2018 MAINE 4-H DAYS

JULY 20 – 22, 2018

Windsor Fairgrounds, Windsor

Excitement – New Friends – Good Times
Fun – Good Laughs – Learning

http://umaine.edu/4h/youth/4-h-events/maine-4-h-days/

REGISTRATION DEADLINE: June 29, 2018 at 8:00 am- Participants who register before the June 29th deadline will be charged the early registration fee of $7.00/person, with a maximum of $20.00/family. If you register after June 29th, the fees increase to $10.00/person, with a maximum of $25.00/family.

Paper Registration: mail forms and check or money order to:
State 4-H Office
5741 Libby Hall, Room 103B
University of Maine
Orono, ME 04469-5741

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.

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 use a separate form 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 June 29, 2018. 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 [http://umaine.edu/4h/youth/4-h-events/](http://umaine.edu/4h/youth/4-h-events/). If you need to pay at the event, keep in mind that no cash will be accepted.
- 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 11th – 15th.
- Persons with special needs accommodations should contact Sarah Sparks at 1-800-287-1458 at least 14 days prior to the event.
- **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. If you are signing up for the horse track – you must submit the additional **Horse Track Registration Form**, which is included in this packet.
- **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 Saturday, 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 horse program will camp in the horse barn area where they usually park their campers.
  - 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 the log cabin. There is a walk in gate right beside the log cabin/chicken barn area. There will be signs directing you to this area.
  - No campfires will be allowed on the fairgrounds.
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 Saturday 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 a food booth in the Horse area, menu and pricing information will be available closer to the event.

Please return your signed Permission / Photo Release, Health Form, and Assumption of Risk Form with mail-in registration. 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.

Bicycles & Skates – UPDATED – 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. 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. We feel like behavior for riders were very respectful last year. Attending only one meeting is needed at this time. If behavior changes toward the negative, we may need to review the frequency of meetings.
  - 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 our bike 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. Also, you can
use www.mapquest.com or 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: http://umaine.edu/4h/youth/4-h-events/maine-4-h-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. If you are signing up for the horse track – you must submit the additional Horse Track Registration Form, which is included in this packet.

Horse  (Friday, Saturday, Sunday)
The horse track is a foundational horsemanship program that provides an educational group experience for 4-H members of all abilities (ages 5-18) in a safe and fun environment. Current 4-H members ages 5 to 18 are encouraged to come with their horses or horseless; each will be sure to gain horse knowledge for their project. There will be a Cloverbud track offered as well as lead line classes. If your Cloverbud intends on entering lead line classes he/she needs to have a VOLT trained assistant with horse experience ready to lead the horse and rider in their assigned classes.

Horses may arrive any time after 2:00 pm on Thursday and are checked out Sunday.

Schedule: subject to change
Riders are expected to supply their own mount. The following levels of riding clinics will be offered:
    Cloverbud (lead line), Walk/Trot, Walk/Trot & Beginner Canter, Walk/Trot/Controlled Canter

Thursday  Check in, register at Main office for weekend event, assessment ride
Friday    Ground work, mounted and unmounted lessons
Saturday  Mounted lesson, unmounted clinics, community service event
Sunday    Mounted & unmounted clinics to 12:00 pm

Rules:
• **DO NOT unload animals until** vaccination records have been checked by Cathy Thomas or Liz Heath.
• Approved helmets are required while around horses and handling.
• Riding boot with at least ½" heel required.
• Dress appropriately for riding session (no spaghetti strap shirts or shorts).
• When riding during free ride, rider shall have responsible adult at ring side.

Forms required with registration:
• Current Vaccination Records to include: Rabies, Neg. Coggins, EVH1 (rhino), Influenza
• See the horse rabies vaccination statement included below.

Stall Management: Tie stalls (not box stalls) are available at Windsor Fairgrounds.
• Please bring and install a "butt board." This could be chain, rope, or a 2"x 4"x 8' board, anything that will secure the horse in the stall whether the head is tied or not. In the past we have used chain covered with PVC pipe, double ended spans and eye hooks. Also 2"x 4" boards with double ended spans and eye bolts. For easy installation bring: cordless screw gun, hammer, large screwdriver, 4 eye bolts, and double ended snaps (2 per rope/board/chain). We are not guaranteed use of the sheep/goat panels; if there are any left over from the sheep/goat track for horse use, please be prepared to bring three large eye hooks, chain (a chain lead works) and double ended snap to hang the panel.
• Bring your own bedding, sawdust will NOT be provided.
• Bring a water hose, it is handy for watering install and hosing down hot horses.
• **All stalls must be RAKED out and manure disposed of in the manure pit BEFORE leaving the grounds for the weekend.** Please come prepared with wheelbarrow/muck bucket, forks, & rake.

**GROUND**s:
• Windsor Fair graciously allows us to use the fairgrounds, we ask, as leaders, volunteers and members to uphold the 4-H standards at all times. **Leave it better then you found it.**
• Please be prepared to offer a hand when asked to help with maintaining the area.

**Sheep**  (Saturday)
Eastern States 4-H Sheep team members will be preparing for competition. Subjects covered will be skillathon, blocking of sheep, and preparation of the display for the Maine team.

**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.
- **Saturday**
  - 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 2018 Dairy Packet when it is available at: [http://umaine.edu/4h/youth/4-h-projects/animal-science-resources/dairy/](http://umaine.edu/4h/youth/4-h-projects/animal-science-resources/dairy/).

**Working Steer**  (Sunday)
This is a show that working steer youth will be competing in to show their project’s progress while trying out for the Big E. The show will start at 10:00 am on Sunday, participating youth need to bring approval forms and proof of insurance; all participants in the show must register for Maine 4-H Days.

**2018 Maine 4-H Days Rabies Statement**

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 which do not have an approved rabies vaccine (goats for example) are strongly encouraged to discuss rabies vaccination with their veterinarian and follow their recommendations.

More information about rabies prevention can be found at http://www.mainepublichealth.gov/rabies.

2018 Maine 4-H Horse Vaccination Statement
4-Hers attending Maine 4-H Days with their horses must provide proof of current, annual vaccination of these horses for rabies, EHV-1 and Equine Influenza, as well as a current negative Coggins test done by a veterinarian. Horse owners may administer their own EHV-1 and Equine Influenza inoculations and a sales receipt with a written record of the date the vaccine was administered will be sufficient evidence for proof of vaccination. EHV-1 and Equine Influenza vaccines are considered effective for six months. Plan the timing of your inoculations by consulting with your local veterinarian to maintain optimal equine health during the fair season. We do not require vaccination for the following diseases, but strongly suggest you consult with your local veterinarian about getting your horse vaccinated for tetanus, EEE, Potomac Horse Fever, WNV and Lyme disease.

NOTE: 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.

2018 Maine 4-H Days DOG Vaccination Statement
If you are bringing your dog to participate in any dog workshops, you must the fill out the Maine 4-H Proof of Vaccinations for Dogs form found at https://extension.umaine.edu/4h/youth/4-h-projects/animal-science-resources/dog/dog-camp/. Please note that this form verifies that your dog has been vaccinated for Rabies (by a licensed veterinarian), Distemper and Parvovirus. Primary vaccination must be followed by appropriate boosters (exact schedule varies dependent on vaccine used; in general initial vaccination should be boosted 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
Friday – session 4 – 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.

Aquaculture: Dissolved Oxygen
Saturday – session 3 – for youth ages 12 & up (limit of 12 youth)
Do fish breathe? Does seaweed? Learn about dissolved oxygen and use the Enviroscape model to learn how Dead Zones form.

Aquaculture: pH
Friday – session 4 – for youth ages 12 & up (limit of 12 youth)
What is pH? How does it impact aquatic life? Try to build a seashell and test the pH of mystery samples. You can even bring in samples of water from home and test the pH!

Aquaculture: Polycultures
Saturday – session 4 or Sunday – session 2 – for youth ages 9 & up (limit of 12 youth per session)
Why would you grow more than one species? Play a game where you try to create the best combination of species into one awesome example!

Aquaculture: Turbidity
Friday – session 2 – for youth ages 12 & up (limit of 12 youth)
What is turbidity? Here is your chance to learn one of the key factors tested for in water quality, and find out how it impacts aquatic life. You’ll have the opportunity to create your own shore bank model to see how turbidity changes. Optional: bring a sample of water from home to test!

Archery
Friday – session 3 or 4 – or – Saturday – session 1 or 2 – for youth ages 9 & up (limit of 12 youth per session)
Learn the FUNdamentals of safe shooting and archery skills. Archery is a sport that anyone can participate in. Come join our 4-H Shooting Sports instructors for an introduction to archery. Learn how to shoot safely, hit your target, and take home a new skill set in an activity that will last a lifetime.

ATV Safety & Education
Friday – session 2 or 3 – 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.

Balm Making
Saturday – session 2 – for youth ages 12 & up (limit of 10 youth)
Learn how to infuse oils and then use them to make an all-purpose balm.

The Basics of Sushi
Saturday – session 2 or 4 – for youth ages 12 & up (limit of 8 youth per session)
Making sushi rolls at home is not difficult and is a lot of fun! In this workshop you will learn how to prepare sushi rice, cut the ingredients, and most importantly…. How to make a sushi roll! While making sushi rolls you will also get to learn a little about the history and current popularity of sushi. *Please inform us if you have any allergies to shellfish, peanuts, etc.

Be a Tooth Sleuth
Saturday – session 1 or 3 – for youth ages 9 & up (limit of 15 youth per session)
Explore the diets of native Maine animals and learn about how teeth can tell you about an animal's diet and habitat!

**Big Tracks, Little Tracks**  
Friday – session 1 or 3 – for youth of all ages (*limit of 15 youth per session*)  
Get to know the wildlife in your own backyard by exploring animal tracks with us. Maine is home to a variety of interesting animals that leave behind all sorts of interesting signs of their visits.

**Bike Safety**  
Saturday – session 1 – for youth ages 5-11 (*limit of 15 youth per session*)  
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.

**Blacksmithing**  
Friday or Saturday – session 1 or 2 or 3 or 4 – for youth ages 12 & up (*limit of 4 youth per session*)  
Here is your opportunity to meet a real blacksmith and learn the tricks and tools of the trade. Be sure to wear long pants, and closed-toed shoes, and tie long hair back so you can have a chance to try it out!

**Campfire KAPOW!**  
Saturday – session 4 – for all ages (*limit of 40 youth and volunteers*)  
Come join us as we prepare skits, songs, games and more for our closing campfire!

**Campfire Music**  
Friday or Saturday – session 1 – for youth ages 5 – 8 (*limit of 20 youth per session*)  
Campfire music will teach you lots of silly, traditional, and sweet songs to sing while sitting around the fire. We will also create homemade instruments and learn some fun percussion rhythms to add to our singing!

**Caring for your Bicycle**  
Saturday – session 2 – for youth ages 9+ (*limit of 10 youth per session*)  
Join the Bicycle Coalition of Maine and learn the basics for maintaining your bike. This is for more advance riders, ready to learn about safely riding the roads and trails. Learn some roadside, or trail side, repair basics. Take a ride around the fairgrounds to practice your skills. Participants should bring their bike and helmet with them to this workshop.

**Cloverbud Tea Party**  
Saturday – 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!

**Cookie Decorating**  
Friday – 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.

**CPR Training**  
Friday – session 2 – for youth ages 9 & up  
Join a 4-H Alum and first responder to learn the appropriate way to respond in a life-threatening situation where someone needs assistance breathing or is in cardiac arrest. Participants in this workshop will receive training in CPR. This session will be a blend of lecture, videos, and lots of hands-on practice with mannequins.

**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 this 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.

**Crocheting**
Friday or Sunday – session 2 – for youth all ages *(limit of 10 youth per session)*
Learn to crochet and go away with a start of a project, like a scarf or a bean bag. If you have a crochet hook, please bring it.

**Cupcake Decorating**
Friday – session 3 – for youth ages 9-12 *(limit of 8 youth per session)*
Let's have some fun by decorating some cupcakes with icing and fondant! Each person will be given two pre-made cupcakes to decorate. We will also be giving a quick lesson on how to use fondant while decorating by letting each kid experience using and molding it. They will be given some ideas on what to do, or they can be creative and do whatever they feel like doing.

**Don't Get Ticked!**
Friday – session 1 or 2 – for youth all ages
Sharing outdoor adventures with ticks and other biting critters is nobody's idea of fun. Learn about ticks that can make us sick and how to *not* 'get ticked' in this game - and activity- filled workshop.

**Edible Science – Fun with Liquid Nitrogen and Seaweed**
Friday – Session 3 – for youth ages 9 & up *(limit of 15 youth per session)*
Make ice cream and explore the physical properties of balloons, foods and flowers at -321°F (-196°C). We will also explore the properties of seaweed emulsifiers in making ice cream. 4-Hers should wear shoes that cover their toes (not flip flops or sandals).

**Elemental Leadership: Drawing Inspiration from the Natural World**
Saturday – Session 2 or 3 or 4 – for youth ages 12 & up *(limit of 20 youth per session)*
Discover how the elements of Earth, Air, Fire, Water, and Spirit can inspire your leadership skills. Join other young leaders in energizing and reflective activities drawing inspiration from the natural world.

**Exploration of an Owl’s Diet**
Sunday – session 1 or 2 – for youth of all ages *(limit of 12 youth per session)*
How do you know what an owl had for dinner yesterday? The easiest way to find out is to dissect an owl pellet, which is made up of the undigested parts of their food, and can have fur, bones, insects, claws, teeth, and more. Piece together the clues inside your owl pellet to figure out what was on your owl’s menu. Cloverbuds will need an adult helper to attend with them.

**Exploring Arthropods (“Bugs”)**
Friday – session 1 or 2 – for youth ages 9+ *(limit of 30 youth per session)*
Arthropods are the most successful group of animals on Earth, yet many of us barely know anything about them. Come learn more and see (and touch a few) of some of these amazing animals.

**Farm Biosecurity and Animal Health Stewardship Training**
Saturday – session 1 or 2 – for youth ages 9+ *(limit of 20 youth per session)*
Join us for a fun, interactive training on animal science and zoonotic disease prevention on the farm! You’ll learn how to keep your animals and all the visitors to your farm or show healthy through hands-on activities that show the best ways to prevent diseases from moving between animals and between animals and people. Participation in this session may be used in your vet science/animal projects for 4-H.
Find Yourself in the News
Saturday – session 3 – for youth ages 9 & up (limit of 12 youth)
What’s black and white and read all over? The material we’ll be using for your self-portraits! In this workshop, we’ll use old newspaper text to represent the light and shadows while we make our self-portraits.

First Aid Training
Friday – session 1 – for youth ages 9 & up
Be prepared to respond in an emergency with basic first aid training. Join a 4-H alum and first responder to learn the basics of first aid. This session will be a blend of lecture, videos, and lots of hands-on practice.

Food Preservation
Saturday – sessions 1 and 2 or 3 and 4 – for youth ages 12 & up (limit of 6 youth per session)
This will be a two session workshop, it will cover why we preserve food, detail instructions on hot water bath canning. We will make a batch of delicious jam from start to finish. Participants will take home a jar of jam after they are completely cooled.

Fun with Tie-Dye
Friday – session 3 or 4 – for youth ages 9 & up (limit of 8 youth per session)
In this workshop we will be learning how to Tie-Dye. 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!

Garden Tiles
Saturday – session 1 – for youth ages 5-8 (limit of 10 youth per session)
Decorate your own tiles to bring home and add some color and fun to your garden!

The Goat Spot
Ongoing through the event, youth and adults are welcome.
Groovy Grunders’ Farm invites kids and adults to visit with our dairy goats; participants can bottle feed babies, take goats on a walk, help with farm chores, and even milk a goat. Come and learn why we love dairy goats! We’ll be open all day with posted schedule at the office, and in the barn.

Healthy You, Healthy Relationships
Saturday – session 1 – for youth ages 12 & up (limit of 25 youth)
Healthy Living Summit 4-H’ers present games and activities that build you up, connects you to others, and talk about the good, the bad, and the ugly of teen relationships. Attend this workshop to learn more about this national trip, and how we are hoping to build a network of teens across Maine to work on Healthy Living projects.

Introduction to Aquaculture
Friday, Saturday, or Sunday – session 1 – for youth ages 9 & up (limit of 12 youth per session)
Learn what aquaculture is, how seafood compares to land food, and experience the Tragedy of the Commons. You’ll get some hands-on experience while learning.

Introduction to Dairy Goats
Friday or Saturday or Sunday – session 1 – for youth of all ages
Come join us for a relaxed time of learning about Dairy Goats. We’ll learn about breeds, basic health care, what you need before you own goats, and more! You can pet the goats and play with them too!

Intro to Drawing
Friday or Sunday – session 2 – for youth of all ages (limit of 8 youth per session)
An introductory drawing workshop, introducing the five elements of shape. You will have the chance to try out two fun activities that use all the elements.

Introduction to Engineering
Friday – session 1 or 2 – for youth ages 9 & up (limit of 10 youth per session)
Learn how to solve a technical problem using basic arts and crafts materials. Participants will build and test a structure with this real life engineer.

**Introduction to Self Defense**
Friday – session 3 – for youth ages 9 & up *(limit of 10 youth)*
This is a great opportunity to learn how to avoid conflict, and in the case that you’re not able to, learn some basic self-defense techniques.

**Juice Fest!**
Friday or Saturday – session 2 or 3 or 4 – for youth of all ages *(limit of 8 youth per session)*
We will talk about the health benefits of juicing fruits and vegetables, and we will make and try some juices of our own! Be sure to let us know if you have any food allergies before attending this workshop!

**Knitting**
Friday - session 4 or Sunday – session 1 – for youth of all ages *(limit of 10 youth per session)*
Learn to knit and go away with a project, like a scarf or bean bag. If you have your own knitting needles, you may want to bring them.

**Let’s Make a Sit-Upon to Sit Upon!**
Friday or Saturday – session 3 or Sunday – session 2 – for youth of all ages, helpers with Cloverbuds *(limit of 12 youth per session)*
Join us in the Groovy Goat Barn to make a very groovy sit-upon from recycled grain bags, newspaper, and baling twine. Then you can use these waterproof mats to “sit upon” at campfires and outdoor events!

**Let’s Make Slime!**
Friday or Saturday – session 3 or session 4 – for youth ages 5-12 *(limit of 6 youth per session)*
Do you like playing with slime? Seeing how different materials mix together? Join in this hands-on session and explore several different ways to make slime.

**Lost but Found**
Friday – session 3 – for youth of all ages
Would you know what to do if you got lost? This workshop will teach you some practical tips on the best way to make sure you’ll be found.

**Magician’s Laboratory**
Friday – session 1 or session 4 or Sunday – session 2 – for youth ages 5-11 *(limit of 12 youth per session)*
Join this fun session to build your own wand. Learn some “magic” tricks and the science behind them. Young magicians will test out invisible ink, dancing raisins, awesome bubbles and more!

**Maine Hydroponics Project**
Friday or Saturday – session 2 – for youth ages 9 & up *(limit of 25 youth per session)*
Come and learn about hydroponics and growing with the youth from the National Agri-Science Summit. You will learn the basics of plant growth, hydroponic methods, and take home your very own personal setup!

**Mainely Physics: P.S.I**
From Noon Friday until Noon Sunday – for all ages *(you don’t need to sign up for the Physics Roadshow ahead of time, just come by and check it out!)*
Mainely Physics is the University of Maine Department of Physics and Astronomy’s outreach program. Saturday and Sunday, demonstrator David Sturm will share a hands-on collection of experiments and demonstrations with you. Our belief is that science is something all can put their head to. Mainely Physics P.S.I. (Physics Scene Investigation) includes experiments that are good healthy fun! Topics are relevant both to adults and to students of all grade levels, K-16 and K-Gray. Mini-presentations will be done here and there as you come and go -- we let you be the volunteers and encourage you with intriguing questions, having you observe, experiment, and question, too. Explore motion, rotation, energy, electricity, heat, and many other concepts with us!
Make a Pillowcase
Saturday – session 2 or session 3 – for youth of all ages (*limit of 6 youth per session*)
Learn sewing basics and be able to make a pillow case to take home. Cloverbuds should be accompanied by an adult helper.

Make Your Own Hula-Hoop
Friday – session 2 or 3; or Saturday – session 1 or 2 or 4; or Sunday – session 1 or 2 – for youth of all ages (*Cloverbuds need to have an adult or older 4-Her to help* (*limit of 12 youth per session*)
In this session, you'll get the materials and know-how to make your own hula-hoop. When you’re all done creating, you'll get a lesson on how to hula-hoop for your health.

Making Gem Soap
Friday or Saturday – session 4 – for youth of all ages (*limit of 10 youth per session*)
Make and carve colorful gem soaps to take home. Each participant will end up with three unique soap treasures.

Mason Jar Herb Garden
Sunday – session 1 – for youth ages 9 & up (*limit of 10 youth*)
Make a cool herb garden using Mason jars and wood that you can take home with you.

MineCraft Party
Sunday – session 1 – for youth ages 5 – 8 (*limit of 10 youth*)
Come hang out with an older 4-H teen, build with Legos, and do some MineCraft crafts and activities!

Paint Time
Friday – session 1 or Sunday – session 2 – for youth ages 12 & up (*limit of 15 youth per session*)
Paint time is a session for older 4-Hers to make up a great decoration for your room! You will be painting bottles with lights inside for a great effect.

Paper Stomp Rockets
Friday – session 3 or 4 – for youth of all ages (*limit of 10 youth per session*)
We’ll be illustrating Newton’s Laws of Motion by making paper rockets and then launching on the stomp rocket launcher up to 90 feet in the air!

Podcast Creation
Friday – session 3 and 4 – and Saturday – session 2 – for youth ages 12 & up (*limit of 8 youth per session*)
Podcasts are gaining in popularity all across the nation. Do you have what it takes to learn about podcasting and create a podcast of your own? Working together as a team we will come up with a concept, do some research, and create our own Maine 4-H Days podcast that will educate others about what is important to you. Looking for creative, flexible, and dynamic leaders who are not afraid of trying something new! *Note: you must attend all three workshop sessions in order to participate.

Rhythm and (not) Blues
Friday – session 4 or Saturday – session 3 – for youth ages 9 & up (*limit of 16 youth per session*)
This workshop will teach you how to do simple percussion rhythms with sticks and cups. We will also put those rhythms to fun songs. Don’t worry, you don’t have to sing if you don’t want to.

Rocks to Butter
Friday – session 1 or 2 – for youth ages 9 & up (*limit of 10 youth per session*)
Did you know that without rocks we wouldn’t have butter? (or lots of other fun foods for that matter!) Come discover how the rocks below our feet are related to the foods we eat in this fun hands-on session. The second half of our session we’ll make and taste our very own butter – yum!

Slimey! Gooey! Gross!
Saturday – session 2 or session 3 – for youth ages 9 – 11 (*limit of 10 youth*)
Prepare to tap into your inner gross kid! In this workshop we will create s’not snot, make fake wounds,
explore different slime recipes! Be ready to get your hands dirty, because this workshop is going to be gooey and gross!

**Smoothie Bonanza**
Friday – session 2 or Saturday – session 2 or 4 – for youth of all ages *(limit of 15 youth per session)*
Learn about the nutrition and benefits of smoothies, help CREATE your own smoothies, and then taste your creations! *Be sure to let us know ahead of time any food allergies!*

**Sounds and Vibrations**
Saturday – session 3 – for youth ages 5 – 8 *(limit of 10 youth)*
Let’s learn about sound. Together we will create sound waves and discuss how they travel to our ears, causing us to hear different pitches. We will do some fun hands-on activities to learn how sound travels through air and water.

**Straw Rockets**
Friday – session 2 – 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?

**Tidal Pools in Maine**
Friday or Saturday– session 4 – for youth of ages 9-11 *(limit of 12 youth)*
Come learn about the Science of Seaweed and Tide Pool Communities! In this workshop you will have a chance to learn about seaweed and the animals that live in Maine’s rocky tidal shores—snails, sea urchins, sea stars, and crabs (among others!). We will become Natural Scientists of Tide Pools in this workshop, learning how to identify different seaweed and animal species, and learning about how they interact with each other in the intertidal zone.

**Unplugged Computer Science**
Friday – session 3 or Saturday – session 1 – for youth ages 9 & up *(limit of 10 youth)*
Come have fun with computer science – without the computer itself! We will learn and practice binary numbers, loops, conditionals, robots and more basics that any one who wants to design a computer program needs to understand.

**Woodworking**
Saturday – session 2 or session 3– for youth ages 12 & up *(limit of 8 youth)*
Come have fun with wood and learn the basics of woodworking. Learn how to use basic tools, such as: electric drills, sanders, and much more. Make a cool project to take home!

**Worm Composting**
Sunday – session 1 – for youth ages 9 & up *(limit of 20 youth)*
Learn how to set up, maintain, and harvest a worm bin so that the worms thrive and you avoid common problems. Learn how and why worm castings help to grow healthy plants.

**Yoga**
Friday or Saturday or Sunday – session 1 – for youth 12 & up *(limit of 20 youth per session)*
Come join us for a basic introductory yoga class that’s fun for yoga veterans as well. Learn some new poses, breath work, and ways to feel more connected to your body. Be sure to bring along your water bottle and a yoga mat if you have one!
Activities for Everyone

**Thursday**
**Opening Campfire Ceremony:** Come join us for an opening ceremony to start the Maine 4-H Days weekend! Meet Maine 4-H Days staff, play games, and go over the upcoming events! This is a new activity for 2018, and will take place on Thursday evening at 6:30 pm.

**Friday**
**Maine 4-H Days Gives Back to the Community:** This year we will again be having a fun volunteer opportunity for ALL ages on Friday evening. We will begin at 6:30 with a welcome to all, followed immediately by a "Feel-y Heart Pillow" Extravaganza. Please join in to make as many "Feel-y Hearts" as we can for the Trauma Intervention Program of Southern Maine. Trauma Intervention Program or "TIP" as it is commonly referred to, is a group of highly trained volunteers who provide emotional and practical support to survivors of traumatic events and their families within the immediate aftermath of a traumatic event. A call might involve an elderly woman suddenly faced with death of her spouse, a family that has lost its home to fire, or a parent anxiously awaiting news regarding their injured child. In all these and many other situations, TIP provides emotional first aid and support. Feel-y Heart pillows are used on these calls as an emotional prop for a survivor to hold onto in times of trauma and stress. Having something in your hands to hold and squeeze helps to lessen the emotional shock of the event. We are looking for a number of volunteers to help with some prep work, sign up with your registration.

**Physics Roadshow:** Experience a live demonstration of the Physics Roadshow with David Sturm from Mainely Physics P.S.I workshop.

**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.

**Book Swap:** Stop by any time to drop off or browse. Bring your already-read, gently-used, youth-appropriate books for our book swap! Like the Clothing Swap, the book swap will run from Friday through Sunday morning.

**Ready Freddy:** Volunteer Organizations Active in Disasters (VOAD) and their mascot, Ready Freddy, will be at Maine 4-H Days for education how to prepare yourself, your family, your home and your community in the event of a disaster. Visit Ready Freddy and the VOAD team throughout the weekend.

**Saturday**
**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!

**Community Camp Fire:** Join us for good times, lots of laughter, and a little audience participation as we host our second annual camp "fire" to follow the ice cream social. 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!
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** - Adults or Teens-Thursday evening and Saturday evening after the ice cream social. 3-4 volunteers needed to set up faux campfire approximately 1 hour before campfire both nights. 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/Book Swap Area:** The clothing swap area is an unstructured area where families can pick up free, gently used clothing, as well as gently-used youth-appropriate books. Donations are welcomes. 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 Friday afternoon as part of orientation for this role. Experience with sewing and sewing machine is great, but absolutely not necessary. 15 volunteers are needed.

**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.

**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.

**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 Traffic Flow: 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.
Maine 4-H Days Registration Form

Important: Please check our website at: http://umaine.edu/4h/youth/4-h-events/maine-4-h-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 June 29th; if you register after June 29th, 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 http://umaine.edu/4h/youth/4-h-events/maine-4-h-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 19, 2018, and must sign in at the registration office upon arrival. The registration booth will open at 2:00 pm on Thursday, July 19, 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 22nd.

Service Activity: ______ I will be participating in the Service Activity at 6:30 pm on Friday 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
_____ Horse – Friday, Saturday, Sunday.

*You are required to submit the additional Horse Track Registration form in order to participate!

_____ Sheep – 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: June 29, 2018 at 8:00 am - Participants who register before the June 29th deadline will be charged the early registration fee of $7.00/person, with a maximum of $20.00/family. If you register after June 29th, the fees increase to $10.00/person, with a maximum of $25.00/family.

Mail Completed Forms & Registration Fee to:
State 4-H Office
5741 Libby Hall, Room 103
Orono, ME 04469-5741
**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, Clothing and Book Swap, the Physics Roadshow, Ready Freddy (Volunteer Organizations Active in Disasters) and The Goat Spot will be running all day on Friday.*

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### Saturday Enrichment Programs

*Note: The Creativity Tent, Clothing and Book Swap, the Physics Roadshow, Ready Freddy (Volunteer Organizations Active in Disasters) and The Goat Spot will be running all day on Saturday.*

#### Session 1 – 9:00 am – 10:25 am

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<td>9-11</td>
<td>Food Preservation (must attend session 1 &amp; 2)</td>
</tr>
<tr>
<td>9-11</td>
<td>Garden Tiles</td>
</tr>
<tr>
<td>9-11</td>
<td>Healthy You, Healthy Relationships</td>
</tr>
<tr>
<td>9-11</td>
<td>Introduction to Aquaculture</td>
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<tr>
<td>9-11</td>
<td>Introduction to Dairy Goats</td>
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<tr>
<td>9-11</td>
<td>Make Your Own Hula Hoop</td>
</tr>
<tr>
<td>9-11</td>
<td>Unplugged Computer Science</td>
</tr>
<tr>
<td>12 +</td>
<td>Yoga</td>
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#### Session 2 – 10:30 am – 11:55 am

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
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<tbody>
<tr>
<td>5-8</td>
<td>Archery</td>
</tr>
<tr>
<td>9-11</td>
<td>Balm Making</td>
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<tr>
<td>9-11</td>
<td>The Basics of Sushi</td>
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<tr>
<td>9-11</td>
<td>Blacksmithing</td>
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<tr>
<td>9-11</td>
<td>Caring For Your Bicycle</td>
</tr>
<tr>
<td>9-11</td>
<td>Cloverbud Tea Party</td>
</tr>
<tr>
<td>9-11</td>
<td>Elemental Leadership</td>
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<tr>
<td>9-11</td>
<td>Farm Biosecurity and Animal Health Stewardship</td>
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<tr>
<td>9-11</td>
<td>Food Preservation (must attend session 1 &amp; 2)</td>
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<tr>
<td>9-11</td>
<td>Juice Fest!</td>
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<tr>
<td>9-11</td>
<td>Maine Hydroponics Project</td>
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<tr>
<td>9-11</td>
<td>Make a Pillowcase</td>
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<tr>
<td>9-11</td>
<td>Make Your Own Hula Hoop</td>
</tr>
<tr>
<td>9-11</td>
<td>Podcast Creation (must attend Fri – session 3 &amp; 4, and Sat – session 2)</td>
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<tr>
<td>9-11</td>
<td>Slimy! Gooey! Gross!</td>
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<tr>
<td>9-11</td>
<td>Smoothie Bonanza</td>
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<tr>
<td>9-11</td>
<td>Woodworking</td>
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<td>Fun with Tie-Dye</td>
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<td>Juice Fest!</td>
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<td>Knitting</td>
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<td>Let's Make Slime</td>
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<tr>
<td>Magician's Laboratory</td>
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<tr>
<td>Making Gem Soap</td>
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<tr>
<td>Paper Stomp Rockets</td>
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### Saturday Enrichment Programs

*Note: The Creativity Tent, Clothing and Book Swap, the Physics Roadshow, Ready Freddy (Volunteer Organizations Active in Disasters) and The Goat Spot will be running all day on Saturday.*

#### Session 1 – 9:00 am – 10:25 am

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>5-8</td>
<td>Archery</td>
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<tr>
<td>9-11</td>
<td>Be a Tooth Sleuth</td>
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<tr>
<td>9-11</td>
<td>Bike Safety</td>
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<tr>
<td>9-11</td>
<td>Blacksmithing</td>
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<tr>
<td>9-11</td>
<td>Campfire Music</td>
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<tr>
<td>9-11</td>
<td>Farm Biosecurity and Animal Health Stewardship</td>
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<tr>
<td>9-11</td>
<td>Food Preservation (must attend session 1 &amp; 2)</td>
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<tr>
<td>9-11</td>
<td>Garden Tiles</td>
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<td>9-11</td>
<td>Healthy You, Healthy Relationships</td>
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<td>Introduction to Aquaculture</td>
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<td>9-11</td>
<td>Introduction to Dairy Goats</td>
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<td>9-11</td>
<td>Make Your Own Hula Hoop</td>
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<tr>
<td>9-11</td>
<td>Unplugged Computer Science</td>
</tr>
<tr>
<td>12 +</td>
<td>Yoga</td>
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#### Session 2 – 10:30 am – 11:55 am

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
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<tbody>
<tr>
<td>5-8</td>
<td>Archery</td>
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<td>9-11</td>
<td>Balm Making</td>
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<tr>
<td>9-11</td>
<td>The Basics of Sushi</td>
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<td>Blacksmithing</td>
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<td>9-11</td>
<td>Caring For Your Bicycle</td>
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<tr>
<td>9-11</td>
<td>Cloverbud Tea Party</td>
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<td>9-11</td>
<td>Elemental Leadership</td>
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<td>9-11</td>
<td>Farm Biosecurity and Animal Health Stewardship</td>
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<td>9-11</td>
<td>Juice Fest!</td>
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<tr>
<td>9-11</td>
<td>Maine Hydroponics Project</td>
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<td>9-11</td>
<td>Make a Pillowcase</td>
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<td>9-11</td>
<td>Make Your Own Hula Hoop</td>
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<td>Slimy! Gooey! Gross!</td>
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<tr>
<td>9-11</td>
<td>Smoothie Bonanza</td>
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<td>9-11</td>
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</table>
### Session 3 – 1:00 pm – 2:25 pm

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<tr>
<td>Aquaculture: Dissolved Oxygen</td>
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<tr>
<td>Be a Tooth Sleuth</td>
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<tr>
<td>Blacksmithing</td>
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<tr>
<td>Cloverbud Tea Party</td>
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<td>Elemental Leadership</td>
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<td>Find Yourself in the News</td>
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<td>Food Preservation (must attend session 3 &amp; 4)</td>
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<tr>
<td>Juice Fest!</td>
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<tr>
<td>Let's Make a Sit Upon!</td>
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<tr>
<td>Let's Make Slime</td>
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<tr>
<td>Make a Pillowcase</td>
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<tr>
<td>Rhythm and (not) Blues</td>
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<tr>
<td>Slimey! Gooey! Gross!</td>
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<tr>
<td>Sounds and Vibrations</td>
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### Session 4 – 2:30 pm – 4:00 pm

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<tbody>
<tr>
<td>Aquaculture: Polycultures</td>
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<tr>
<td>The Basics of Sushi</td>
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<tr>
<td>Blacksmithing</td>
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<tr>
<td>Campfire KAPOW!</td>
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<tr>
<td>Elemental Leadership</td>
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<td>Food Preservation (must attend sessions 3 &amp; 4)</td>
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<tr>
<td>Juice Fest!</td>
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<tr>
<td>Let's Make Slime</td>
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<td>Make Your Own Hula Hoop</td>
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<tr>
<td>Making Gem Soap</td>
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<tr>
<td>Smoothie Bonanza</td>
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<tr>
<td>Tidal Pools of Maine</td>
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### Sunday Enrichment Programs

*Note: The Creativity Tent, Clothing and Book Swap, the Physics Roadshow, Ready Freddy (Volunteer Organizations Active in Disasters) and The Goat Spot will be running until noon on Sunday.*

### Session 1 – 9:00 am – 10:25 am

<table>
<thead>
<tr>
<th>Activity</th>
<th>5-8</th>
<th>9-11</th>
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<th>VOL</th>
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</thead>
<tbody>
<tr>
<td>Exploration of an Owl’s Diet</td>
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<tr>
<td>Introduction to Aquaculture</td>
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<tr>
<td>Introduction to Dairy Goats</td>
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<tr>
<td>Knitting</td>
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<tr>
<td>Make Your Own Hula Hoop</td>
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<tr>
<td>Mason Jar Herb Garden</td>
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<td>MineCraft Party</td>
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<td>Worm Composting</td>
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<td>Yoga</td>
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### Session 2 – 10:30 am - Noon

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<td>Introduction to Drawing</td>
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<td>Let’s Make a Sit-Up to Sit Upon!</td>
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<td>Magician’s Laboratory</td>
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<td>Make Your Own Hula Hoop</td>
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<tr>
<td>Paint Time</td>
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</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>
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<td>Bike Safety Team</td>
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<td>Parking &amp; Camping Assistant</td>
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<td>Participant Check-In Traffic Flow</td>
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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 Horse Track Registration Form
This form is REQUIRED for participation in the Horse Track!
REGISTRATION DEADLINE: July 13, 2018

Important: Please check our website at: http://umaine.edu/4h/youth/4-h-events/main-4-h-days/ for updated schedules and other important information!! Please fill out this form for each member that plans to attend and participate in the horse track.

Name: _____________________________ Age: _______

Arrival: I plan to arrive on _________________(day). You may arrive early, but NOT before 2 pm on Thursday July 19, 2018 and must sign in at registration booth. You need to register at ME 4-H Days registration booth in addition to checking in with horse track staff.

I will be participate in the horse track on _______ Friday _______Saturday _______Sunday

Check one: _____I am bringing a horse _____ I will be horseless
(understanding horseless members will NOT be able to ride)

Name of your horse that you plan to bring ____________________________

RIDING INFORMATION

CLOVERBUDS – ages 5 – 8 Clover buds shall ride a safe, controlled, quiet horse with calm disposition
Riding Classes for Cloverbuds shall be led by a VOLT CERT., experienced adult or older teen

Cloverbuds: _________ I will be participating in lead line classes and clinics. (Limited to 10)
_____________ I will be participating in the clinics only (no limit)

Name of person to be leading horse & rider:

The person leading horse and rider is: Volt Cert _____ or 4-H member 15 or older _______

This information will be verified by UMaine Extension.

AGES 9 AND UP: There will be an assessment ride on Thursday night to place riders in one of the following classes. (If unable to be at Thursday assessment ride – you will be assess in your first class after arrival.) Please mark which one that you and your parent/s feel will be your best fit.

_____W/T
_____W/T/C (Novice-just starting to canter)
_____W/T/C (Beginner - gaits are not always in control)
_____W/T/C (all gaits under control working on finishing touches)

_______ I want to participate in the ESE Prep Classes for 13 year old and up (if available)

The horse track schedule will keep you busy; if you want to participate in an enrichment activity you can but don’t wait till arrival to sign for enrichment classes, they fill fast. Let Liz or Cathy know of your enrichment schedule. Unmounted clinics are mandatory (unless scheduled for enrichment classes).

We couldn’t put on this great event without your help, so a BIG thank you in advance! We will have a sign-up sheet at Town Meetings for volunteer positions to be filled. It is volunteers like you that make this event successful & memorable.

Mail Completed Forms & Registration Fee to: State 4-H Office, 5741 Libby Hall, Room 103 Orono, ME
- Maine 4-H Registration form & fee
- Horse Track Registration form
- Permission, Health, Assumption of Risk, Photo Release forms
- Volunteer form (on the Sunday Enrichment Programs sheet)

TO SPEED UP CHECK IN AT ARRIVAL: Please send the following forms to: Liz Heath – 17 Village View Ln, Whitefield, ME 04353
- Current Vaccination Records to include:
  - Rabies
  - Neg. Coggins
  - EVH1 (rhino)
  - Influenza
- Copy of Horse track Registration form

for more information on vaccinations visit our website http://umaine.edu/4h/youth/4-h-projects/animal-science-resources/horse/
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: _______________________

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) __________________, ____________________

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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.

Medication #1
Dosage
Specific times taken
Reason for taking

Medication #2
Dosage
Specific times taken
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 ___________________________________________

Printed Name ___________________________________________________________ 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 19, 2018 to July 22, 2018 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 remainder 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. and camp fires
Falls from all terrain vehicles, bicycles, skateboards, scooters
Fall hazards due to varied terrain
Utilizing tools (add a sampling of the tools)ex. stove, drill, glue gun, hammer) in enrichment workshops (ex. exposure to hot surfaces, splinters in wood working, etc.)

Revised 05/18
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:**

1\textsuperscript{st} Warning date:

________________________________________________________________________________

Reported by:

________________________________________________________________________________

Handled by: Staff
(name) _______________________________________________________________________

Infraction was for:

________________________________________________________________________________

Date for second offense and privileges were taken away________________________________

Staff who revoked privileges________________________________________________________
Maine 4-H Days

Camper/Tent/Spot Tag

Name_____________________
(Please Display on Unit/Spot)