

# 4-H AFTERSCHOOL & YOUTH DEVELOPMENT PROGRAM NEWS



## JANUARY 2011



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[www.capecodextension.org](http://www.capecodextension.org)

November and December were so busy I was rarely at my desk. It began with a stocking workshop (see Anatomy of a Holiday Community Service Project), followed by our annual Peer Leadership training with 15 students at Project Forward/Cape Cod Community College focused on Disability Awareness. Students in the 21st Century TNT (21st Century Learning grant-funded) Program at Barnstable High School cooked up some whole wheat pancakes and healthy apple crisp before helping me make enough cookie batter for 150 cookies promised to the Barnstable Senior Center's annual Turkey Trot in November. RAP participants from Barnstable Intermediate School helped cut, bake, frost, decorate and bag the cookies several days before Thanksgiving and had a lot of fun doing it, too! Thanks to both groups for your contribution to this project and to the Senior Center for sharing your spacious kitchen with us! Special thanks to Dale Nickerson and Colleen Halloran for helping coordinate.

### *4-H Science Experiments . . . . .*

Allyson Bizer Knox was busily conducting science experiments and projects with our science afterschool club at the Marstons Mills Library, The Ezra Baker School's afterschool program and the Barnstable Intermediate School RAP program. Participants explored local sea creatures in November, and made plants with cuttings to give as gifts in December. Ezra Baker participants also experimented with kinetic energy, inertia and motion and created a sculpture. In addition to this they made an edible color wheel, by experimenting with white frosting and drops of color.. Now that HAD to be fun, not to mention delicious!

### *Cape & Islands Youth Congress . . . . .*

Cape & Islands Youth Congress met in November at Barnstable High School, with students from Nauset,

Harwich Middle, Harwich High, Martha's Vineyard and Barnstable. The December meeting was cancelled at the last minute due to numerous cancellations but we are hoping for a good turnout on Feb. 3rd from 3-4:30 in the cafeteria at Harwich High School. Bring a friend!

### *Anatomy of a Holiday Community Service Project*

Thanks to a generous donation of holiday fabrics by Ella Fraser of Barnstable, Lorraine Fraser, who happens to be Ella's sister, and I began plotting and planning a holiday community service project in the summer of 2010. We decided on Christmas stockings to be used for our Stuff-a-Stocking program. Lorraine began sorting and cutting as each stocking required six layers of material and was able to make a couple of sample stockings

We put together a holiday stocking workshop on November 6th at the Barnstable Senior Center, the same day as their Holiday Craft Fair, and attracted about a dozen youth sewers, and another 8 adult volunteers. Youth



were invited to make a stocking to donate to our Operation Military Kids project, and another one to take home. By the end of the day, each participant had a stocking "to go" and we had a pile of finished stockings, with yet another stack of stockings that had yet to be finished. 4-H Program volunteers Bonnie, Sylvia, Ursula, Verlie and Lorraine each took some home to finish, and I spent one whole Friday at Lorraine's matching and stitching one stocking after another, as Lorraine pinned them and handed them to me one at a time. Lorraine then spent additional time adding the cuff to each stocking. To my surprise I arrived at my office one day in early December to find them all piled up in my chair!



The next step was collecting the stocking stuffers graciously donated by Dollar Tree of Plymouth, and YMCA Camp Lyndon who kindly helped me store and sort through the gifts in time for our "Breakfast with Santa" (at the YMCA) on December 6th. This is where the first batch was distributed. The next step was sorting through 19 bags of toys at the Southeast Alternative School and delivering them to the Otis Food Pantry during the storm on December 20th. The remainder of the toys were taken back to the Cape Cod Cooperative Extension to be tagged and "finished". Here Steve Heaslip, from the Cape Cod Times, visited us for an article along with photos, he wrote on December 22nd, as we packed them up for the last time for deliver to children with parents deployed overseas during the holiday season....Phew!

A special thank you to Lorraine Fraser, an extraordinarily talented sewing instructor, for her leadership and follow through. Also, thank you to everyone who helped define the true meaning of the season by your contribution of time, talent, materials or space and for making my job one of the best jobs in the county.



**National 4-H Science Academy . . .**

I was honored to attend a 4 day National 4-H Science Academy in Chevy Chase, MD in early December with 3 colleagues from UMASS Extension. We each attended a different track, so we are still consolidating information learned. My focus was curriculum and I was awed and rejuvenated by the work of my colleagues nationally. I have (or am expecting) a few new pieces in my office, including *There's No New Water*, *The Power of Wind*, *Design It*, *Explore It*, and *Chick Quest* (challenges 3rd grade students to use Science, Engineering, and Technology to investigate the life cycle of an embryonic chicken egg). We focused on these 4 pieces for starters, but have also discovered many new places to search for current curricula, particularly those that align with science standards (which unfortunately vary from state to state). Stay tuned as we begin to roll out these materials and a few "train the trainer" sessions from a mini-grant that we received, to help increase our ability to share these. As always contact me with any questions.

**Martin Luther King Day of Service . . . . .**

Some of the sewing team from Lorraine's class participated at the MLK "day of service" by making draft stoppers.



**Babysitters/Child Care Corner . . . . .**

**Truro Public Library:** Tuesday, February 22-25 from 1:00 to 3:00 p.m. Pre-registration is required. Call 508-487-1125 for more information.

**Quashnet Valley School:** Tuesdays, March 1st to April 5th from 3:00 to 4:30 p.m. Check our website for registration information.



**Upcoming programs . . . . .**

**Sewing with Lorraine** at the Barnstable Senior Center starting January 13th.

**Adventures in Play** with after school students at BHS/TNT who will learn the *Life is Good* philosophy and share their joy with the pre-schoolers at BHS!

**Session II** of the weekly afterschool science club at Ezra Baker.

**Enrichment Cluster - Blankets for Babies** for children in need.

**Collaborative and Recycled Art** at the RAP program at BHS with Allyson Bizer Knox.

**Teen Cuisine** with Nancy McDermott (also at the 21st Century Learning Site at BHS).

**C&I Youth Congress/Cape Youth Force meeting** to be held on February 3rd from 3-4:30 in the at the Harwich High School in the cafeteria.

**5th Annual Have a Heart** community service project with BIS students and the Senior Center afterschool students will bake and bag cookies for the Valentine's Day Meals on Wheels delivery to about 150 homebound seniors in the town of Barnstable.

**Celebrating Our Children** on February 12th at the Falmouth High School. Contact Tina Toran at 508-548-0151 x172 for more information.

**OMK RSG Training** at the YMCA on February 18th from 10a.m.-3p.m. **Supporting military families**, cost is covered by a grant from OMK and lunch is included!



**Blankets for Babies** for children in need on Wednesdays at the Barnstable Intermediate School.

**MARK YOUR CALENDAR:** 7th Annual Youth Summit on March 18th from 8a.m.-1p.m. at the Barnstable High School! We are expecting a keynote speaker from America's Promise so register early through [bccyf@gmail.com](mailto:bccyf@gmail.com).

(Check our website for confirmed program dates and times.)  
[www.capecodextension.org/4-H-Youth-Development/](http://www.capecodextension.org/4-H-Youth-Development/)