



Eastern Region FCE Spring Camp

HAVING A LUAU

May, 19-21, 2009

Clyde York 4-H Center

Crossville, TN



Educational
Programs



Luuu Costume Contest



Fun & Useful Crafts



Plant for Sale



Tea Cup Auction

CLASS DESCRIPTIONS

Long Classes (2 hours)

DECORATIVE FLIP FLOPS: Decorate your flip flops with a choice of items like buttons, ribbon, beads, flowers, or bandanas. These will be something fun to wear or as a great gift. Bring a pair of flip flops in the size and color you want. All other items will be furnished. **Taught by Betty McFarland and Pauline Neeley, Carter County – cost: \$6.00**

FABRIC CELL PHONE BAG: Keep your cell phone in this bag! It's great by itself or carried with a purse. So, no more digging in your purse to answer the phone! You will need to bring ¼ yard of cotton/poly blend fabric and 52 inches of cording to make the strap. **Taught by Nancy Marshall, Hamblen County Extension Agent -- cost: \$6.00 Wednesday only**

STARTING YOUR FAMILY HISTORY (GENEALOGY): Get started on your family history! If it's something you have often thought about, now is the time. You'll get started with forms, questions, and books on how to make your family history a lasting and cherished memory. This is also something that you can pass down for generations. All supplies will be furnished. Just bring the names of your love ones. **Taught by Kay Caldwell, Hawkins County -- cost: \$6.00**

BEADED BRACELET: Show off your talents so that everyone can see what you are capable of. You can pick to have a red, white, and blue, great to wear for the Fourth of July, or a spring colored bracelet to wear with all your spring outfits. It will have an easy toggle clasp, which can be silver or gold. This bracelet will have different size beads. You will need to bring a pair of small sharp scissors. All other items will be furnished. Limit 12 to a class. **Taught by Cathy Oaks, Cumberland County – cost \$15.00**

PLANTS, PLANTS, AND MORE PLANTS: We are very happy to have Bob Washburn, “The Plant Man”, with us this year. He will have helpful information and ideas for a beautiful garden. Also, he is bringing plants from his nursery to sell! I know this class will be a lot of fun! Come and take some new ideas and plants home.

CLASS DESCRIPTIONS

Short Classes (1 hour)

FCE FRIENDS PUPPETS: Be a puppet master by turning character Count Squeak, the mouse, into a puppet. This will be a great puppet to use in reading or telling children's stories. You will need to bring an empty round oatmeal box. All other items will be furnished. **Taught by Kay Baker, Sullivan County – cost: \$7.00**

ANGEL REFRIGERATOR MAGNET: This angel is so cute and useful as well. It's made out of sea shells, wooden spool head, and white wings with a tiny rose and matching ribbon, and a glass bead. It's about 3" x 3". What a cute way to leave a message on the fridge. All supplies will be furnished. Limit 12 to a class. **Taught by Jean Jacob, Hawkins County – cost: \$3.00.**

SILK RIBBON LEIS: Celebrate the FCE Luau by making this fun and easy craft. It's made out of ribbon and is something you will want to wear while at camp. You can show it off and afterwards have a fun memory of camp! All supplies will be furnished. **Taught by Melanie Duff, Roane County Extension Agent – cost: \$2.00.**

EXPLANATIONS FOR CVU'S, STATE PROJECT REPORTS, and IDEAS FOR MEETINGS: This class will help you make the most of all you do for FCE. In it you will learn the right way to complete your forms for CVU's, State Project Reports, and get new ideas for club topics. Bring your questions for an informative discussion. You will need paper and pens to take notes. **Taught by Mary Lou Burch, Eastern Region FCE President – cost: FREE.**

RELAXATION: Learn to use deep mediation to relieve stress in our daily lives. This class was taught a few years ago and several have asked for her to teach it again. So here is your chance to learn how to relax, and stay ahead of all the stress we have everyday. Limit 25 to a class. **Taught by Eileen Brown, Hamblen County – cost: FREE**

ARTHRITIS EXERCISE PROGRAM: This class is designed to help those who have joint and/or muscle problems. You will be able to achieve improved joint mobility, muscle strength, and endurance in order to advance the performance of your daily activities. In class, you will do movement activities and relaxation exercises. This class is designed for participation at any level. You should wear comfortable shoes and clothes. **Taught by Jan Williams, Extension Agent in Bledsoe County and Kelli Bottoms, County Director in Cumberland County – cost: FREE**

**Eastern Region FCE Spring Camp
Clyde York 4-H Training Center
May 19-21, 2009**

3 Day Registration From

Name _____ County _____

Street Address _____ Phone _____

City, State, Zip _____

First time camper yes ___ no ___ 50 year member yes ___ no ___

Camp Fees are non-refundable but are transferable

FCE Member \$141.00 _____ Non-Member \$161.00 _____

Tuesday afternoon classes: Please check one long class (2 hour) or two short classes (1 hour each) and circle one alternate class (do not send money for alternate class).

Long classes (choose one):

Decorative Flip Flops	\$6.00	_____
Starting Your Family History (genealogy)	\$6.00	_____
Beaded Bracelet	\$15.00	_____
Red, White, Blue _____ Spring colors _____ (choose 1)		
Silver _____ Gold _____ clasp. (Choose 1)		

Please check:

Short classes (choose two):

FCE Friends Puppets	\$7.00	_____
Angel Refrigerator Magnet	\$3.00	_____
Explaining CVU, State Projects Reports	FREE	_____
Silk Ribbon Leis	\$2.00	_____
Arthritis Exercise Program	FREE	_____

Please check

Wednesday morning classes: Please check one long class (2 hour) or two short classes (1 hour each) and circle one alternate class (do not send money for alternate class).

Long classes (choose one):

Decorative Flip Flops	\$6.00	_____
Fabric Cell Phone Case	\$6.00	_____
Starting Your Family History (genealogy)	\$6.00	_____
Beaded Bracelet	\$15.00	_____
Red, White, Blue _____ Spring colors _____ (choose 1)		
Silver _____ Gold _____ clasp. (Choose 1)		

Please check:

Short classes (choose two):

FCE Friends Puppets	\$7.00
Angel Refrigerator Magnet	\$3.00
Explaining CVU, State Projects Reports	FREE
Silk Ribbon Leis	\$2.00
Relaxation Classes	FREE
Arthritis Exercise Program	FREE

Please check:

Wednesday afternoon classes: Please check one long class (2 hour) or two short classes (1 hour each) and circle one alternate class (do not send money for alternate class).

Long Classes (choose one):

PLANTS, PLANTS, & MORE PLANTS	FREE
Decorative Flip Flop	\$6.00
Fabric Cell Phone Case	\$6.00
Starting Your Family History (genealogy)	\$6.00
Beaded Bracelet	\$15.00
Red, White, Blue _____ Spring colors _____ (choose 1)	
Silver _____ Gold _____ clasp. (Choose 1)	

Please check:

Short classes (choose two):

FCE Friends Puppets	\$7.00
Angel Refrigerator Magnet	\$3.00
Explaining CVU, State Projects Reports	FREE
Silk Ribbon Leis	\$2.00
Relaxation Classes	FREE
Arthritis Exercise Program	FREE

Please check

Total Enclosed \$ _____

Send this form and payment by May 1, 2009 to

Cathy Shreve
VP for Programs
193 Windtrace Drive NW
Cleveland, TN 37312

**Eastern Region FCE Spring Camp
Clyde York 4-H Training Center
May 20, 2009**

1 Day Registration Form -- Camp Fees are non-refundable but transferable

Name _____ County _____

Street Address _____ Phone _____

City, State, Zip _____

First time camper yes _____ no _____ 50 year member yes _____ no _____

FCE Member \$28.00 _____ **Non-Member \$56.00** _____

Wednesday morning classes: Please check one long class (2 hour) or two short classes (1 hour each) & circle one alternate class (do not send money for alternate class).

Long classes (choose one):

Decorative Flip Flops	\$6.00	_____
Starting Your Family History (genealogy)	\$6.00	_____
Beaded Bracelet	\$15.00	_____
Red, White, Blue _____ Spring colors _____ (Choose 1)		
Silver _____ Gold _____ clasp. (Choose 1)		

Please check:

Short classes (choose two):

FCE Friends Puppets	\$7.00	_____
Angel Refrigerator Magnet	\$3.00	_____
Explaining CVU, State Projects Reports	FREE	_____
Silk Ribbon Leis	\$2.00	_____
Relaxation Classes	FREE	_____
Arthritis Exercise Program	FREE	_____

Please check:

Wednesday afternoon classes: Please check one long class (2 hour) or two short classes (1 hour each) & circle one alternate class (do not send money for alternate class).

Long Classes (choose one):

PLANTS, PLANTS, & MORE PLANTS	FREE	_____
Decorative Flip Flop	\$6.00	_____
Fabric Cell Phone Case	\$6.00	_____
Starting Your Family History (genealogy)	\$6.00	_____
Beaded Bracelet	\$15.00	_____
Red, White, Blue _____ Spring colors _____ (choose 1)		
Silver _____ Gold _____ clasp. (Choose 1)		

Please check:

Short classes (choose two):

Angel Refrigerator Magnet	\$3.00	_____
Explaining CVU, State Projects Reports	FREE	_____
Silk Ribbon Leis	\$2.00	_____
Relaxation Classes	FREE	_____
Arthritis Exercise Program	FREE	_____

Please check:

Total Enclosed \$ _____

Send this form and payment by May 1, 2009 to:

Cathy Shreve, VP for Programs, 193 Windtrace Drive NW, Cleveland, TN 37312

ALL CAMPERS PLEASE NOTE!

If you plan to take a craft class, you must sign up and send in your money with your registration fee. If you do not get the classes you paid for, your money will be refunded.

NO DROP- INS PLEASE! Teachers are only buying and preparing for the number who have signed up and paid for their classes. This is strictly enforced.

Please check the time of our class and attend at the scheduled time. This is respectful to our teachers and other campers.

Night Owl Classes

If you are interested in teaching a Night Owl Class, please fill out a card and present it at registration. Have your supplies ready and I will announce the class at the evening meal.

We have been asked not to use electrical equipment in the cabin bathrooms! There are electrical outlets in the cabin area that may be used for hairdryers, phone chargers, and other items.

THINGS TO BRING TO CAMP

Checklist for Camp:

- | | |
|--|--|
| _____ Sheets or sleeping bag (twin beds) | |
| _____ Blanket | _____ Supplies for craft class (if required) |
| _____ Pillow | _____ Handmade items or gifts for Bingo
(If you plan to play) |
| _____ Wash cloths and towels | _____ Games (that could be played with
other campers) |
| _____ Toiletries | _____ Items to wear in the Luau outfit
contest |
| _____ Flashlight | _____ Items to use in the table decorative
contest (Tables are 60" round) |
| _____ Comfortable Shoes | _____ A good attitude for a great time |
| _____ Casual clothes | |
| _____ Umbrella | |
| _____ Jacket | |