-H Livestock Programs

Full livestock schedules will be available online at: https://extension.umaine.edu/4h/maine-4h-days/

**NOTE:** If you have already registered your animal for a show, you still need to register yourself for Maine 4-H Days. Please send in your registration form in this packet, and check in at the Administration Building when you arrive.

**Dairy** (Saturday, Sunday)
Maine State 4-H Dairy Show and Eastern States Dairy Team Tryouts - be sure to check in at the main office before unloading your animals. *This schedule may be subject to change. Be sure to check the website for any updates.*

- **Saturday**
  - 6:00 am – Fundraising Breakfast in the kitchen
  - Additional workshops - TBD
  - 12:30 pm – Dairy Skillathon
  - 1:00 pm – Start checking papers and animals
  - 2:00 pm – Grilled Cheese competition
  - 5:00 pm – Clipping Contest
  - 7:00 pm – Potluck Supper
- **Sunday**
  - 6:00 am – Fundraising Breakfast in the kitchen
  - 8:00 am – All animals must be on the grounds
  - 8:30 am – All papers must be checked in
  - 9:00 am – State 4-H Dairy Show starts
  - Following the Show: Eastern States team will be announced and cattle selected. Team meeting and orientation at the bleachers after cattle are put away. Order team apparel.

For complete details, download the 2019 Dairy packet when it is available at: https://extension.umaine.edu/4h/animal-science-resources/dairy/.

**Working Steer**  (Sunday)
There will be no tryouts or show this year, there will be practice instructional workshops.

**Poultry**  (Saturday)
This will be a day of fun with poultry! Learn about how to select poultry for egg production and/or showing. Poultry housing and care including how to identify diseases and flock testing. You will also learn how to prepare a bird for show. We will end the day with a poultry showmanship class with a real poultry judge! **Please do not bring your birds from home.** Birds will be provided for each participant to use for the day. You can sign up for individual classes, or the entire poultry track.
**2019 Maine 4-H Days Rabies Statement**

**Most animals must be vaccinated to attend, and you must show the vet certificate.**

All cattle, sheep, horses, cats and dogs (even dogs not participating in Dog Camp) brought to Maine 4-H Days must be vaccinated for rabies if the animal is old enough to receive a rabies vaccine. All rabies vaccinations must be given by a licensed vet, who will provide a certificate for each animal vaccinated. The certificate must be provided for proof of current vaccination.

Animals are considered currently vaccinated for rabies if at least 28 days have elapsed since the initial vaccination, and the duration of vaccination has not exceeded the time period recommended for that species and brand of vaccine.

Animals are considered unvaccinated if no approved vaccine exists for the species, if they are vaccinated by someone other than a licensed veterinarian in accordance with the requirement above, or if the vaccination is not within the time frame listed above.

In general, dogs, cats, horses, cattle and sheep can receive a rabies vaccine if older than 12 weeks of age (depending on the vaccine; check with your vet and see vaccine label directions). All 4-H members bringing cattle, sheep, horses, cats or dogs to Maine 4-H Days must show a veterinarian’s Certificate stating that their animals have received a rabies vaccination, and that the vaccination is “current”. Certification must be in writing, must be signed by the veterinarian, and must clearly identify the animal or animals brought to Maine 4-H Days and the date vaccinated.

Exhibitors showing animals that do not have an approved rabies vaccine (goats for example) are strongly encouraged to discuss rabies vaccination with their veterinarian and to follow their vet’s recommendations.


---

**2019 Maine 4-H Days DOG Vaccination Statement**

If you are bringing your dog to participate in any dog workshops, you must fill out the Maine 4-H Proof of Vaccinations for Dogs form found at [https://extension.umaine.edu/4h/animal-science-resources/dog/curriculum-and-resources/](https://extension.umaine.edu/4h/animal-science-resources/dog/curriculum-and-resources/). Please note that this form verifies that your dog has been vaccinated for Rabies (by a licensed veterinarian), Distemper and Parovirus. Primary vaccination must be followed by appropriate boosters (exact schedule varies dependent on vaccine used; in general initial vaccination should be booster at approximately one month, then yearly). Please note that vaccination for Leptospirosis and Bordetella are also highly recommended.
4-H Enrichment Programs

4-Hers Just Wanna Have Fun
Sunday – session 2 – for youth of all ages (limit of 20 youth per session)
This session offers a variety of fun things to do. You have the option of doing your hair, nails, pedicures, playing games, painting faces, even temporary tattoos! Bring any music you would like to listen to during this laid back relaxing session. This year there will be a photo booth – we will have props for you to use! Make sure to bring you camera and make some lasting memories with old and new friends.

Advanced Knitting – Circular Knitting
Friday or Saturday – session 2 – for youth of all ages (limit of 6 youth per session)
This is a great opportunity for experienced knitters to learn a new technique: circular knitting. Circular knitting needles are used for different projects like hats. Get ready to try your hand at this new (to you) technique!

Advanced Knitting – Four Needle Knitting
Friday or Saturday – session 1 – for youth of all ages (limit of 6 youth per session)
If you have mastered the skill of knitting with the usual two needles – why not sign up for this workshop and see what you can accomplish by doubling your tools? You will learn how to use four needles in knitting to make things like socks and mittens.

Alpacas: Another Type of Farming and Fleece is Your Harvest!
Saturday – session 3 or 4 – for youth ages 9 & up (limit of 12 youth per session)
Have you ever met (or seen) one of those fluffy, big-eyed creatures called alpacas? I guarantee that once you do, you will fall in love. Alpacas are more than just a pretty face, though. Did you know that every year, one alpaca can produce up to 15 pounds of fleece? This warm, soft fiber can be spun into yarn and used to make hats, gloves, socks, blankets, rugs – and a whole array of other products. Come to this workshop to find out how a hat is created, from alpaca shearing, to fleece sorting and processing – right up until you have the hat that will keep your head toasty warm during Maine winters. Meet an alpaca (or two, because they get lonely if they don’t have a friend nearby), touch a newly sheared “fleece blanket”, see a spinning demonstration, and get a better understanding of how this unique product goes from alpaca to hat.

Animal Science Learning Lab Toolkit Exploration
Friday – session 4 – for teens and adults
Have you been wondering what the buzz is about all the 4-H Science Toolkits? Drop into this session and poke around the Animal Science Learning Lab toolkits. Maine 4-H has these toolkits available for horse, dairy, sheep, goat, and beef, and they are available for clubs to borrow. If you’re interested in learning more, but not able to join this session – reach out to Sarah Sparks (sarah.sparks@maine.edu), she’s happy to talk more about them.

Applique and Embroidery
Friday or – Saturday – session 2 – or Sunday – session 1 – for youth of all ages (limit of 5 youth per session)
4-Hers can choose what they would like to applique or embroider and learn age appropriate techniques to complete a project. If you have something specific you would like to embellish (like a shirt or a bag) bring it along – otherwise, fabric will be provided for your project.

ATV Safety & Education
Friday – sessions 1 and 2 or 3 and 4 – for youth ages 10 & up (limit of 14 youth per session)
This workshop will teach you how to properly operate and maintain an ATV. Participants will learn safety practices, how to be a responsible rider, and become familiar with laws. This course includes hands-on time with ATVs. This class does not provide certification.

Awesome Ag Inspired Toolkit for Leaders and SPIN Clubs!
Saturday – session 2 – for adults and youth ages 12 & up
Come learn about an awesome new 4-H Toolkit all about connecting agriculture to food production. Learn about the toolkit – how to use it – what’s in it – and much more!
Basic Bike Maintenance
Saturday – session 2 – for youth ages 12 & up (limit of 10 youth)
Join the Bicycle Coalition of Maine and learn the basics for maintaining your bike. This is for more advanced riders, ready to learn about safely riding the roads and trails. Learn some roadside, or trailside, repair basics. Take a ride around the fairgrounds to practice your skills. Participants should bring their bike and helmet with them to this workshop.

Basic Dog Obedience
Friday – session 1 or 2 or 3 or 4 – for youth ages 9 & up (limit of 6 youth per session)
Check out this fun new workshop for you and your canine best friend! We will cover basic dog obedience commands and different training methods. You will need to bring a waist belt type pouch, or something to store the treats in with quick easy access. Bring lots of small delectable treats, 6-foot leash (non-retractable), harnesses are ok if they attach in the front (harnesses that attach in the back are not recommended). Be sure to check the Dog Vaccination requirements.

Bike Safety and Instructional Ride
Saturday – session 1 – for youth ages 5-11 (limit of 20 youth)
Get to know the basics of your bicycle, learn about helmet and bike safety with the Bicycle Coalition of Maine. Take a ride around the fairgrounds to practice your skills. Participants should bring their bike and helmet with them to this workshop.

Blanket Relay Race
Saturday – session 4 – for youth of all ages (limit of 20 youth)
Blankets can do more than keep you warm; in this workshop, you'll use yours to have a relay race! If you have an old blanket you don't mind throwing away at the end of the day, bring it along with you.

Bridge Building Workshop
Saturday – session 1 or 2 or 3 or 4 – or Sunday – session 1 or 2 – for youth of all ages (limit of 25 youth per session)
This is your chance to be an engineer and test your design. In this workshop, you will build a bridge with the supplied materials, and then all bridges will be weight tested to check their durability.

Bug Mania!
Sunday – session 1 – for youth ages 5 – 11 (limit of 12 youth)
Explore the world of bugs! We'll go on a hunt, and using what we find, plus some awesome displays from the Maine State Museum collection, construct our own creepy-crawlers that could live at the fairgrounds.

Build Your Own Watershed
Friday – session 4 – for youth ages 9 & up (limit of 15 youth)
Discover what a watershed is, why they are so important, and build your own to see how well it works.

Building Bee Boxes
Friday – session 3 – for youth ages 9 – 11 (limit of 10 youth)
This session will give youth the opportunity to learn about important native pollinators like bees, and how to make a bee house you can take home with you! Sign up for the Seed Bomb workshop as well, and grow some plants that will invite pollinators to your back yard!

Butterfly Garden Seed Paper
Saturday – session 3 – for youth ages 9 & up (limit of 12 youth)
I'm sure you've heard that paper is made from trees - but did you know that you can make paper from other materials like old paper you have sitting around, and even things like seeds? In this workshop, we'll make paper with recycled materials and seeds so you can plant it at home and grow your own flowers and plants to feed the local butterflies!
**Campfire KAPOW!**
Saturday – session 4 – for all ages *(limit of 25 youth and volunteers)*
Come get ready and plan the campfire for Saturday night! If you want to help lead the campfire please come to the workshop – but if you want to learn some leadership skills through the workshop – you do not have to help lead the campfire!

**Capture the Stick**
Saturday – session 3 or Sunday – session 2 – for youth of all ages *(limit of 16 youth per session)*
Here is an opportunity to learn a Native American game that will help you get in tune with all of your senses – come prepared to play around outside near the woods!

**Cloverbud Tea Party**
Friday – session 2 or 3 – for youth ages 5 – 8 *(limit of 10 youth per session)*
We are going to have a dress up tea party for Cloverbud boys and girls. We will have cupcakes, iced tea, snow cones, and more! There will be a photo booth to take pictures with props. We hope to have a lot of fun and hope you can join us already dressed up, or choose from our dress up clothes!

**Code Your World**
Friday – session 1 or 4 – for youth of all ages *(limit of 15 youth per session)*
Have you ever wanted to give someone directions to a wacky dance? Now is your chance! Come have fun with computer science – without actually using a computer! We will learn and practice some basics that anyone who wants to design a computer program needs to understand. The highlight is sure to be the Code Your Dance challenge – that will get you moving and testing your coding skills!

**Cookie Decorating**
Friday or Sunday – session 1 – for youth ages 5 – 8 *(limit of 6 youth per session)*
Kids will be able to choose the shape of their two cookies, and they will be able to decorate their pre-made cookies with candy and icing. They will be able to decorate their cookies with some help if needed, and they will be given some ideas on what to do, or if they want to, they can decorate however they prefer to do so.

**Creating a Cute Coaster Set**
Friday or Saturday – session 1 – for youth ages 9 & up – or Saturday – session 3 – for youth ages 5 – 8 *(limit of 16 youth per session)*
Be ready to unleash your creativity! You'll learn how to make a work of art that you can use every day with regular items from around your house. These beautiful coasters are great to take home or give as a gift.

**Creative Problem Solving**
Friday – session 2 – for youth ages 12 & up *(limit of 10 youth)*
As a group, we will work through a problem-solving technique to find possible solutions to an issue that concerns youth.

**Creativity Area**
Friday – Saturday – Sunday – All Day – all ages welcome *(you don’t need to sign up for the Creativity Area ahead of time, just come by and check it out!)*
This year we'll be offering an unstructured arts and crafts experience on a drop-in basis - between workshops or when the crafting notion strikes your fancy. The area will have a variety of craft supplies on-hand for the creative spirit - youth AND adults – during workshop hours through the event. Although there will be a volunteer monitor at the area, it's up to you to come up with your own project based on the supplies available. If you have supplies to share - we're open to any new or recycled materials - please drop them off when you arrive at the fairgrounds and plan to pick up any leftovers before you leave. Or simply bring along your own project to work on while sitting and enjoying the company of other crafters in the tent (personal supply sharing not required). The area will be open based on volunteer monitor availability.

**Crochet 101**
Friday – session 3 or – Sunday – session 1 – for youth all ages *(limit of 6 youth per session)*
Are you interested in crocheting, and have never tried it, or maybe have learned one stitch, but would like to learn more? In this workshop, you'll learn the proper technique for four different crochet stitches, and open the door to a world of new projects!
Dig Your Hands into Composting with ScrapDogs  
Sunday – session 1 or 2 – for adults and youth of all ages (limit of 10 youth per session)  
Learn about the importance of composting in our world today, and how you can do it yourself! Dive into important skills like waste characterization studies (how to count what’s in the trash), compost recipe building, and more. Get ready to get your hands dirty!

Exploring Watersheds  
Friday – session 2 – for youth ages 9 & up (limit of 15 youth)  
Explore to find out what exactly a watershed is, and why they are so important.

Fairy Gardens  
Sunday – Session 1 – for youth ages 5 – 11 (limit of 6 youth)  
Time to make a lovely home for a magical creature! This youth-led workshop will involve making flowerpot size gardens for fairies. If you have a small (3”) fairy or gnome figure, bring it with you to make its new home. This workshop is intended to foster creativity and imagination.

Family Emergency Preparedness  
Friday – Session 1 or 2 or 3 or 4 – for adults and youth ages 12 & up (limit of 24 youth per session)  
Learn what you need to know and do to be prepared for a man-made or natural disaster in your community. This course will provide you with the knowledge and resources for your family to prepare, respond, and recover from disaster, and to help others.

Felting Soap  
Friday or Saturday – session 1 – for youth of all ages (limit of 10 youth per session)  
Learn how to felt soap with roving wool; participants will make their own unique bar to take home.

Fruit Battery  
Saturday – session 3 or 4 – for youth ages 9 & up (limit of 10 youth per session)  
Light up the fairgrounds with your own homemade fruit battery! This workshop will focus on the components that make a battery and will explore which fruits and vegetables can make the best batteries.

Fun Group Games  
Friday – session 2 – for youth ages 9+ (limit of 40 youth)  
Come play some fun group games outside! Do you love to play sharks and minnows or different tag games? Then this session is for you!

Fun Time & Running in the Fields  
Saturday – session 1 or 2 – for youth ages 9+  
This is a great chance to spend some time outside and really letting yourself go! You’ll have a chance to play some fun games and teambuilding activities – some might be familiar – others will be brand new to you!

Fun with Tie-Dye  
Saturday – session 1 – for youth ages 12 & up (limit of 8 youth)  
In this workshop, you’ll get to design and make your own tie-dyed t-shirt! Please bring along a plain white shirt, and wear clothes you don’t mind getting permanently stained – Tie-Dye is fun, and it’s MESSY!

Hop In: We’re Going on a Leadership Road Trip  
Saturday – session 2 or 3 or 4 – for youth ages 12 & up (limit of 15 youth per session)  
Buckle up! We’re going on a road trip to discover what kind of leader we are or want to be in the future! Teens in this session will find out what kind of driver they are, tune up their cars, interact with other drivers on the road, and program their GPS. Come discover your leadership strengths and reflect on yourself as a leader. Each person will leave with a 4-H and beyond leadership road trip plan and some fun activities/supplies to bring back to their 4-H club.
Introduction to Dairy Goats
Friday or Saturday – session 2 or 3 – or Sunday – session 2 – for youth of all ages (limit of 12 youth per session)
Did you know that worldwide more people drink goat’s milk than any other type of milk? It’s true! In this workshop you’ll learn about different breeds of dairy goats, what makes dairy goats special, and what you might need if you ever own them yourself. You’ll also get to touch and walk and play with our Groovy Goats!

Kindness Rocks
Saturday – session 1 – for youth of all ages (limit of 15 youth)
Let’s paint and write inspiring words on rocks. This is a nationwide project for all ages – sharing and connecting kindness back into our world.

Knitting 101
Saturday - session 3 or Sunday – session 2 – for youth of all ages (limit of 6 youth per session)
Learn to knit and get started on a project. If you have your own knitting needles, you may want to bring them.

Kokedama Time
Saturday – session 2 – for youth ages 12 & up (limit of 8 youth)
Make a Japanese kokedama to take home and hang in your window. A kokedama is a moss-covered ball of soil for growing plants.

“Let’s Jam!” with Maine Ag in the Classroom
Friday – session 2 or 3 or 4 – for youth of all ages (limit of 15 youth per session)
This hands-on session explores the ecology of food by processing Blueberry Jam. Learn roles in the food system, and how the jam ingredients go from a farm, to a factory, and then to a supermarket. Engage in conversation about farm workers’ rights and compensation for producing food. Join this FoodCorps lesson by taking on an important role in the processing of blueberry jam.

Make a Bug Repellent Salve
Friday – session 4 – for youth ages 9 & up (limit of 20 youth)
Learn how to make an herbal salve to repel insects and soothe insect bites (you’re covered either way!).

Mexican Tamales
Friday – session 2 – for youth ages 9 & up (limit of 8 youth)
You are invited to a 4-H Tamalada (tamale making party)! Learn to make this easy and very tasty Mexican dish. Tamales are generally gluten-free and can be made with or without meat. Make a note if you have a preference, or any dietary restrictions.

Minute to Win It
Friday – session 3 or – Saturday or Sunday – session 2 – for youth all ages (limit of 10 youth per session)
Try out this fun workshop based on the popular TV show. Come play Minute to Win It style games and explore the physics behind how they work.

Money Can Grow on Trees
Saturday – session 1 – for youth ages 12 & up (limit of 30 youth)
Come read to learn tree identification, what trees need to grow, how to harvest material sustainably, and their importance in the Maine economy.

Out of the Barn Crafts
Friday – session 2 or 3 – for youth ages 5 – 11 (limit of 15 youth per session)
Sign up for this workshop to learn how to craft some adorable farm animals like cows, pigs, and sheep!

Paracord Survival Bracelets
Saturday – session 2 or – Sunday – session 1 – for youth ages 9 & up (limit of 7 youth per session)
In this workshop, you will learn how to make and walk away with your very own paracord survival bracelet. You will learn the origin story of paracord, its important role in military history, and how it became a popular gear list item for outdoors people. You’ll also be able to see some of the practical uses for paracord.
Paint Time: Canvas and Rocks
Saturday – session 4 – for youth ages 12 & up (limit of 20 youth)
Paint time is a session for older 4-Hers to spend time painting and relaxing. For this session of Paint Time, we will be working on painting on canvas and rocks.

Paint Time: Glow in the Dark Turtles
Sunday – session 1 – for youth ages 12 & up (limit of 20 youth)
Paint time is a session for older 4-Hers to spend time painting and relaxing. For this session of Paint Time, you will be painting glow in the dark turtles.

Paint Time: Moonlight Pallet Painting
Friday – session 4 – for youth ages 12 & up (limit of 20 youth)
Paint time is a session for older 4-Hers to spend time painting and relaxing. For this session of Paint Time, you will be doing moonlight pallet painting.

Poultry: Housing and Care
Saturday – session 2 – for youth of all ages (limit of 15 youth)
Learn about proper housing, feeding, disease prevention, and Pullorum testing.

Poultry: Poultry Showing 101
Saturday – session 4 – for youth of all ages (if under age 10, must have a parent present) (limit of 10 youth)
Learn how to select a show bird, and how to prepare your birds for a show, and poultry showmanship. Each 4-Her will be provided their own bird for the class. If you choose to participate in this class, please be prepared to get wet and possibly dirty – this class is hands-on!

Poultry: Selecting the Right Bird
Saturday – session 1 – for youth of all ages (limit of 15 youth)
Learn about the various breeds of poultry including pigeons, chickens, ducks, and geese. Learn how to select poultry for show, egg production, or meat.

Poultry: Small Scale Egg Production
Saturday – session 3 – for youth of all ages (limit of 15 youth)
Learn how to start and egg business in Maine. From egg grading to marketing, we will cover it all.

The Power of Play
Saturday – session 1 or 2 – for adults and youth ages 12 & up (limit of 12 youth per session)
This workshop is for teens and adults interested in learning how team play and teamwork activities can be used in all kinds of group situations from ice breakers to conflict management. Activities will focus on items each UMaine Extension 4-H Office has in a teambuilding kit that is available for use.

Rockets to the Rescue
Friday – session 1 or 3; or Sunday – session 1 – for youth of all ages (limit of 12 youth per session)
Imagine: a storm has wiped out all communication and accessibility to a remote island, and it is up to you to design and build a rocket to deliver food and desperately needed supplies to the islanders. Can you get your rocket to the island successfully in time to save the inhabitants?

Salinity and Mystery Solutions
Sunday – session 1 or 2 – for youth ages 9 & up (limit of 10 youth)
Come learn about salinity through investigating mystery solutions!

Seed Bombs: Create a Tiny Pollinator Garden Anywhere!
Friday – session 2 – for youth ages 9 – 11 (limit of 10 youth)
Take this workshop and you'll not only learn about native pollinators (it's not just bees!), but make a "Seed Bomb" to create a tiny garden anywhere you'd please! Sign up for the Building Bee Boxes workshop as well, and make a little spot for your pollinators to call their own!

Sewing an Alphabet Pillow
Friday or Saturday – session 4 – for youth of all ages (limit of 6 youth per session)
Bring 1 yard of fabric to make a pillow with the initial of your first or last name.
Slime!
Friday – session 2 or 3 or 4 – for youth ages 5 – 11 (limit of 8 youth per session)
Make slime your way! We will play with various materials and create unique slime to take home. What’s even better – we will learn the science behind it!

Slimey! Gooey! Gross!
Saturday – session 1 or Sunday – session 2 – for youth ages 5 – 11 (limit of 6 youth per session)
Prepare to tap into your inner gross kid! In this workshop, we will create snot, make fake wounds, and explore different slime recipes! Be ready to get your hands dirty, because this workshop is going to be gooey and gross!

Soda Can Cars
Sunday – session 1 and 2 – for youth ages 12 & up (limit of 5 youth)
In these two sessions, you will be building your very own 1967 Chevy Camaro out of empty soda cans, a 9” Can-maro model! We will be using hot glue and super glue to construct these cars made out of household items. You must attend both parts of this two-session workshop.

Solar Boats
Saturday – session 1 or 3 – for youth ages 9 & up (limit of 12 youth per session)
Do you know how a solar panel collects energy from the sun, and how that energy can be used to power things? This is your chance to find out! You’ll learn the science of solar powers and how they can help us create a more sustainable future. You’ll have the chance to design and build a solar boat using a foam board, propeller, motor, and a small solar panel and then watch it sail!

Stickman Stories
Friday or Saturday – session 3 or Sunday – session 2 – for youth ages 9 & up (limit of 6 youth per session)
It's time to write and illustrate your own story! In this workshop, we’ll each write a one to two page story, and draw pictures for it Stickman style! I'll break down how to write a short story, and show you a few things to help with drawing stickman expressions and actions.

Straw Rockets
Saturday – session 1 or 2 or 3 – for youth of all ages (limit of 15 youth)
Come join us in making rockets out of straws! Count down….three…..two…..one…..Blast Off! How far will your rocket fly?

Talent Show Preparation and Practice
Saturday – session 4 – for adults and youth of ages 12 & up (limit of 50 participants)
Come and practice something you want to share for our talent show on Saturday evening! You do not have to perform at the talent show if you come to the workshop - but to perform in the talent show you need to attend the workshop! Music, skits, songs, dances, slime, your talent can be anything you can dream up!

Teen Facilitation Skills & Games
Friday or Saturday – session 3 – for youth of ages 12 & up (limit of 20 youth per session)
Are you a teen interested in having more leadership skills? Come learn about group facilitation with fun games and team building exercises.

Wet & Wild Relay Race
Friday – session 4 – for youth of all ages (limit of 20 youth)
Let’s cool off with a wet and wild relay race. If you don’t want to get wet – this is not the place for you!

What is Erosion?
Friday – session 4 – for youth ages 9 & up (limit of 15 youth)
Find out what erosion is and why it is so important to know about in Maine.
**Woodworking**  
Saturday – session 2 or session 4 – for youth ages 9 & up (*limit of 8 youth*)  
Come learn how to work with wood by building something cool to take home or give as a gift. You will learn how to use hand tools and electric sanders and screw guns, and get a brief history of the wood you are working with and how it was processed.

**Yoga for Fun!**  
Friday or Sunday – session 1 – for youth ages 5 – 11 (*limit of 20 youth per session*)  
Come and play with practicing yoga and learning animal poses and new ways to breathe. Be sure to bring along your water bottle and a yoga mat if you have one!

**Activities for Everyone**

**Thursday**  
**Welcome Gathering:** Come join us at 6:30 pm for an opening ceremony to start the Maine 4-H Days weekend! Meet Maine 4-H Days staff, learn important information, and go over the upcoming events!

**Friday - Sunday**  
**Maine 4-H Days Clothing Swap:** There will be a clothing swap running all weekend. Please bring along any gently used clothing that doesn’t fit your family any more, and exchange it for something that will! Please wash items ahead of time, and check for rips and stains! This event will run from Friday through Sunday morning. If you have any questions about this event, contact Sarah Sparks at sarah.sparks@maine.edu or 207.353.5550.

**Friday Evening**  
**Ice Cream Social:** Join up with your friends old and new and have some ice cream, this is a chance for everyone to get together and socialize during Maine 4-H Days. All are welcome!

**Biomimicry Presentation with Chewonki:** Join us as we explore the ways engineers have taken advantage of nature’s bright ideas through biomimicry, and meet some live animals that help us draw comparisons between human-made products and animal adaptations. As we look for creative solutions to future problems, perhaps we can find inspiration by observing nature in our own back yard.

**Saturday Evening**  
**Maine 4-H Days Gives Back to the Community:** This year we will again be having a fun volunteer opportunity for ALL ages on Saturday evening. We will begin at 6:00 pm with a welcome to all, followed immediately by a chance to make cards and origami creations to gift to veterans at Togus VA Medical Center. Don’t know how to make origami? Don’t worry! We will have instructional guides and volunteers ready to help you get your folding just right!

**Community Camp Fire:** Join us for good times, lots of laughter, and a little audience participation as we host our third annual camp “fire.” If you want to be a campfire leader, to play or lead songs, to help lead some campfire games, please sign up for Saturday, Session 4 Campfire KAPOW!

**Talent Show:** Please join us on Saturday evening at the stage for our first ever Maine 4-H Days Talent Show! The show is scheduled from 8:30 – 9:30 pm, with enough time for everyone to get back to their campsite before lights out. If you are interested in performing, or serving as the emcee, please sign up for the Talent Show Preparation workshop on Saturday – session 4 when registering. In order to perform you need to have attended the workshop. Performers need to be at least 12 years old and up, including adults – so come on mom and dad – it’s your turn to shine! The Talent Show is a direct result of requests from past participants – your voices made this happen! As this is the first time we’re trying this idea, please be gracious and communicate any feedback you have. Way to go, we’re having a talent show!

**Sunday Afternoon**  
**Closing Ceremony:** Please join us at the end of a wonderful weekend for some final words, a chance to win some prizes, and see Antonio the Great perform some magic!
Maine 4-H Days Volunteers Needed

We couldn’t put on this great event without your help, so a BIG thank you in advance! We expect that everyone will pitch in throughout the weekend to help make this event a success. We continue to be able to provide this weekend, at a low cost, when everyone helps out. We recommend that each family take a minimum one volunteer shift throughout the weekend. We would like to note that these roles are open to anyone ages 15 and up, so if you have a responsible young person please encourage them to volunteer with you! A volunteer orientation will be held each morning, in front of the registration office, during the event, immediately following the morning ceremony, and as needed throughout the event. Please indicate if you would be interested in more information prior to the event.

Benefits:
- The opportunity to work with youth and or adults providing positive support and growth experience.
- Volunteer development opportunities
- Opportunity to share your skills, talents and interests
- Brief orientation provided by University of Maine Cooperative Extension staff
- 4-H thank you gift
- Community Service/Citizenship opportunity

Volunteer Roles

**Bike Safety Team:** These volunteers will be providing safety check-ins for riding and daily orientations to ensure safety of adult and youth participants. Youth will only be attending one for the weekend, but folks arrive in at varying times. Need 1-2 volunteers every morning after the morning ceremony.

**Campfire Leaders and Faux Fire Setup** - Saturday evening after the service project. 3-4 volunteers needed to set up faux campfire approximately 1 hour before campfire. 6-10 campfire leaders needed also. If you are interested in participating/planning/playing, must attend the How to be a Campfire KAPOW workshop on Saturday.

**Clean Up:** Take down signs. Move tables and chairs. Clean fairgrounds. Collect Maine 4-H Days belongings and organize for storage. Load equipment/materials. Make a last check of the bathrooms. Clean up will take place on Sunday throughout the day and into the late afternoon/evening.

**Clothing Swap Area:** The clothing swap area is an unstructured area where families can pick up free, gently used clothing. Donations are welcome. Adult monitors are needed throughout the weekend to help keep clothing and books organized and available.

**Community Service Event Team Leader:** Help us prepare and get organized and set up Saturday afternoon as part of orientation for this role. Experience with folding origami is great, but absolutely not necessary. 15 volunteers needed.

**Compost Ambassador:** Checking on buckets in kitchens, and toters, keeping track of the levels of scraps, educating others about the Zero Waste program at Maine 4-H Days, and answer questions when people aren’t sure about whether items are compostable, recyclable, or trash.

**Creativity Area:** The creativity area is an unstructured arts and crafts experience open for drop-ins. We provide the project materials and space, but need adult monitors throughout the weekend. Monitors will help keep materials organized and available, while making sure participants are always safe, and encouraging creativity.

**Evaluation Station Monitor:** This volunteer(s) will be present at the new station set up for reflection about experiences at Maine 4-H Days. They will be present to answer questions about what to do, monitor markers and help little ones write as needed. Priority times are Friday, Session 4, Saturday, Session 4 and all day Sunday.

**First Aid:** Monitor health of campers during the event, and provide First Aid and documentation as appropriate. This volunteer role requires first aid and CPR certification. You must be a currently enrolled 4-H Volunteer.
Groundskeepers – **Daytime:** Deliver messages around the grounds. Ensure bathrooms are kept clean and supplied, trashcans aren’t overfilling, and grounds are being respected. Make sure bikers and skaters are wearing helmets and that they are buckled. Please also monitor that appropriate language is being used.

**Ice Cream Social:** Set up space for event. Create a nice atmosphere for a social gathering. Help serve food, delegate tasks to people willing to help. Clean up and make sure space is left how it was found.

**Lights Out Patrol:** Perfect for you if you are a night owl. Oversee the campgrounds to ensure rules are being followed and people are obeying the lights out. Also make sure noise levels are kept down.

**Office and Information:** Provide information to 4-H Days attendees. Give directions, updates on program changes, help connect people with someone who can help them better. A great way to learn more about Maine 4-H Days! Assist with check in at registration desk. Make announcements as necessary. Answer questions about workshops, check with the presenters if necessary. An organized and outgoing person would work well.

**Parking and Camping Assistant:** Help direct the flow of traffic during peak registration times. This will be primarily in the camping areas, helping to monitor the flow of traffic and direct drivers to the appropriate camping area.

**Participant Check-In Helper:** Assist with registration flow on Friday and Saturday mornings, helping organize the flow of participant check-in to get individuals through the registration process quickly. This will involve checking to ensure those entering office have paperwork complete before entering.

**Photographer:** Document the weekend and all events with photos and be willing to share back with the University of Maine.

**Pick-Up Truck needed** during the weekend. If you have an available pick-up to help move chairs and tables during the weekend, it would be very helpful. Anytime that you could help would be appreciated, it doesn’t necessarily need to be for whole weekend.

**Presenter Assistant:** Many of our enrichment workshop presenters have requested help during their workshops. Duties will be specific depending on workshop. We have a lot of workshops and many presenters have requested assistance. *This is a great role for teens!*

**Presenter Greeter:** Greet presenters and perhaps escort them to their area. Peak presenter greeter times are Friday & Saturday morning. This is a great role for teens!

**Rest Room Maintenance Committee:** One of the most important jobs on the fairgrounds is maintenance of the bathrooms. Help keep men’s and women’s bathrooms maintained, refill empty toilet paper, sweep stalls morning and afternoon, special care to showers after morning rush, unplug toilets as needed, wipe sinks and counters, refill hand soap, and make sure there are trash cans in each rest room.

**Set-Up:** Move tables and chairs around fairgrounds for workshop presenters. Put out trash barrels in locations given. Set-up will take place beginning on Thursday and go throughout the weekend.

**Signage:** Hang and distribute necessary signs. Clearly mark parking and camping areas as well as sections in workshop buildings. Signs or sign materials will be provided.

**Table Washers:** The tables used for Maine 4-H Days need to be washed initially before we use them, and also before we put them back. Therefore, we need 2-4 people willing on Thursday to wash tables before they are put out and then again on Sunday, before everyone packs up and heads home.

**Talent Show MC Volunteer:** Can you project your voice really well? Do you have a flair for the exciting and dramatic that you love to unleash?! Then this is the volunteer role for you! For our first ever Maine 4-H Days Talent Show we need an MC to be able to keep the order of the acts, welcome, and applaud the acts accordingly. If you’re interested please sign up and attend the Talent Show workshop on Saturday afternoon 2:30 - 4:00 pm.
Maine 4-H Days Registration Form

Important: Please check our website at: https://extension.umaine.edu/4h/maine-4h-days/ for updated schedules and other important information!

Name: ___________________________ Youth Age: _____
Phone: __________________________ Chaperone (or adult)’s Cell Phone: __________________________
Status: _____4-H Member _____4-H Leader _____Parent _____Sibling Other: __________________________
Address: __________________________
City & State: _________________________ Zip Code __________________________
Email Address: __________________________
Club Name: __________________________ County: __________________________
Chaperone (required): __________________________ Relationship: __________________________

I plan to participate in workshops on: _____ Friday _____ Saturday _____ Sunday

Cost: $7.00 per person, with a maximum fee of $20.00 per family prior to 8:00 am on July 1st; if you register after July 1st, the fees increase to $10.00/person, with a maximum of $25.00/family. Checks or money orders can be made out to the University of Maine – be sure to put Maine 4-H Days in the memo line, or you can pay online, information is available at https://extension.umaine.edu/4h/maine-4h-days/.

Sleeping: I need the following: _____camper space (no charge) _____tent space (no charge).
I plan to arrive on ____________ (day). You may not arrive before 2 pm on Thursday, July 18, 2019, and must sign in at the registration office upon arrival. The registration booth will open at 2:00 pm on Thursday, July 18, and open by 8:00 am on Friday, and each consecutive day. Campers & Tents must be off the fairgrounds by 5:00 pm on Sunday, July 21st.

Service Activity: _______ I will be participating in the Service Activity at 6:00 pm on Saturday night.

I will be participating in the following animal program track(s). Note: Some animal sessions are included in the Enrichment Activities – please complete the additional pages to sign up for workshops.

_____ Dairy Track & Show – Saturday, Sunday
_____ Poultry Track – Saturday
_____ Working Steer – Sunday

Volunteers:
We couldn’t put on this great event without your help, so a BIG thank you in advance! We expect that everyone will pitch in throughout the weekend to help make this event a success. We continue to be able to provide this weekend, at a low cost, when everyone helps out. We recommend that each family take a minimum one volunteer shift throughout the weekend. We would like to note that these roles are open to anyone ages 15 and up, so if you have a responsible young person please encourage them to volunteer with you! A volunteer orientation will be held each morning, in front of the registration office, during the event, immediately following the morning ceremony, as well as needed throughout the event. Please indicate if you would be interested in more information prior to the event.

REGISTRATION DEADLINE:  July 1, 2019 at 8:00 am - Participants who register before the July 1st deadline will be charged the early registration fee of $7.00/person, with a maximum of $20.00/family. If you register after July 1st, the fees increase to $10.00/person, with a maximum of $25.00/family.

Mail Completed Forms & Registration Fee to:
State 4-H Office
491 College Ave
Orono, ME  04473
**Enrichment Programs**

Please mark your 1st, 2nd, and 3rd choices for each session, on each day, in the correct column for your age group. Every effort will be made to get you into your 1st choice.

**Friday Enrichment Programs**

*Note: The Creativity Tent, Evaluation Station, and Clothing Swap will be running all day on Friday.*

<table>
<thead>
<tr>
<th>Session 1 – 9:00 am – 10:25 am</th>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Knitting – Four Needle Knitting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATV Safety &amp; Education (must do session 1 &amp; 2 – ages 10+)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Dog Obedience</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Code Your World</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookie Decorating</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creating a Cute Coaster Set</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Emergency Preparedness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Felting Soap</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rockets to the Rescue</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for Fun!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 2 – 10:30 am – 11:55 am</th>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Knitting – Circular Knitting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applique and Embroidery</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATV Safety &amp; Education (must do session 1 &amp; 2 – ages 10+)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Dog Obedience</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cloverbud Tea Party</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creative Problem Solving</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exploring Watersheds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Emergency Preparedness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fun Group Games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Dairy Goats</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Let’s Jam!&quot; with Maine Ag in the Classroom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mexican Tamales</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Out of the Barn Crafts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seed Bombs: Create a Tiny Pollinator Garden Anywhere</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slime!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 3 – 1:00 pm – 2:25 pm</th>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATV Safety &amp; Education (must do session 3 &amp; 4 – ages 10+)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Dog Obedience</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Build Your Own Watershed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building Bee Boxes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cloverbud Tea Party</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crochet 101</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Emergency Preparedness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Dairy Goats</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;Let’s Jam!&quot; with Maine Ag in the Classroom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minute to Win It</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Out of the Barn Crafts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rockets to the Rescue</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slime!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stickman Stories</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Facilitation Skills &amp; Games</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Session 4 – 2:30 pm – 4:00 pm

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Science Learning Lab Toolkit Exploration</td>
<td>5-8</td>
</tr>
<tr>
<td>ATV Safety &amp; Education (must do session 3 &amp; 4 – ages 10+)</td>
<td>9-11</td>
</tr>
<tr>
<td>Basic Dog Obedience</td>
<td>12 +</td>
</tr>
<tr>
<td>Code Your World</td>
<td></td>
</tr>
<tr>
<td>Family Emergency Preparedness</td>
<td></td>
</tr>
<tr>
<td>“Let’s Jam!” with Maine Ag in the Classroom</td>
<td></td>
</tr>
<tr>
<td>Make a Bug Repellent Salve</td>
<td></td>
</tr>
<tr>
<td>Paint Time: Moonlight Pallet Painting</td>
<td></td>
</tr>
<tr>
<td>Sew an Alphabet Pillow</td>
<td></td>
</tr>
<tr>
<td>Slime!</td>
<td></td>
</tr>
<tr>
<td>Wet &amp; Wild Relay Race</td>
<td></td>
</tr>
<tr>
<td>What is Erosion?</td>
<td></td>
</tr>
</tbody>
</table>

**Saturday Enrichment Programs**

*Note: The Creativity Tent, Evaluation Station, and Clothing Swap will be running all day on Saturday.*

### Session 1 – 9:00 am – 10:25 am

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Knitting – Four Needle Knitting</td>
<td>5-8</td>
</tr>
<tr>
<td>Bike Safety and Instructional Ride</td>
<td>9-11</td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td>12 +</td>
</tr>
<tr>
<td>Creating a Cute Coaster Set</td>
<td></td>
</tr>
<tr>
<td>Felting Soap</td>
<td></td>
</tr>
<tr>
<td>Fun Time &amp; Running in the Fields</td>
<td></td>
</tr>
<tr>
<td>Fun with Tie-Dye</td>
<td></td>
</tr>
<tr>
<td>Kindness Rocks</td>
<td></td>
</tr>
<tr>
<td>Money Can Grow on Trees</td>
<td></td>
</tr>
<tr>
<td>Poultry: Selecting the Right Bird</td>
<td></td>
</tr>
<tr>
<td>The Power of Play</td>
<td></td>
</tr>
<tr>
<td>Slimey! Gooey! Gross!</td>
<td></td>
</tr>
<tr>
<td>Solar Boats</td>
<td></td>
</tr>
<tr>
<td>Straw Rockets</td>
<td></td>
</tr>
</tbody>
</table>

### Session 2 – 10:30 am – 11:55 am

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Knitting – Circular Knitting</td>
<td>5-8</td>
</tr>
<tr>
<td>Applique and Embroidery</td>
<td>9-11</td>
</tr>
<tr>
<td>Awesome Ag Inspired Toolkit for Leaders and SPIN Clubs!</td>
<td>12 +</td>
</tr>
<tr>
<td>Basic Bike Maintenance</td>
<td></td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td></td>
</tr>
<tr>
<td>Fun Time &amp; Running in the Fields</td>
<td></td>
</tr>
<tr>
<td>Hop In: We’re Going on a Leadership Road Trip</td>
<td></td>
</tr>
<tr>
<td>Introduction to Dairy Goats</td>
<td></td>
</tr>
<tr>
<td>Kokedama Time</td>
<td></td>
</tr>
<tr>
<td>Minute to Win It</td>
<td></td>
</tr>
<tr>
<td>Paracord Survival Bracelets</td>
<td></td>
</tr>
<tr>
<td>Poultry: Housing and Care</td>
<td></td>
</tr>
<tr>
<td>The Power of Play</td>
<td></td>
</tr>
<tr>
<td>Straw Rockets</td>
<td></td>
</tr>
<tr>
<td>Woodworking</td>
<td></td>
</tr>
</tbody>
</table>
### Session 3 – 1:00 pm – 2:25 pm

<table>
<thead>
<tr>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpacas: Another Type of Farming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butterfly Garden Seed Paper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capture the Stick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creating a Cute Coaster Set</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Battery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hop In: We’re Going on a Leadership Road Trip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Dairy Goats</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting 101</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry: Small Scale Egg Production</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Solar Boats</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stickman Stories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straw Rockets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Facilitation Skills &amp; Games</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Session 4 – 2:30 pm – 4:00 pm

<table>
<thead>
<tr>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpacas: Another Type of Farming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blanket Relay Race</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Campfire KAPOW!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Battery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hop In: We’re Going on a Leadership Road Trip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paint Time: Canvas and Rocks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry: Poultry Showing 101 (if under 10, must have a parent present)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sew an Alphabet Pillow</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talent Show Preparation &amp; Practice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodworking</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Sunday Enrichment Programs

*Note: The Creativity Tent, Evaluation Station, and Clothing Swap will be running until noon on Sunday.

### Session 1 – 9:00 am – 10:25 am

<table>
<thead>
<tr>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applique and Embroidery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bug Mania!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cookie Decorating</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crochet 101</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dig Your Hands into Composting with ScrapDogs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fairy Gardens</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paracord Survival Bracelets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paint Time: Glow in the Dark Turtles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rockets to the Rescue</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salinity and Mystery Solutions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soda Can Cars (must do session 1 and 2)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for Fun!</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Session 2 – 10:30 am - Noon

<table>
<thead>
<tr>
<th>5-8</th>
<th>9-11</th>
<th>12+</th>
<th>VOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-Hers Just Wanna Have Fun</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bridge Building Workshop</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capture the Stick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dig Your Hands into Composting with ScrapDogs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Dairy Goats</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting 101</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minute to Win It</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salinity and Mystery Solutions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slimey! Gooey! Gross!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soda Can Cars (must do session 1 and 2)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stickman Stories</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Volunteer Sign Up

Please have one representative of each club/group sign up for a shift. Volunteers and teens – please indicate your 1st, 2nd & 3rd choices:

<table>
<thead>
<tr>
<th>Volunteer Role Description</th>
<th>Thursday PM</th>
<th>Friday AM</th>
<th>Friday PM</th>
<th>Saturday AM</th>
<th>Saturday PM</th>
<th>Sunday AM</th>
<th>Sunday PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Safety Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Campfire Leaders/Faux Fire</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clothing Swap</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Service Leader</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compost Ambassador</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creativity Area</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaluation Station</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Aid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Groundskeepers- Daytime</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice Cream Social</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lights Out Patrol</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office and Information</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parking &amp; Camping Assistant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Participant Check-In Traffic Flow</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Photographer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pick-up Truck Needed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Presenter Assistant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Presenter Greeter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restroom Maintenance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Set-Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Signage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Table Washers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talent Show MC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Published and distributed in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, by the University of Maine and the U.S. Department of Agriculture cooperating. Cooperative Extension and other agencies of the USDA provide equal opportunities in programs and employment. 05/19

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran’s status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, 207.581.1226.

If you are a person with a disability and need an accommodation to participate in this program, please call Sarah Sparks at (800) 287-1458 to discuss your needs. Receiving requests for accommodations at least 14 days before the program provides a reasonable amount of time to meet the request, however all requests will be considered.
Maine 4-H Days, July 18 - 21, 2019

Participant: Please read this form carefully, provide all requested information, and sign and date the bottom of this page.

Name: __________________________________________________________________________

last, first, middle initial

Mailing Address: ________________________________________________________________

Town, State, Zip: ___________________________________________________________________

Telephone: (_______) ______________________County____________________________________

Birth Date _______________________ Gender _______________________

Roommate preference (if applicable to this event) __________________, ____________________

As a participant in this program, I understand that I represent myself; my family; my county; Maine; and all Maine 4-H participants, volunteers and staff. By my actions, will 4-H be judged. Therefore, by my signature below, I agree to:

1. Participate fully in this program.
2. Follow all schedule times including curfew and wake-up hours; to be where assigned, when assigned.
3. Follow the Dress code established for this program/event.
4. Uphold the highest standards of behavior, manners and language.
5. Refrain from using alcoholic beverages, non-prescribed or illegal drugs, tobacco products, or fireworks.
6. Respect the rights of others at all times and make every attempt to include all participants in all activities.
7. Leave the facilities in the same condition or better than I found them when I arrived.
8. Support and follow all leadership and direction received from coordinators, chaperones and any other adult authority.
9. Respect the personal space and property of others in all settings including during overnight programs.
10. Seek assistance and support from adult chaperones on behalf of myself or others should a situation arise that warrants adult intervention or makes me feel uncomfortable.
11. It is the responsibility of the rider or the parent or guardian of the minor rider, to see to it that the headgear worn is properly fitted and in good condition.

I understand that if I break this agreement, I must accept the consequences of my actions, which might include a loss of privileges during this program, loss of 4-H privileges in the future, and/or immediate dismissal from this program as determined by county and/or state 4-H staff.

Signature: ________________________ Date:_____________________

Parental Statement – Please sign and date

My daughter/son/ward has my permission to attend this program. I have read and understand the statements they have agreed to above and support this agreement. I realize that I am personally responsible for my daughter/son/ward while they are attending this program. I understand and expect that should my daughter/son/ward break this agreement and the adult coordinators find it necessary to dismiss them from this program, that I am responsible for their transportation home.

Signature: ________________________ Date:_____________________
UNIVERSITY OF MAINE SYSTEM AND 4-H PHOTO RELEASE AGREEMENT

I, _____________________________, (name of person in photo) hereby grant and authorize the University of Maine System, acting through the University of Maine, (hereinafter UMS) and the 4-H Program (defined as 4-H Afterschool, National 4-H Council, 4-H Cooperative Extension System, USDA/NIFA, Maine 4-H Program, 4-H clubs and programs, etc.) its employees and agents to make use of, license or assign the use of, my image, appearance, likeness, voice and/or photograph, and other reproductions of any of these, in still photographs, videotapes, publications, audio, sound recordings, web sites, electronic and other media and/or motion pictures, (hereinafter all of which are included in the term “Material”) obtained during the current 4-H year (October-September) at 4-H-sponsored events, and to do so with or without mention of my name.

I understand and agree that I am to receive no compensation of any kind, monetary or otherwise, on account of or arising from the production, publication, recording, rebroadcasting, or other use of such Material.

UMS shall have complete ownership of the Material produced or published and shall have the exclusive right and license to make such use of that Material as it wishes, including, but not limited to the right of performance, display, reproduction and distribution in all media, and the right to create, perform, display and distribute derivative works of the Material.

I agree to indemnify and hold UMS, the University, its employees and agents, harmless from and against any and all claims, damages, lawsuits, judgments, and expenses, including reasonable attorneys’ fees that UMS may become liable to pay or defend arising out of or caused by any matter or material furnished or spoken by me in connection with my appearance.

I hereby release UMS, its employees and agents from all expenses, claims and liabilities incurred by me arising out of or in connection with my appearance and/or the use of the Material, except to the extent that those expenses, claims or liabilities are the direct result of the negligent acts or omissions of UMS, the University, its employees or agents.

This agreement shall be governed and construed according to the laws of the State of Maine.

NOTE: If under 18, must be signed by parent or guardian on last line below.

________________________________________________________________________
DATE SIGNATURE OF PERSON IN PHOTO PLEASE PRINT NAME
ADDRESS PHONE NUMBER

SIGNATURE OF PARENT OR GUARDIAN (if applicable)
Maine 4-H Health Form

Name: Last __________________ First __________________ MI ______ Preferred ________________

Home Address: ________________________________________________________________

Birth Date __________________________ Gender __________________ Custodial parent(s) or guardian(s) (if under 18):

Name __________________________ Phone: Home _______ Cell _______ Work _______

Name __________________________ Phone: Home _______ Cell _______ Work _______

Home address (if different from above) _____________________________________________

If you are not available in an emergency whom should we notify?

Name __________________________ Relationship __________________

Phone: Home ___________________ Cell________________________ Work ______________

Address __________________________________________

Insurance Information
Is this person covered by family medical and hospital insurance? Yes ____ No ____
If so, provide carrier and plan name ___________________________ Group # _____________

Health History
The information provided here by the parent, guardian, or adult participant is intended to provide UMaine 4-H health care personnel with the background needed to provide appropriate care, and the program personnel with the information needed to provide a safe, healthy, and appropriate 4-H experience. Any changes to this information should be shared with 4-H staff. This information will not be used to exclude a participant from participation unless the participant cannot perform program requirements with or without a reasonable accommodation, or is determined to be a direct threat to the health or safety of others.

Allergies
1. Is this person allergic to any food, medication, or other substance? Yes ____ No ____
   If yes, please list all allergens and describe your child's reaction to them:

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

2. Has this person ever had any unusual reaction to an insect bite or bee sting? Yes ____ No ____
   If yes, please explain:

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

Medications
1. Does this person currently take a prescribed medication or treatment (Including over-the-counter and homeopathic remedies)? Yes ____ No ____ if yes, please complete the Medications section of this form.
2. Does this person self-administer any medication, such as an inhaler, or carry an Epipen or Anakit?
   Yes ____ No ____

continued on back of form
Please list ALL medications (including over-the-counter medications and homeopathic remedies) taken routinely. Bring enough medication to last the entire program. ALL items should be in their original packaging, bottle, or container that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage, and the frequency of administration. Attach additional pages if needed.

<table>
<thead>
<tr>
<th>Medication #1</th>
<th>Dosage</th>
<th>Specific times taken</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reason for taking

<table>
<thead>
<tr>
<th>Medication #2</th>
<th>Dosage</th>
<th>Specific times taken</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reason for taking

Dietary Restrictions - Please check all that apply

- [ ] Does not eat red meat
- [ ] Does not eat pork
- [ ] Does not eat eggs
- [ ] Does not eat poultry
- [ ] Does not eat seafood
- [ ] Does not eat dairy products
- [ ] Does not eat gluten
- [ ] Other (please describe)

Disabilities or Physical Restrictions: Please describe any disabilities or physical restrictions for this person of which you want us to be aware, and any reasonable adaptations or accommodations requested:

Any person who needs accommodations for the program should contact the appropriate UMaine 4-H staff to discuss their needs, preferably at least 21 days in advance.

Please use this space to provide any additional information about this person's behavior and physical, emotional, or mental health (such as bedwetting, toilet issues, and sleepwalking) that UMaine 4-H staff members should be aware of to provide a safe, healthy, and appropriate experience.

Parent or Guardian Authorization: This health history is correct and complete as far as I know. The person herein described has permission to engage in all program activities except as noted in this Health History. I hereby give permission to UMaine 4-H to provide routine health care, administer prescribed or other medications, and seek emergency medical treatment including ordering x-rays or routine tests. I give permission to UMaine staff to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission for the physician selected by UMaine staff to secure and administer treatment, including hospitalization, for my child. This completed form may be photocopied for trips.

Parent, Guardian or Adult Participant Signature ____________________________ Date __________________

I also understand and agree to abide by any restriction placed on my participation in program activities by medical personnel.

Minor or Adult Participant Signature* ____________________________ Date __________________

*if you cannot sign this for religious reasons, contact UMaine 4-H for a legal waiver that must be signed to allow attendance.
University of Maine Release and Assumption of Risk

I, _____________________ of, __________________________________________
(Parent/Guardian Name) (Address)
acknowledge, declare and agree as follows:

1. That I have voluntarily agreed to allow ____________________ (name of child) in the Maine 4-H Days from July 18, 2019 to July 21, 2019 and in consideration of my child being permitted to participate in the Program, do voluntarily execute this "Release and Assumption of Risk" on behalf of myself, my heirs and next-of-kin. My personal representatives and my estate.

2. That I have been fully informed of the nature, scope and demands of the Program, and understand that the Program may include activities which could be dangerous to my child and other participants and which could cause property damage, bodily injury and/or death.
* See below for specific risks and dangers of the Program

3. That the University of Maine System and its University of Maine Cooperative Extension (hereinafter referred to as the “University”) has informed me that there may be dangers and hazards inherent to my child as a result of participating in the Program because of the activities and travel involved, and that I personally recognize and appreciate that such dangers and hazards exist for my child. I accept and assume full responsibility for all harm and injury, of every nature, including death, which may occur to my child or which s/he may suffer or cause to others, and for all damages or loss to any personal property owned by me or damaged by my child or my animal while my child is participating in the Program and during all travel and transportation, and, in furtherance thereof, I agree to indemnify, hold harmless and release the University, its Trustees, faculty, employees, volunteers and agents, from and against any and all claims, demands, actions or causes of action, on account of damage or loss to my personal property, my child’s injury or death, or the bodily injury, death or damage to personal property of others caused by my child or animal , which may occur or result directly or indirectly from my child’s participation in the Program and not as a direct result of any negligent act of the University, its Trustees, faculty, employees, volunteers or agents.

I declare that __________________ (name of child) is able to physically withstand and cope with the indicated rigors of the Program with or without a reasonable accommodation. In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, 207.581.1226.

The University provides reasonable accommodations to qualified individuals with disabilities upon request. Any person with a disability who needs accommodations for this program should contact Sarah Sparks to discuss their needs at least 14 days in advance.
4. This “Release and Assumption of Risk” shall be construed and interpreted pursuant to the laws of the State of Maine, and if any portion thereof is held invalid, void, unenforceable or illegal, the reminder shall continue in full force and effect.

I declare that I completely understand and have fully informed myself of the terms and conditions of the release and assumption of risk by having read it, or having it read to me, before signing and I intend to be fully bound thereby.

I, ______________________________, the parent or legal guardian of ______________________________, agree in consideration of my child being permitted to participate in the Program, to be bound by the terms of this “Release and Assumption of Risk” and hereby indemnify, hold harmless and release the University, its Trustees, faculty, employees, volunteers and agents, in the same manner and with the same force and effect as set forth in section 3 above with regard to my child participating in the Program.

_____________________________ date
Parent or Guardian Signature
(if participant is under age of 18 years)

I (child participant) understand that attendance in Maine 4-H Days is not without risk to myself, members of my family, my guests who may attend, or my animal. I declare that I completely understand the Assumption of Risk” by having read it, or having it read to me, Assented and agreed to on this _____ day of ______________, 20__.

_____________________________
Signature of Participant

*Such dangers, hazards and risks of this activity may include, but are not limited to, injuries inflicted by the following:

Exposure to elements such as severe weather, heat, cold, sun, and biting insects.
Falls from all terrain vehicles, bicycles, skateboards, scooters or other personal transportation devices.
Fall hazards due to varied terrain
Utilizing tools (stove, drill, glue gun, hammer, exposure to hot surfaces, splinters in wood working, etc.) in enrichment workshops.

Revised 05/19
Maine 4-H Days Bike/Skate Registration Form

All bikes and skates on the grounds must be registered. This applies to any other items on wheels that are powered by foot (ex. scooters, skateboards). The office must have a copy of this form. Thank you.

Name of Biker/Skater:
___________________________________________________________________

Name of Adult overseeing Biker/Skater for the weekend:
___________________________________________________________________

Cell phone number for adult overseeing: (_______) __________________________

Please indicate:
Bike: ___________________ Skates: _______________ Skateboard: ____________

Office use only:
1st Warning date: _______________________________________________________
Reported by: ___________________________________________________________
Handled by: Staff (name) _______________________________________________
Infraction was for: ______________________________________________________
Date for second offense and privileges were taken away _______________________
Staff who revoked privileges _____________________________________________
Camper/Tent/Spot Tag

Name

Maine 4-H Days

(Please Display on Unit/Sport)