



Western Regional 4-H Leaders' Forum (WRLF) 2009  
Workshop Descriptions

**Wednesday, February 25, 2009 (Pre-Conference)**  
**10:00 pm – 3:00 pm**

W1 Training to Implement “Strong Extended Families” Curriculum – Salon A

Jan Miller-Heyl, Dare to be You Project Director assisted by Renee Podunovich and Dana Cox  
Colorado Extension Staff  
Cost \$50

Interactive training to implement curriculum for family members raising children because of meth or other addictions in their family. Training will cover both the adult curriculum and youth curriculum for these family based workshops.

*Workshop limited to 40*

**Thursday, February 26, 2009**  
**10:00 am – 11:00 am**

T1. How to Make a Blue Ribbon Poster – Salon G

Loyal Hjelmervik, Oregon Volunteer

Learn the proper way to make a winning poster, including choice of colors, lettering, etc. We will experiment with different borders, placement of pictures, and much more.

*Workshop limited to 25.*

T2. Rattling Your Roots – An Introduction to Family History Research – Silverton

Caley Gredig, Elizabeth Gredig, Colorado Volunteers

This workshop will provide information and tools geared towards getting started on your family history. Topics will include basic research techniques, where to obtain information, and searching on the internet. Each participant will receive a packet of basic forms to help them get started.

*Workshop limited to 25.*

This is the first of three classes offered in Family History Research. Class 2 at 11:15 am on Thursday, Class 3 at 2:45 on Thursday

**Thursday, February 26, 2009**

**11:15 am – 12:15 pm**

T3. Getting a Grip on Oral Presentations – Salon G

Nancy Shelstad, Idaho, County Extension Staff

This workshop will be interactive, including activities to help volunteers lead their 4-H members through the planning process of oral presentations. Handouts will include a planning worksheet, a sample score sheet and more.

*Workshop limited to 25*

#### T4. Piles of Files – Organizing your Family History Research – Silverton

Caley Gredig, Elizabeth Gredig, Colorado Volunteers

This workshop is designed for the individual who has already gotten started on their family history and needs to organize what they have found so that they don't keep traveling the same road time after time. Topics covered will include filing and numbering systems that have been developed by various individuals.

*Workshop limited to 25.*

This is the second of three classes offered in Family History Research. Class 1 at 10:00 am on Thursday, Class 3 at 2:45 on Thursday

**Thursday, February 26, 2009**

**10:00 am – 12:15 am**

#### T5. All Cowboys Welcome at the Round-up: 4-Hers with Special-Needs – Salon A

Marilyn K. Lesmeister, Oregon, Extension Staff & Colleen Campbell, Wyoming, County Faculty

You will learn ways to help special-needs youth learn and grow in 4-H. Hear from 4-H youth with disabilities, discover resources, practice techniques, ask questions, share ideas to adapt educational activities for youth with special-needs, and see federal policies that guide 4-H programs. Receive Fact Sheets for specific disabilities and many other resources to learn more and share with others.

*Workshop limited to 45*

#### T6. Ethnic Arts: Peyote Stitch – Salon B

Rhonda Lackey, Colorado, Volunteer and Katie Lackey, Colorado, Teen

Cost \$15

Hands-on. This class teaches the ethnic art-peyote stitch. This is a simple stitch beads and thread. Learn how to start a project as well as how to use and design your own pattern. Also learn brick stitch, make a beaded band and how to use a loom. Cost covers beads, thread and needle, including hemp, beads, and closures.

*Workshop limited to 25*

#### T7. Soar with Project Butterfly WINGS– Salon C

Marilyn M. Martin, Florida, Project Director of Project Butterfly WINGS.

Project Butterfly WINGS is a new 4-H program designed to foster adolescent interest, understanding and long-term involvement in science. Leaders and youth without previous knowledge of butterflies can participate as the program transforms them from beginner to engaged citizen scientist. WINGS is designed for youth in grades four through eight to participate in authentic, hands-on research to investigate butterflies and share it online.

*Workshop limited to 40*

#### T8. Industry Standards for Youth Livestock Projects: Is 4-H Hitting the Target? – Salon D

Mark Heitstuman, Washington, Extension Staff and Matt Kennedy, Oregon, Extension Staff

4-H Livestock projects receive outstanding prices at the fair, but are these projects meeting the high expectations of processors and consumers? This workshop will discuss how youth market projects (beef, sheep, swine and goats) compare to industry standards; give examples of state-wide carcass merit programs; and share the most current resources and information available to 4-H livestock project leaders.

*Workshop limited to 45*

T9. The Fun of Needle Felting – Salon H

Karin Niedfeldt, Colorado, County Extension Staff

Cost \$25

Learn the basics of needle felting in this two-hour workshop. We will cover the technique of using felting needles to embellish knitted items, clothing or other items with yarns, roving and novelty fibers. You will also learn the basics of felting a three-dimensional figure. It is easy and remarkably fun. Cost includes a complete kit of supplies.

*Workshop limited to 25*

T10. GPS-Go Green – Salon I

Dale Leidheiser, Colorado, State Extension Staff

GPS Technology can be fun (finding geo-caches), useful (giving directions), educational (learning about our work), and a citizenship too (environmental studies)! We'll be indoors for an orientation and outdoors to gather GPS data.

*Workshop limited to 40*

T11. OMK: 4-H 101 – Salon J

TBD, Colorado

This class will focus on tips for Operation Military Kids' program professionals and 4-H leaders and agents on how all partners can work together. Information on 4-H Youth Development, Military structure, and 4-H structure will be covered.

*Workshop limited to 40*

T12. Earn your "License to Sew" – Gold Coin

Sheri Legat, Oregon, Extension Staff

Earn your "License to Sew" is a hands-on beginning sewing program. Join us to identify basic sewing tools, learn to thread a bobbin and sewing machine and practice sewing on paper. Then we'll make a grab bag quilt top with a simple beginner's pattern. This workshop is appropriate for both new and experienced sewers. All material will be provided.

*Workshop limited to 25*

T13. Passing Forward Leathercraft Traditions – Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

Attendees will participate in a hands-on workshop in which they will learn the most effective techniques of introducing leathercraft to youngsters. In the course of learning these techniques, participants will create a useful leather item.

*Workshop limited to 30*

**Thursday, February 26, 2009**

**2:45 pm – 3:45 pm**

T15. Macrame: Heritage Arts – Salon B

Rhonda Lackey, Colorado, Volunteer and Katie Lackey, Colorado, Teen

Cost \$10

Hands-on. This class will show how to do the basic macramé knots. You will learn how to start a project, how to add beads, how to read a pattern, different materials available, and how to finish the project. Materials to make a necklace including hemp, beads, and closure provided.

*Workshop limited to 25*

T16. Shooting Sports in Delta County – Salon C

Vicki Miles, Colorado, Volunteer

Discussion on shooting sports in Delta County, our shooting sports council, our county wide program, etc. Various shooting sports activities will be included in the workshop.

*Workshop limited to 45*

T17. Food Contest Faux Paux – Salon I

Pam Wiederholt, Oregon, Extension Staff

Susie 4-H'er to the rescue! "Susie 4-H'er" competes in a 4-H Food & Nutrition Contest while the audience becomes the judges. Susie demonstrates common mistakes in a fun and light hearted manner. No doubt, some real faux faux's will take place! This workshop is designed for 4-H Leaders, parents and members. It will be very interactive, illustrative, theatrical and fun!

*Workshop limited to 25*

T18. Reality World: Preparing Youth for Successful Careers and Families" – Salon G (teen workshop)

Luann Boyer, Kaye Kasza, Karin Niedfeldt, Colorado, County Extension Staff

Learn how the Colorado Child Development project was developed to teach youth about child development, not just babysitting. This curriculum focuses on a broad understanding of children as 4-Hers prepare for their future in the real world, whether it be in a professional career which requires an understanding of child development, or in their personal live as future parents.

*Workshop limited to 40*

T19. OMK: Working together to Support Military Kids – Salon J

TBD, Colorado

This workshop is designed for program professionals who support geographically dispersed military families. We will share with you some of our best practices while we look at some of the curriculum created especially for military kids, learn tips for working with the National Guard and Army Reserve and discuss support strategies.

*Workshop limited to 40*

**Thursday, February 26, 2009**

**4:00 pm – 5:00 pm**

T20. The Art of Conscious Communication: A Talent for a Technical Age – Salon A

Audrey Nelson (guest speaker)

You cannot NOT communicate; everything you say and do sends a message. Today's technology such as email, voicemail and the Internet has made communication faster and more accessible. However, telecommunication is a misnomer; we've lost the human moment. Additionally, most of us operate on automatic pilot even in our face-to-face communication.

*Workshop limit 45*

T21. Ethnic Arts: Chain Maille – Salon B

Rhonda Lackey, Colorado, Volunteer and Katie Lackey, Colorado, Teen  
Cost \$25

Hands-on. This class will show how to do a basic 4 in 1 chain maille construction, as well as some more complicated designs. We will also discuss tool usage, gauge difference and metal rings available. Cost covers all materials to create a bracelet and earrings.

*Workshop limited to 25*

T22. Large and Small Animal Field Days – Salon C

Vicki Miles, Colorado, Volunteer

Discussion on hosting livestock field days for large and small animals. There will be activities on grain ID's, animal ID's etc. Not just fitting your animals, not just showmanship, but lots more

*Workshop limited to 25*

T23. Now We're Cookin! Afterschool – Salon I

Naomi Weeks, Utah, Extension Staff

Cooking is a 4-H project favorite! "Now We're Cookin! Afterschool" is an 8-week curriculum that can be adapted for many settings including clubs, workshops, and afterschool programs. This workshop will introduce the curriculum topics and demonstrate, through hands-on experience some of the activities in the curriculum. Participants will receive some new ideas on how to teach cooking and food related topics to youth.

*Workshop limited to 40*

T24. A day in the life of a State 4-H Director, County Extension Agent, 4-H Volunteer Leader and a 4-H Member – Salon H

Jeff Goodwin, Colorado, State 4-H Director

This interactive presentation will help participants walk in the shoes of their fellow 4-H team members. Those attending this workshop will gain a new appreciation for the people who make the 4-H program happen and for the young people we serve.

*Workshop limit 45*

Repeated at 2:00 pm – 3:00 pm Friday

T25. OMK: Key issues facing Military Families – Salon J

TBD, Colorado

Recognizing the challenges that arise when families become "suddenly military" this workshop is designed to provide participants with the basic understanding needed to raise awareness about issues faced by military connected children during the stages of deployment (pre-deployment, deployment, and reunion). We will explore the life of a military family and the key elements of providing successful programs to support military youth in our communities.

*Workshop limited to 40*

**Thursday, February 26, 2009**

**2:45 pm – 5:00 pm**

T26. The Art of Quilling – Salon D

Cost \$10

Loyal Hjelmervik, Oregon, Volunteer

This century old craft involves rolling and shaping narrow strips of paper to make a design. You can use these simple techniques to embellish note cards, decorate packages, make jewelry and do scrapbooking. You will learn 12 different techniques and take home a technique sample sheet, a simple project and your own quilling tool.

*Workshop limited to 25*

Repeated 9:00 am – 11:15 am Friday

T27. Sewing Tricks for Beginners – Gold Coin

Cost \$10

Debra Proctor and Rhonda Olsen, Utah, Extension Staff

This workshop will teach beginning sewing tried and true tricks that will help 4-H members be successful and leave with a smile on their face. Participants will learn to draft a skirt pattern for a two-tiered drop waist skirt, make a sample skirt and a simple bag. Leaders will receive resources to support their club efforts. **BRING YOUR OWN SCISSORS.**

*Workshop limited to 25*

T28. Breaking Through the Wall – Family History Research Brickwalls and Pitfalls – Sheraton

Caley Gredig, Elizabeth Gredig, Colorado Volunteers

This workshop is designed for the individual who has already gotten started on their family history but who has reached a brick wall or just needs some direction on where to look for additional information. Topics covered will include advanced research techniques, where to obtain additional information searching on the Internet, and what to look for when comparing multiple individuals to determine correct lineage.

*Workshop limited to 25.*

This is the third of three classes offered in Family History Research. Class 1 at 10:00 am on Thursday, Class 2 at 11:15 on Thursday

T29. Beginning Leathercraft – Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

This workshop will introduce attendees to the basic skills in leathercraft and members will take home a completed project. No experience necessary.

*Workshop limited to 30*

Repeated at 9:00 am -11:15 am Friday, February 27<sup>th</sup>

**Friday, February 27, 2009**

**9:00 am – 10:00 am**

F1. Well that's not what I said – Salon I

Kim Reaman, Wyoming, Extension Staff

Misunderstandings can be the source of many arguments, hurt feelings or uncompleted tasks in the 4-H club or the county 4-H program. This workshop is designed to help you consider how communication can go wrong and what you can do to reduce the miscommunication in your 4-H program.

*Workshop limited to 25*

F2. Bags and Beyond – Gold Coin

Mona Easley, Oregon, State Extension Staff and Elissa Wells, Oregon, Extension Staff

Cost \$2

Bags, bags, and more bags make this workshop a great source of ideas for leaders and teens. One quick and easy bag will be sewn, but a whole bag of tricks and ideas for making other bags/purses will be shared. No sewing experience needed! You will go home with a new bag as well as a quick project for your 4-H club or camp sewing project. **Members must bring own scissors.**

*Workshop limited to 25*

**Friday, February 27, 2009**

**10:15 am – 11:15 am**

F3. “Sprouting Cloverbuds – Activities to help your Cloverbuds Grow” – Salon I

Julia Hurdelbrink, Mary Baldwin, Shaylen Florez, Colorado, Extension Staff

Cost \$5

Adventuresome, energetic and fun loving are just a few of the characteristics describing Cloverbuds. Through hands-on activities and games you can harness their enthusiasm and engage them in fun learning activities. During this workshop, participants will have the opportunity to experience Cloverbud activities that promote learning and will take home resources they can use to nurture the growth of their Cloverbuds.

*Workshop limited to 25*

F4. Building and Sustaining Partnerships for Effective Operation: Military Kids Programming – Gold Coin

TBD, Colorado

We will explore successful strategies to support military youth while engaging organizations and communities in supportive partnerships and successful recreational, educational and social programs while developing a sustainable plan of action for building communities of support for military youth.

*Workshop limited to 40*

**Friday, February 27, 2009**  
**9:00 am – 11:15 am**

F5. Coaching Horse Judging – Salon J

Jonathan Vrabec, Colorado, Extension Staff

This workshop will help Horse Judging Team coaches more effectively coach and manage their teams. It will provide helpful information on how to teach young people to give reasons and improve on developing their speaking skills. We will also critique videoed sets of reasons. It will be beneficial for both the novice and experienced coach

*Workshop limited to 40*

F6. The Art of Quilling – Salon A

Cost \$10

Loyal Hjelmervik, Oregon, Volunteer

This century old craft involves rolling and shaping narrow strips of paper to make a design. You can use these simple techniques to embellish note cards, decorate packages, make jewelry and do scrapbooking. You will learn 12 different techniques and take home a technique sample sheet, a simple project and your own quilling tool.

*Workshop limited to 25*

F7. Focus on Fun in 4-H's Future – Salon B

Janice Dixon, Colorado, Extension Staff and Colorado Teens

Want ideas for fun and exciting activities for your 4-H members. Learn about the national SET (Science, Engineering and Technology) initiative. Learn and DO science activities to take home and use to make 4-H club meetings fun.

*Workshop limited to 40*

F8. What motivates Me and You! – Salon C

William Manzi Freitas, Washington, Extension Staff

People are motivated in different ways. Knowing how to tap into the right personal source of motivation is one of the secrets of a transformational/servant leader. During this workshop you will find out how to effectively motivate others by understanding the five sources of motivation. You will learn how to identify and use each source.

*Workshop limited to 25*

F9. If these walls could talk – Salon D (teen workshop)

Jack Krebs, Colorado, Extension Staff

This workshop will teach youth how to relate to people different than them in the workplace, school, home situation etc. Youth will look at issues like office interactions, environmental issues, are we listening or in a state of chaos, and are we serving everyone equally? Youth will act out different parts and have a great time while learning how to react to people different than they are.

*Workshop limited to 35*

F10. Embossing on Velvet – Salon G

Marian Stratton, Oregon, Volunteer

Cost \$10

Through a hands-on activity, participants will learn about embossing on velvet using the stamping technique. They will create a gift bag and receive handouts of different projects using the embossing method. They will also learn about a neat project that can be used in a camp setting that uses duct tape and requires no sewing.

*Workshop limited to 25*

Repeated 9:00 am – 11:15 am Saturday

F11. Risky Business- Salon H

Dale Leidheiser, Colorado, State Extension Staff

Afraid that risks are going to get the better of you and 4-H? Learn about the real risks we do face and strategies to reduce them, transfer them elsewhere, and accept them with provisions!

*Workshop limited to 40*

F12. Making the Connection – Silverton

Amy Zemler, New Mexico, State Extension Staff and Shannon Franklin, New Mexico, County Extension Staff

Teens are ALWAYS connected! How? By technology! Text messaging, emailing, My Space and Instant Messages are all types of technology they use to connect to one another. Join us in learning how to incorporate these tools into your programs in order to remind your youth about meetings, send important updates, and stay connected, so that 4-H stays a part of their lives. We'll help you design a My Space Page, keep you up to date on text lingo, and provide you with other valuable information.

*Workshop limited to 25*

F13. Beginning Leathercraft – Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

This workshop will introduce attendees to the basic skills in leathercraft and members will take home a completed project. No experience necessary.

*Workshop limited to 30*

Also offered at 2:45-5:00 PM, Thursday

**Friday, February 27, 2009**

**2:00 pm – 3:00 pm**

F14. OMK: Speak out for Military Kids – Salon J

TBD, Colorado

Meet our SOMK youth and learn how best to get your team involved in the community.

*Workshop limit 40*

F15. A day in the life of a State 4-H Director, County Extension Agent, 4-H Volunteer Leader and a 4-H Member – Salon A

Jeff Goodwin, Colorado, State 4-H Director

This interactive presentation will help participants walk in the shoes of their fellow 4-H team members. Those attending this workshop will gain a new appreciation for the people who make the 4-H program happen and for the young people we serve.

*Workshop limit 45*

**Friday, February 27, 2009**

**3:15 pm – 4:15 pm**

F16. The Wonders of Corn – Salon J

Betsy Yazzie, LMSW, New Mexico, Volunteer

The workshop will provide some hands on activity on how to prepare blue and yellow corn mush. Participants will learn about the importance of corn to the DINE (Navajo) people.

*Workshop limited to 20*

F17. Building Your Officer Team from a Foundation (teen workshop) – Salon A

State Senate Team, Colorado

Youth members will participate in many activities that will help develop their leadership and communication skills.

*Workshop limited to 40*

**Friday, February 27, 2009**

**2:00 pm – 4:15 pm**

F18. Pledging Our Hands to Larger Service – the 4-H Helping Hands Plan- Salon B

Kassi Grooms, New Mexico, Teen

Participants in this interactive, hands-on workshop will learn how to help make community service more meaningful for their members, be introduced to the Helping Hands Community Service Planning Guide that will make choosing and organizing projects easier, and take home several community service project ideas to implement with 4-Hers of all ages.

*Workshop limited to 40*

F19. Survival Simulation – Salon C

Cost \$2.50

Cathy Solano, Colorado, Volunteer

Participants will use a survival simulation as a vehicle to develop problem solving and consensus building skills. This ties in well with the Leadership project and training officers. Appropriate for adults and teens.

*Workshop limited to 40*

#### F20. GPS and GIS Technology for 4-H Youth- Salon D

Esther Worker, Colorado, Volunteer

Early in the 21<sup>st</sup> century, 4-H youth began thinking spatially and began using geographic information system (GIS) software and global positioning system (GPS) units for service learning projects in their communities. The 4-H Geospatial curriculum was introduced at the 2006 NAE4HA conference. This workshop will provide a Taste of Spatial Technology for 4-H leaders. We'll explore how it's being used in various 4-H communities, learn about some of the terms, and look at future career opportunities in many industries. We'll spend a little time with GPS units (outside weather permitting) and learn how to integrate GIS technologies into your club's activities.

*Workshop limited to 40*

#### F21. The Magic of Leadership – Salon G

Linda Schultz, New Mexico, State Extension Staff and Kay Os Hibler, Washington, Volunteer a

Come and participate in a hands-on leadership workshop including learning magic! Discover how exciting and fun leadership can be. Take home new ideas to share with your club, country and state. This is an inter-ACTIVE workshop. Participants take home instructions and supplies for at least 2 magic tricks as well as a broader view of what leadership means.

*Workshop limited to 40*

#### F22. Mock Fan – Salon H

Nellie Fuimaono, American Samoa, Extension Staff

Cost \$7

Learn to make a fan for enjoyment or to use as a fund raising project. Be creative and expect the unexpected.

*Workshop limited to 30*

#### F23. More Games for Learning and Laughter – Salon I

Shana Withee, Oregon, Extension Staff and Megg Gini and Julee Withee Teens

“A child laughs 400 times a day!” How are you doing? Workshop participants will experience hands on learning techniques and games to implement in their 4-H clubs and events. Games are a fun way to teach new information. Group participants will actively play, laugh and learn. Game book recommendations for Junior Leaders and Camp Counselors will be shared. Lots of laughs will abound.

*Workshop limited to 40*

#### F24. Soumak Weaving – Gold Coin

Karin Niedfeldt, Colorado, Extension Staff

Cost \$10

Soumak weaving is a very old form of finger weaving first done by the Persians hundreds of years ago. It is a series of knots (the weft) which completely cover a warp. There are no shuttles or harnesses or any sort of tool, only your fingers working to cover a stretched warp.

*Workshop limited to 25*

#### F25. Horse Show Management - Silverton

Rick Richardson, New Mexico, State Staff

This workshop will cover planning and managing 4-H Horse Shows. Specifics will address committee set up and job responsibilities leading to show day.

*Workshop limited to 25*

F26. Advance Leathercraft - Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

Come learn some new techniques and take a great gift home.

*Workshop limited to 20*

Repeated at 9:00 am – 11:15 am Saturday

**Saturday, February 28, 2009**

**9:00 am – 10 am**

S1. Jeopardy, the fun side of a 4-H Policy – Salon G

Dale Leidheiser, Colorado, State Extension Staff

Intimidated by the policies of 4-H? Don't understand why we have as many policies as we do? Hard to keep track of them? We'll have fun exploring some common policy themes in a game format!

*Workshop limited to 40*

S2. Ready for that Foods Contest? – Salon I

Elissa Wells, Oregon, Extension Staff and Mona Easley, Oregon, Volunteer

Preparation is the key factor in a successful 4-H Foods Contest. This workshop will be packed full of practical ideas from packing the box to how to cut that onion without tears. It's all in planning and being prepared so you have fun at the contest.

*Workshop limited to 25*

**Saturday, February 28, 2009**

**10:15 am – 11:15 am**

S3. The Integrated Horse Program

Jonathan Vrabec, Colorado, Extension Agent

Learn from a successful model how one county integrated all aspects of the 4-H horse program from Advisory committee structure through involving youth in Horse Bowl, Hippology, Horse Judging, Horse Speech and Demonstration as well as including ranch horse and miniature horse so that youth can get the most out of the 4-H horse program while making affective use of time and resources.

*Workshop limited to 40*

S4. Cards of Thanks – Salon I

Shana Withee, Oregon, Extension Staff and Julee Withee, Tammy Gini, and Megg Gini, Oregon, Teens

Saying "Thanks" is an important part of the 4-H program. Homemade cards convey heartfelt thanks. Make a card and write a heartfelt thank you in it. Learn several scrapbook techniques while making homemade cards.

*Workshop limited to 25*

**Saturday, February 28, 2009**  
**9:00 am – 11:15 am**

S5. Speak up! Preparing Yourself for Teen Interviews – Salon A

Mark Heitstuman, Washington, Extension Staff

Whether it is to get into college, to get a job, to receive a scholarship, or to become an officer in an organization, sooner or later everyone will go through a personal interview. This workshop will cover the dos and don'ts of a personal interview; and then allow participants to practice their interview skills in real-life situations.

*Workshop limited to 40*

S6. Learn by doing 4-H Photography –Salon B

Shirley Thyne, Colorado, Volunteer

An evaluation approach to 4-H Photography, “take the test first”. **Bring your cameras (digital please)**, explore your photography skills, view and evaluate your photos before the session is over. Tips will be provided on how to provide a good learning experience for the youth.

*Workshop limited to 25*

S7. Embossing on Velvet – Salon C

Marian Stratton, Oregon, Volunteer

Cost \$10

Through a hands-on activity, participants will learn about embossing on velvet using the stamping technique. They will create a gift bag and receive handouts of different projects using the embossing method. They will also learn about a neat project that can be used in a camp setting that uses duct tape and requires no sewing.

*Workshop limited to 25*

S8. Serving to Learn, Learning to Serve – Salon D

Mindy Turner, New Mexico, Extension Staff

In this workshop participants will increase knowledge and skills related to creating service learning opportunities for youth and adults, increase awareness of potential service projects, and learn how to facilitate planning of club, county, district and state service projects.

*Workshop limited to 45*

S9. 4-H Round-up – Salon J

Cindy Grooms, New Mexico, Volunteer and Camille Waller, New Mexico, Volunteer

Join us for this “Make it – Take it” workshop and round up 4-H ideas that can be used at meetings, promotional events and as teaching tools for all ages. Participate in a 4-H scavenger hunt, try a “turtle” sandwich and more! Leave with directions and samples of 12-15 activities.

*Workshop limited to 25*

S10. Native American Medicine Bag – Salon H

Aline Joy Goodchild, Colorado, Volunteer and Cindy DeMore, Colorado, Volunteer

Cost \$25

Create, design and embellish medicine bags. Learn how to stitch and bead leather medicine bags. Supplies provided include leather, sinew, beads, fetishes, and feathers. When class is complete the attendees will leave the class with a medicine bag they have made.

*Workshop limited to 10*

Repeated 2 pm to 4 pm Saturday

S11. Sudoku Quilts – Gold Coin

Cathy Solano, Colorado, Volunteer

Cost \$10

Apply the principles of sudoku math puzzle to making your own wall quilt. Participants will receive all materials and pattern to make the quilt top. Sewing machines will be available to assemble tops. Participants can add sashing and backing of their choice later. Using different size squares, the pattern can easily be adjusted to larger sizes.

*Workshop limited to 25*

S12. OMK – Mobile Technology Lab – Silverton

Shauna Woods, Colorado, Operation: Military Kids Extension Staff

Come and see what you can do with these labs! Zoom albums, photography, and graphics unlimited.

*Workshop limited to 20*

S13. Advance Leathercraft - Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

Come learn some new techniques and take a great gift home.

*Workshop limited to 20*

**Saturday, February 28, 2009**

**12:00 pm – 5:00 pm**

S14. Behind the scenes tour of the zoo –Denver Zoo

Tour Assistant – Adrienne Bergenfeld, Colorado, Volunteer

Cost: Approximately \$40 (Includes bus and zoo entrance fee)

S14a. Tour of the Urban Farm

Cost: Approximately \$30 for bus cost.

**Saturday, February 28, 2009**

**2:00 pm – 5:00 pm**

S15. Native American Medicine Bag – Salon H

Aline Joy Goodchild, Colorado, Volunteer and Cindy DeMore, Colorado, Volunteer

Cost \$25

Create, design and embellish medicine bags. Learn how to stitch and bead leather medicine bags. Supplies provided include leather, sinew, beads, fetishes, and feathers. When class is complete the attendees will leave the class with a medicine bag they have made.

*Workshop limited to 10*

S16. OMK: Do I have what it takes to be your Babysitter? – Salon J

Shauna Woods, Colorado, Operation: Military Kids Extension Staff

An overview of the Operation: Military Kids 4-H/Army Child and Youth Services Babysitter Training Course including successful practices for sustainability.

*Workshop limited to 40*

S17. Special Leathercraft Techniques - Matchless

Kay Orton, Colorado, Volunteer and Jim Linnell, Texas, Tandy Leather craftsman

*Workshop limited to 30*

S18. Diversity in Groups – Salon A

State Senate Team, Colorado

Youth members will participate in many activities that will help them notice, understand and utilize diversity in groups

*Workshop limited to 40*

S19. Innovative 4-H Horse Programs – Salon B

Amy Star, Colorado, Extension Staff and Heather August, Colorado, Volunteer

This three hour program will focus on three horse programs in Colorado: Competitive Trail Riding, 4-H Working Ranch Horse and 4-H Musical Freestyle.

The Trail riding program helps 4-H members learn to ride and camp with their horses, friends and families safely. Life skills learned help them to be able to ride and appreciate the wilderness

The Working Ranch Horse Program focuses on traditional western horsemanship as it relates to practical skills needed for working cattle and developing good working ranch horses. Some of the skills stressed include fine horsemanship, good stockmanship, roping skills, pride in good work and self-reliance.

The 4-H Horse Musical Freestyle combines the elegance and beauty as well as the poise and strength of the horse with the stirring impact of music. Movements and figures are choreographed to music to create an artistic expression of horse and rider that highlights the horse/rider combination.

*Workshop limited to 40*