

**North Central Section Family and Consumer Science Field
Day**

Oct. 24, 2009 9 am - 4 pm
At UCD, Wellman Hall

SCHEDULE:

Registration: 8:30 - 9:30 am

Session I: 9:30 - 10:45

Session II: 11 - 12:15pm

Lunch: 12:15 - 1pm (Sponsored by the NCS Youth Council or
BrownBag)

Session III: 1 - 2:15pm

Session IV: 2:30 - 3:45

Sign up for 6 sessions. (You'll receive your schedule
at registration)

Registration forms (this online survey plus mailed code
of conduct, medical release forms, and check) are due
(post marked) by October 16th 2009

Send forms and check to:

Linda Lynch

11200 Los Amigos Rd.

Healdsburg, CA 95448

Fee: \$10 1st family member; \$5 each additional family
member

Make checks payable to NCS Council

Age: 9 years and up, as of Jan 1, 2009

Any additional questions please contact Linda Lynch at:
707-799-1923 or email: virtualcheshire@yahoo.com

1. Are you registering as a Youth or Adult? Circle one

Youth

Adult

2. Please enter your name and contact information.

Please enter your name and contact information.

Name:

Address:

City/Town:

Email Address:

Phone Number:

3. In which county are you a 4-H member? Circle one

Alameda	Amador	
Calaveras		
Contra Costa	El Dorado	Marin
Napa		Sacramento
San Francisco		
San Joaquin	San Mateo	Santa
Clara	Solano	Sonoma
Yolo		

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4. There are four sessions available for this conference and every attempt will be made to accommodate your first choices.

Please select your top 6 choices from the list below.

You will receive your schedule at registration.

Food & Nutrition

"What's for Dinner" - Label reading, Food Pyramid, Food Allergies, Shelf labels

1st 2nd 3rd 4th 5th 6th

"Martha Meets Miss Manners" - Table settings and Table manners

1st 2nd 3rd 4th 5th 6th

"Play with your Food" - 1/2 recipes, double recipes, substitutes, make your own recipe

1st 2nd 3rd 4th 5th 6th

"Smoothie 'Throwdown'" - Nutrition, Techniques; taste testing

1st 2nd 3rd 4th 5th 6th

"Got Jerky" - Learn how to make jerky and other preservation techniques including olives, chutneys and jellies

1st 2nd 3rd 4th 5th 6th

Clothing

"Strut Like Tryra" - Learn runway modeling techniques
1st 2nd 3rd 4th 5th 6th

"Creative Costuming" - Make a costume from household items (theater, Halloween, non-human)
1st 2nd 3rd 4th 5th 6th

"Beadazzeling" - Learn grometting, jewels, iron on's
1st 2nd 3rd 4th 5th 6th

"Project Runway" - Learn to alter your pattern for originality
1st 2nd 3rd 4th 5th 6th

"Fashion Frosting" - Accessory selection for all your outfits
1st 2nd 3rd 4th 5th 6th

"Sewing 101" - Pattern layouts; thread a machine' basic basics
1st 2nd 3rd 4th 5th 6th

"Upcycling" - DIY recycle your clothes into fun useful items: jean purse, book bags etc.
1st 2nd 3rd 4th 5th 6th

Consumer Science

"What not to wear" - Best buy/value' color choice; recognize your style; "a better you"
1st 2nd 3rd 4th 5th 6th

"BOGO" - Advertising tricks and techniques, terminology. Be a smart buyer
1st 2nd 3rd 4th 5th 6th

"Fashion Cat" - "Purchased outfit" category from 'Fashion Review; catalog style. Learn to do a presentation too

1st 2nd 3rd 4th 5th 6th

"Chairman of the Board" - Skateboarding: purchase
choices, maintenance, basic techniques
1st 2nd 3rd 4th 5th 6th

**Please be sure to fill out a code of conduct form and a
medical release form and include them with your check.**

The following links can be used in your favorite
internet browser to get current forms from the state
web site if you do not already have them. Select the
text of the entire link and copy it (control c) then
paste it (control v) in the address bar of your
browser.

Youth Medical Release Form:

[http://ca4h.org/4hresource/forms/enrollment/4H1109-
YouthMedicalForm.pdf](http://ca4h.org/4hresource/forms/enrollment/4H1109-YouthMedicalForm.pdf)

Adult Medical Release Form:

[http://ca4h.org/4hresource/forms/enrollment/4H1110-
AdultMedicalForm.pdf](http://ca4h.org/4hresource/forms/enrollment/4H1110-AdultMedicalForm.pdf)

Member Code of Conduct Form:

[http://ca4h.org/4hresource/forms/enrollment/MemberCodeo
fConduct.pdf](http://ca4h.org/4hresource/forms/enrollment/MemberCodeofConduct.pdf)

Send forms and check to:

Linda Lynch
11200 Los Amigos Rd.
Healdsburg, CA 95448

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"Surveys Made Simple."