

4-H AFTERSCHOOL & YOUTH DEVELOPMENT PROGRAM NEWS



JANUARY 2012



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Greetings and Happy New Year to all! It is the first week of January, 2012 and hard to believe, as the temperature today is 50!!! WOW! I would like to begin this update by telling you a little bit about our fall programs.

AFTERSCHOOL SCIENTISTS . . .

EZRA BAKER ELEMENTARY SCHOOL

(Quoting Allyson Bizer-Knox)

"I have been trekking out to Dennis every other Tuesday this fall in a continuation of after-school enrichment programming from last year. Students range from age 5 – 11 and are extremely enthusiastic! Anywhere from fifteen to thirty kids participate each time, rotating from station to station, usually working in teams. We have been experimenting with wind power, solar energy, electrical circuits, energy transfer and more. Our last class for December featured a crafter's workbench where students had to pick another student's name from a hat and make a gift for that person. Students used all revived and recycled materials for their gifts and included some pretty snazzy visors, paintings, ornaments and cards."

CENTERVILLE LIBRARY

(Quoting Allyson Bizer-Knox)

"On the alternate Tuesday, I have been at the Centerville Library. Hands-on Science has been the focus including: creating our own wind turbines, electrical circuits and domino-chain-sculptures (demonstrating properties and transfer of energy). Most recently we experimented with symmetry. Using fruit and kaleidoscopes to demonstrate both bi-lateral and radial symmetry we then created our own kaleidoscopes!" We are currently up to ten members and have a few more slots if anyone wants to join us!

4-H NYSD (National Youth Science Day)

*Barnstable High School (TNT)
and Intermediate School (RAP)*

In many ways, the experiment began when we took 8 students from the Barnstable Intermediate School to the Summer of Science camp at UMass on June 26-28th. The students got really jazzed about science and agreed to "lead" the 2011 Science experiment at the Intermediate School. In early

October, Allyson Bizer Knox and an 8th grade Science teacher performed the experiment with the student leaders during week 1. During week 2, the Town of Barnstable Energy Coordinator (Richard Elrick) spoke to students about energy consumption, conservation and alternatives, which made a great local connection! We decided that this would be a really good "Lights on After School" activity, so on October 20th, the eighth graders visited the Intermediate School and demonstrated their prototype, and the students observing began to get excited and enthusiastic! There were about 20 students from the Intermediate School making turbines and about 10 working on origami pinwheels, and they were all completely into it. There were a variety of materials (for the blades) to work with and each team (2 students working together) tested their prototype twice in order to test their product and make the necessary adjustments. The winners were Abby and Nia who were then interviewed on their winning design. Their turbine created 48 volts of power, and they attributed their success partially to



sketching the design out on paper and planning their steps prior to applying their ideas. Overall, the experiment was a success and I can guarantee you that there is a great deal of thought going on in their heads of those who participated as they drive past the many wind turbines here on Cape Cod. Can you say FUN? That's what hands on/inquiry based learning is all about!!

Sewing

Another group of *TNT students* have been sewing up a storm with 4-H Program Associate *Nancy McDermott*, who is teaching a second class from January –March by POPULAR DEMAND. This is a mixed gender group of students who have learned to use sewing machines, and are incorporating math into sewing while producing a few pretty cool projects!

Lorraine Fraser and Kerry Bickford worked with students after school at *the Barnstable Intermediate School* on Wednesdays creating fleece ponchos.





In the fall we offered a five-week sewing program with Lorraine Fraser. This program was held at the Yarmouth Port Fire Station. The 4-H Sewing program also hosted a fleece stocking/sock workshop during the December break at the Barnstable Senior Center. We were very challenged by a pattern that was extremely difficult to use as it required consolidating a number of measurements into a self-made pattern. I think we learned something, and we had fun and made some new friends, so all was not lost!

HOLIDAY COMMUNITY SERVICE PROJECTS:

Turkey Trot 2011

Special thanks to Dale Nickerson, RAP Coordinator at Barnstable Intermediate School, for helping me out with the turkey trot this year. I had recently broken my ankle and was unable to bake with the students as I have done in the past, so Dale stepped in and got the job done, to the tune of 200 decorated cookies for the Thanksgiving Day turkey baskets that were delivered to seniors in need. Here is a letter from Madeline Noonan, Director of the Senior Center:



“Thanks to all the 4-H/RAP students who did an amazing job baking all those delicious cookies for this year’s turkey trot! Your hard work contributed to the success of this year’s event and the seniors were extremely grateful for your thoughtfulness.”

OMK Holiday Project 2011

We thought we were off to a great start back in September, when we booked the room at a local fire station, purchased fleece on sale locally, and posted the flyers about this project on our website by October 1st...but you know what they say about the best laid plans. As it turned out, the room was double booked and we had to cancel the Santa Hat workshop at the last minute, which left us scrambling. It all worked out



however, as many hands came together to sew the stockings, and fill several bins with gorgeous fleece Santa Hat Stockings which were delivered to the Massachusetts Family Life Consultant (MFLAC) in time for a special holiday delivery to children whose family member were serving over the holidays.

Special thanks for help on this project go out to: Lorraine Fraser (Project Director and Most Valuable Player) *Nancy McDermott and the TNT students* who sewed some of the stockings for us! *Borders Books*, for their donation of incredible books for the OMK families *Southeast Alternative School*, whose students helped me move, sort, and put stickers on over 400 books! *Children’s Cove*, who donated a pile of ADORABLE stuffed animals for the stockings...whose earmuffs poking over the top of the stocking made them irresistible!! *Kaileigh and JJ Bickford*, who lovingly helped stuff the stuffies into the stockings for special delivery.



Lieutenant Ned Forys/USCG Air Station Cape Cod, for picking up and distributing books to military children at their annual holiday party.

Barbara Powers-Joint Family Support Assistance Program, for transporting the stockings for their holiday delivery. *Gretchen May and Susan Pixley (from my MA OMK Team)* for helping me spread the joy!

Many thanks to *all* who made it their priority to ensure that these children were able to feel the love of a community of people who are thankful for everything their loved ones are doing for our country. When you look at the photos of the stuffed stockings, **I CHALLENGE** you not to smile!!



Moving on to 2012

We are partnering with *Americorps Cape Cod on MLK Day*-January 16th at 9:00 a.m. to sew fleece draft stoppers, embroider bath towels, and make no-sew fleece blankets at the **Orleans Elementary School**. The Flyer is attached to this newsletter, if you would like to RSVP and help us out! All items will be donated to a number of lower/outer Cape shelters and programs.

Sewing will continue at *BHS/TNT* and they are currently making mittens and scarves.



Lorraine Fraser and I will be offering an *Enrichment Cluster at Barnstable Intermediate School* in January and February, where students will be making the hat and cowl pictured here.

Babysitting

- St. Francis School*
- Sandwich Library*
- Harwich Middle School*
- Mashpee Leisure Services*
- Horace Mann Charter School in Marstons Mills*
- St. Pius X School*
- Truro Library*

Please check the Babysitting page on our website for all current Babysitting registration and information.

And there’s more

- We have been invited to participate in:
- * Celebrating Our Children on February 4th from 8 to 11:00 a.m. in Falmouth. (Flyer attached)
 - * The “Family Health Fair” at Hyannis West Elementary School on February 11th from 10:00 a.m. to 1:00 p.m.
 - * The “Healthy Together” program at the H.T. Wing School in Sandwich on March 24th from 10:00 a.m. to 2:00 p.m.

As always programs are being planned every minute, which makes it impossible to keep you completely updated. If you ever have any ideas or questions, feel free to shoot me an email or call me at 508-375-6695.

Warm wishes for a peaceful new year to all of you.

Kerry J. Bickford