

Western Regional 4-H Leaders' Forum (WRLF) 2008 Workshop Descriptions

Friday, March 7, 2008
10:00 a.m. – 10:50 a.m.

Promoting Your 4-H Program - Topaz

Laura Philips Garner, National 4-H Council, Director of Marketing & Communications

Gaining support for 4-H programs in local communities is essential to 4-H's success and growth. Learn ways to promote 4-H in your community while helping to build a consistent national 4-H image through an interactive presentation with opportunities to share marketing ideas and challenges. Topics include: market research of the public's perception of 4-H; overview of the 4-H Brand Network including best practices from the field and tools to support promotional efforts; and ideas for integrating the key findings of the Tufts 4-H Study of Positive Youth Development into your promotions.

Workshop limited to 40.

Can I Have Some Money???? - Cinnabar

April Ward, Idaho, Farm Service Agency

Come and find out about Farm Service Agency Youth Loans that are available to 4-H and FFA members for their Ag related projects. This is a wonderful opportunity to not only obtain funding for a project but to help youth learn about the responsibility of credit and financing.

Workshop limited to 20.

Reclaim Your Day – Time Management for Busy Volunteers – North Star

Jana Kemp, Idaho, Time Management/Organization Speaker

Cost: \$5.00

Learn to reclaim your hectic life. Volunteers squeeze more into most days than non-volunteers. So, to keep your sanity, discover what your time-savers are and what you can do to reclaim time every day. Also, learn how to say “no” without losing friends, family, or opportunities to participate in programs. Internationally recognized time management expert Jana Kemp leads this session.

Workshop limited to 60.

Repeated at 2:00 p.m. – 2:50 pm Friday, March 7, 2008.

Friday, March 7, 2008
11:00 a.m. – 11:50 a.m.

4-H Horticulture Exhibits Made Easier - Topaz

Joy Jones, Mona Easley, Lynette Black, Janice Cowan, Judi Peters, Shana Withee, Carole Smith, Virginia Bourdeau, Oregon, OSU Extension Faculty & Staff

The 4-H Horticulture project can be one of the most adaptive projects within the 4-H program. It is equally suited to urban and rural audiences; clubs and special interest groups; ant to all skill levels. We will be sharing the new exhibit guides that we have created to help members figure out the sometimes confusing details of exhibiting their work successfully.

Workshop limited to 40.

Scholarship Game – Converting 4-H Experience into \$ - Cinnabar

Cindy Osterlund, Oregon, OSU Extension Educator

It is never too early to start thinking about college scholarships. 4-H offers many opportunities for youth to be involved in community service, leadership and public speaking activities. These quality experiences are very impressive to scholarship reviewers. This class will share tips for compiling an effective activity resume and completing scholarship applications. Each participant will receive a resource handbook to help with the scholarship application process.

Workshop limited to 60.

Horseback Drills Teach Life Skills - Delmar

Charli Williams, Idaho, 4-H Member

Shannon Williams, Idaho, UI Extension Educator Lemhi County

The youth at the Lemhi County 4-H Horse Camp learn life skills such as communication, teamwork, contributing to the group effort, leadership, and cooperation while doing drills on horseback. Drills can be simple or complex, slow or fast or a combination. This workshop will walk you through some basic maneuvers, do's and don'ts, choosing the music and steps to teaching drills.

Workshop limited to 40.

Breaking the Ice, Mixers, & More - North Star

Mike Knutz, Oregon, OSU 4-H Youth Development Extension Agent

4-H Youth members, Oregon

Youth drop out of 4-H clubs when they don't feel like they belong. 4-H Leaders need a variety of ice breakers, mixers, and team building activities to help youth connect and gain a sense of belonging. This active workshop will provide a variety of activities to add to your repertoire of building camaraderie among your club members.

Workshop limited to 30.

Repeated at 4:00 p.m. - 4:50 p.m. on Saturday, March 8, 2008.

Friday, March 7, 2008
10:00 a.m. – 11:50 a.m.

Passing Forward the Leathercraft Tradition - Emerald

Jim Linnell, Texas, Director of Operations for Tandy Leather Company
Joanne Tackitt, Idaho, Tandy Leather Company
Jerry Orona, Tandy Leather Company

Come and participate in a hands-on workshop where each participant will create a unique leather item. In addition to learning the use of several tools, you will also learn many techniques that will help you introduce leathercraft to the next generation.

Workshop limited to 25.

Repeat at 2:00 p.m. – 3:50 p.m. Saturday, March 8, 2008.

Boondoggle Delights - Garnet

Ron Patterson, Utah, USU Ag/4-H Extension Agent in Carbon County
Cost: \$3.00

Children enjoy making boondoggles. Learn the joys of boondoggles from simple to complicated patterns. Help youth start their boondoggles with a cheap and easy boondoggle starter – you can make your own. Boondoggles can be used as zipper pulls, key-ring fobs, or even Christmas tree ornaments. Participants are expected to have at least one completed boondoggle by the end of the session.

Workshop limited to 20.

The “Real Colors” of Your Personality - Opal

Carrie Stark, Idaho, UI State 4-H Youth Development Specialist
Cost: \$8.00

Want to understand yourself and your fellow volunteers, extension staff, family or friends? Find out why those around us do things differently. Learn about yourself and others around you, while also learning how to take those differences and enhance your teamwork. Everyone has a “rainbow” of colors in their personality – come take the Real Colors Temperament Assessment and find out what your “colors” are.

Workshop limited to 20.

Bird Song Trail - Aspen

Theresa Araquistain, Idaho, 4-H Volunteer

Explore the popular hobby of bird watching, and gather ideas on how to incorporate it into your 4-H program. You’ll get a primer on how to get started and then hit the trail along the beautiful Boise River to test your bird identification skills. This is a short, easy paced walk. Wear comfortable walking shoes, clothing for unpredictable March weather, and please bring your own binoculars if possible.

Workshop limited to 40.

Preparing Youth to Live in a Diverse Society - Clearwater

Arlinda K. Nauman, Idaho, UI State Director 4-H Youth Development Programs
Brian Luckey, Idaho, UI 4-H Youth Development Educator in Ada County

The rapidly increasing racial and ethnic diversity of the U.S. population will require today’s youth to develop cultural competencies to be successful in their personal relationships and work environments. This workshop will provide suggestions how 4-H staff and volunteers can help youth develop the skills needed to be culturally competent.

Workshop limited to 20.

Paper Piecing Quilt Block - Liberty

Kay Lynn Cheney, Idaho, 4-H Volunteer

Cost: \$6.00

Paper piecing is an advanced quilt skill that can be used for many projects. You will learn two methods for sewing your blocks and receive a handy ruler for your own use.

Workshop limited to 20.

Enter the World of Robots – From Fund Development to Program Development – Board Room

Vernon Parent, Utah, USU Extension Educator

Dave Francis, Utah, USU State Technology Specialist

Does technology programming seem like a great idea, but too difficult and financially out of your reach. If so come to this workshop and discover how accessible and fun Technology can be! Robotics engages many types of youth. It captures their imagination and teaches them engineering, design, programming, and problem solving skills. We will teach you how to find the funding and run successful robotics camps using Lego Mindstorm robots.

Workshop limited to 20.

Friday, March 7, 2008
2:00 p.m. – 2:50 p.m.

4-H Dollars and Sense - Cinnabar

Dale A. Leidheiser, Colorado, CSU State Extension Specialist

Money can be an asset used to benefit and build 4-H programs and it can also destroy groups and tear people apart when there are disagreements about its use. This workshop will focus on procedures and resources to keep club financial management open, clear, and accountable. Don't let money get in the way of youth development!

Workshop limited to 40.

Old McDonald Had A Farm; EI EI D! (Idaho's EID (Electronic Identification) Program) -

Delmar

Cindy Kinder, Idaho, UI Extension Educator Gooding & Camas Counties

Jason Ahola, Idaho, UI Extension Beef Specialist Caldwell R&E

Shannon Williams, Idaho, UI Extension Educator Lemhi County

Scott Jensen, Idaho, UI Extension Educator Owyhee County

Scott Nash, Idaho, UI Extension Educator Bingham County

USDA initiated the implementation of the National Animal Identification System (NAIS) in 2004. This workshop will discuss the process Idaho is going through to help educate youth and adults about the NAIS program. In 2006, 1500 market steers were tagged in 30 of Idaho's 42 county fairs. In 2007 Beef, Sheep, and Swine projects were tagged. Come learn the do's and don'ts from the Idaho EID program.

Workshop limited to 40.

Reclaim Your Day – Time Management for Busy Volunteers - North Star

Jana Kemp, Idaho, Time Management/Organization Speaker

Cost: \$5.00

Learn to reclaim your hectic life. Volunteers squeeze more into most days than non-volunteers. So, to keep your sanity, discover what your time-savers are and what you can do to reclaim time every day. Also, learn how to say "no" without losing friends, family, or opportunities to participate in programs. Internationally recognized time management expert Jana Kemp leads this session.

Workshop limited to 60.

Repeat at 10:00 a.m.-10:50 a.m. Friday, March 7, 2008.

MySpace, Your Space, Out of Space! – Board Room

Myla Gumaagay, Hawaii, UH Community Site Facilitator for New Communities Project

Christine Hanakawa, Hawaii, UH Community Site Facilitator for New Communities Project

Gavin Maeda, Hawaii, UH Community Site Facilitator for New Communities Project

Joan Chong, Hawaii, UH 4-H Youth Development Agent for Kona

Carol Ikeda, Hawaii, UH State 4-H Program Leader

This workshop will focus on popular trends in teen and youth communication: Social-Networking, Blogging, and Video Sharing. Participants will learn what these trends are, the risks and benefits of them, and how educators can integrate them into youth learning and development. Participants will also explore the most popular or these sites: MySpace and YouTube.

Workshop limited to 20.

Friday, March 7, 2008
3:00 p.m. – 3:50 p.m.

Survival of the Fittest - Cinnabar

Mark B. Major, Montana, MSU Extension Educator

Survival – One of our most basic instincts. Could you survive if you were lost with daylight diminishing and a few supplies? This workshop is designed to help participants build an emergency survival kit. What would you put in this kit? Marshmallows? Poptarts? This no-nonsense course will provide participants the tools they need to survive nearly any situation.

Workshop limited to 40.

What Do You Know About AYHC? - Delmar

Lezlie Wilfer, Alaska, 4-H Volunteer

Marla Lowder, Alaska, UA Extension Educator

Are you a member of the American Youth Horse Council? If not, you should be. Come and learn what this organization offers, past symposiums, research projects, awards, and what's to come. This organization encompasses teens and adults from all youth equine serving groups, such as 4-H, FFA, USPC, NHR, AQHYA, AJPFA, etc. Its goal is to educate youth and adults to be better equine stewards. Kids + Horses = Magic!

Workshop limited to 40.

Make Livestock Project Learning Fun with Games - North Star

Julie Sorensen, Washington, Kittitas County 4-H Program Assistant

In this workshop, participants will learn games and activities to use during 4-H meetings to reinforce knowledge learned in Livestock projects. Games give youth the opportunity to demonstrate knowledge, good sportsmanship, skills and sense of fair play with friendly, fun competition. This workshop is great for adult and teen leaders.

Workshop limited to 20.

Friday, March 7, 2008
4:00 p.m. – 4:50 p.m.

Quilt Quest - Emerald

Mary Jean Craig, Idaho, UI State 4-H/Youth Extension Associate

Learn about the new Nebraska Quilt Quest curriculum while trying out some of the activities which are designed to help youth learn not only how to quilt, but the history of quilting, how to design quilts (including elements and principles of design), how to preserve quilts, and other applications of quilt designs.

Workshop limited to 20.

Health and Wellness Youth Challenge - Garnet

Luann Boyer, Colorado, CSU Extension Agent Morgan County

Janice Dixon, Colorado, CSU Extension Agent Morgan County

Morgan County Extension Health and Wellness Youth Challenge teaches elementary age youth about the impact of obesity, appropriate serving sizes, and relationship of calorie intake/output. Youth participate in weekly activities and wear step counters to calculate their team miles during the multiple-week program that can be done as school enrichment, after school, or in 4-H clubs.

Workshop limited to 20.

Repeat at 4:00 p.m. – 4:50 p.m. Saturday, March 8, 2008.

Getting Engaged In World Citizenship - Opal

Lillian Larwood, Oregon, OSU 4-H Specialist – World Citizenship

How do people relate to other countries? Do youth and young adults really understand global connections that are part of their everyday life? How international are 4-H projects? This workshop will engage the participants in discussion and activities related to being a world citizen. Workshop participants will learn at least three activities that can be used to bring a better understanding of our global society to their 4-H work. Workshop participants will also be engaged in the development of materials that can be shared with county faculty/staff, volunteers, and youth to broaden their understanding of the global nature of the total 4-H program.

Workshop limited to 20.

Managing Crisis at County Fairs: 4-H Extension, Fair Boards, Superintendents, and Parents Working Together to Solve Youth-Related Fair Problems - Topaz

Mark D. Heitstuman, Washington, WSU Extension Director for Asotin County

Fairs can be emotional “hot buttons” for both youth and adults. Parents, youth, the local Extension Office and the Fair Board need to work together when handling/addressing controversial issues. This workshop will discuss the process that we successfully use in Asotin County, Washington. Workshop participants will also role-play and reach consensus on several controversial fair-related youth issues.

Workshop limited to 40.

The Teen Brain – Not Finished Yet! - Aspen

Lynette Black, Oregon, 4-H Program Assistant for Clackamas County

Jessica Rasmussen, Oregon, 4-H Member

Adolescence – a time period when the body and brain undergo major changes. New technology has allowed scientists to look into the developing adolescent brain. The “teen Brain: A Work In Progress” is a research-based presentation designed to help parents and adults who work with teens to understand how a teen’s behavior is affected by their brain development.

Workshop limited to 40.

New Faces, New Places – An Innovative 4-H Youth Program for Youth & Project Leaders With No Prior 4-H Experience - Clearwater

Walter Barker, Nevada, UN PhD & Extension Specialist in Extension Education in Reno

Las Vegas 4-H staff, area specialists and community-based instructors, using several delivery models: after school, community centers, military and faith-based, have reached more than one thousand youth in high Hispanic, African American, Asian, and other low income youth with its new and innovative “New Faces, New Places.” This program is a 12-week after-school Education Experiential Learning process that engages youth in topics such as animal science, plant science, arts and crafts, health and fitness, aerospace, and technology. This program has been developed within the “experiential learning model of delivery”, and unlike most other curricula is digitized, interactive, self-explanatory, and is designed to guide Leader’s with little or no experience. This program is used as marketing strategy that excites youth to join ongoing 4-H programs and would be easy to replicate in any setting.

Workshop limited to 20.

4-H Members’ Horse Camp - Delmar

Amy Derby, Oregon, OSU 4-H Extension Agent

Robin Galloway, Oregon, OSU 4-H Extension Agent

Then 4-H Horse Project continues to grow in many Western States. The wilderness-style camps began as an alternative to competitive events for 4-H horse members. The focus is for youth to take their horses to a camp-like setting and enjoy bonding with their horse, while learning useful life and technical skills. The seminar covers how the camps have been operated and evaluated. Throughout the presentation participants can ask questions to replicate the camp to meet their needs – whatever the setting.

Workshop limited to 40.

It’s In The Bag - Liberty

Mona Easley, Oregon, OSU State 4-H Staff Program Coordinator

Elissa Wells, Oregon, OSU 4-H Extension Agent.

Bags are the rage and this class will get you planning and sewing your next fashion statement bag. Designs, as well as construction ideas, will be shared with participants. Most of the interior and exterior zippers and features will be added while the parts are flat and

simple to sew. This is what makes it a good project for beginning 4-H members. Simple to advanced – they are all fun to make. Hands on embellishment ideas will be included.

Workshop limited to 20.

Getting the Most Out Of Your Teens: Teen Councils and Leadership Activities - North Star
Vernon Parent, Utah, USU Extension Agent

If you love working with teens, then this workshop is a must! Discover how to develop and create your own unified and strong Teen Council. Half the workshop time will be spend on the tools and structure to building your youth leadership team and how they can multiply your programming efforts. The other half of the workshop will be on activities that build and develop your teen's leadership, communication and teamwork skills.

Workshop limited to 40.

Repeated at 11:00 a.m. – 11:50 a.m. Saturday, March 8, 2008.

Friday, March 7, 2008
2:00 p.m. – 3:50 p.m.

4-H Mini-Scrapbooking Project - Emerald

Nancy Shelstad, Idaho, 4-H Program Coordinator in Ada County

Cost: \$3.00

As a focus area of Palette of Fun, the 4-H Scrapbook/Card Making project is a fun, creative project you can share with your club members. Learn about the skills checklist and project requirements from Idaho, experience a fun activity from Palette of Fun and there will still be plenty of time to create your own mini scrapbook project. Bring a paper slicer (if you can – I will have some that can be shared) and glue stick or your favorite adhesive.

Workshop limited to 25.

Games for Learning & Laughter - Garnet

Shana C. Withee, Oregon, OSU Extension Educator

“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! Objectives: Learn new games to increase learning, laughter and fun; Experience new, fun learning techniques; Learn new ways to have fun with club members and friends; Realize laughter is good for you.

Workshop limited to 20.

Prepare for the Unexpected - Opal

Lynette Black, Oregon, 4-H Program Assistant for Clackamas County

Kelsey Walker & Jessica Black, Oregon, 4-H Youth

Floods and earthquakes and hurricanes, oh my! Are you ready? Our government recently launched a media campaign promoting the need for all citizens to prepare for the unexpected. Disasters quickly overwhelm professional emergency responders, leaving us responsible for ourselves at a time when help is most needed. This workshop trains participants on how to prepare for a disaster. Taking simple preparedness steps can help insure a more comfortable survival of unexpected events. Teaching tools enabling the sharing of this knowledge with your 4-H families will be provided.

Workshop limited to 20.

Leading With Impact - Topaz

Pat Boyes, Washington, WSU State 4-H Director

We talk about “leadership” all the time but what the heck does it look like and how do we develop leadership in ourselves so that we can positively influence the lives of the young people and the adults with whom we work? This class will be practical and experientially based.

Workshop limited to 40.

Instant 4-H Projects: Just Add Youth - Aspen

Katie Hoffman, Idaho, 4-H Coordinator Lemhi County

Nancy Chaffin, Idaho, Lemhi County Extension Staff (former 4-H Coordinator)

This workshop will give coordinators, assistants, and volunteers the tools they need to hold a Project Camp in their county. Project Camp is a week long day camp program that gives youth an opportunity to complete up to three projects in five days, participate in club activities and be judged and awarded at a mock fair. This workshop is a chance to get the “how to’s” on project camp construction.

Workshop limited to 40.

Around the World in 120 Minutes - Clearwater

Claudine Zender, Idaho, UI State 4-H International Programs Coordinator

Tiorv! Konnichiwa! Hola! Privet! Barev! Our world is expanding from local to global at a furious pace, and 4-H International Programs can help us prepare for its challenges. Meet 4-H exchange students from around the world as you learn about 4-H international programs for teens and adult volunteers. Learn about other cultures and explore opportunities for hosting and travel to other countries. Take home program materials and new ideas for individuals, families, and clubs. It’s time to get out of your chair, turn off the TV, and make new friends.

Workshop limited to 20.

Sew What?! - Liberty

The Quilt Crossing staff, Idaho, sewing experts from Boise

Cost: \$10.00

Class will focus on helping youth be comfortable with sewing machines by making two simple projects: Upcycling a t-shirt into a book bag and making a decorator pillow of their own fabric design, with placement help and decorative stitching.

Workshop limited to 20.

Friday, March 7, 2008
3:00 p.m. – 4:50 p.m.

GPS/GIS – So What Is This Really: An Introduction to the Fun of Geospatial Technologies for the Benefit of 4-H Programs – Board Room

Timothy G. Ewers, Ph.D., Idaho, UI State 4-H Youth Development Specialist

Geospatial technologies have become prominent providing much more information about people, places, and events. In addition, geospatial technologies allow us to organize and analyze information in ways that enable new ways of knowing. In this workshop we will learn the basics of GPS and GIS and explore applications for your youth programs including: Geocaching and Earthcaching, Curriculum Materials for 4-H Clubs, and Community mapping. *Workshop limited to 20.*

Saturday, March 8, 2008
10:00 a.m. – 10:50 a.m.

Needle Felting Frenzy - Garnet

Elaine Schrupf, Oregon, OSU State 4-H Youth Development Extension Specialist

The newest twist on needle felting is as an embellishment technique. Come let your creative juices flow as you learn to add yarns and wool roving to a simple hands-on project. Take the techniques home to your members in fiber arts, clothing or even as camp activities.

Workshop limited to 20.

IMAGINE...A Thriving Junior Leadership Program - Opal

Janice Cowan, Oregon, OSU Extension Educator

Debra Schreiber, Oregon, OSU Extension Educator

Do you have trouble coming up with leadership ideas to help your Junior Leader Project be exciting for your Junior Leaders? Through participation in this workshop, participants will: learn how to use the new Oregon Junior Leaders Curriculum; expand their knowledge and skills in building a strong Junior Leaders Program; learn practical strategies for developing leadership skills in older 4-H youth. A power point presentation will introduce participants to the program, hands-on activities to practice leadership techniques, group discussion to help plan and build a thriving Junior Leader Program in your county. Handouts will be distributed.

Workshop limited to 20.

4-H Horse Hippology - Delmar

Cindy A. Kinder, Idaho, UI Extension Educator Gooding & Camas Counties

Horse projects are known for their County Fair awards. This workshop is a hands-on activity that will show how to take the focus off the County Fair and put it on Youth Development. Come learn about fun and exciting ways to test youth's knowledge of horses. This activity will allow you to focus on horse knowledge, team work, and recognition of participants.

Workshop limited to 40.

Team Work in Leaders Councils – Winning not Whining - North Star

Mauri Knott, Idaho, 4-H Program Coordinator in Latah County

Grace Wittman, Idaho, UI Extension Educator in Cassia County

Do you feel like you are on a losing team? Are meetings taking hours with little results to show for your time? Learn how to work together through collaboration and task management to make your council or committee the winning team.

Workshop limited to 40.

Saturday, March 8, 2008

11:00 a.m. – 11:50 a.m.

Design a Dream Room: 4-H Home Decorating Contest - Garnet

Marian Stratton, Oregon, 4-H Volunteer

We have all seen the popular home design programs on television. Learn how the TV concept has been adapted into a contest for 4-H members. Skills learned in several project areas including home environment, sewing, computer science, and photography are applied to produce a finished product. In the contest, members present a proposal for his or her “dream room”, spotlighting design concepts such as focal point, color, wall/window treatments, furniture, accessories, and harmony. Contestants also draft a proposed budget for the room. Examples from this fun county contest will be shown.

Workshop limited to 20.

STARVE (Students Together Against Relationship Violence Everywhere) - Opal

Deborah Conklin, Alaska, Eielson AFB Youth Center Director

Jacalyn Dunn, Alaska, Eielson AFB Family Advocacy Outreach Manager

Elizabeth Hursh, Alaska, Ben Eielson High School Leadership Class Teacher

Eielson AFB Alaska TRACKS 4-H Program

STARVE (Students Together Against Relationship Violence Everywhere) are students from Ben Eielson HS and Eielson AFB Youth Center KeyStone Club on Eielson AFB in Alaska. The teens, through a youth-adult partnership with Alaska TRACKS 4-H Program, Eielson Youth Center, and Eielson Family Advocacy produced a DVD of public service announcements to raise awareness about dating violence. DVDs were distributed to high schools in the state of Alaska.

Workshop limited to 20.

Livestock Field Days – Hands On Learning! - Delmar

Rikki Wilson, Idaho, UI Extension Educator in Gem County

Stephanie Etter, Idaho, UI Extension Educator in Canyon County

Learning made fun through “Hands On” livestock field days. Information on the activities to use, workshop themes, and skill-a-thon questions. Here are your tools to host or participate in livestock field days to enhance learning in youth taking market or breeding projects.

Workshop limited to 40.

Getting the Most Out Of Your Teens: Teen Councils and Leadership Activities - North Star

Vernon Parent, Utah, USU Extension Agent

If you love working with teens, then this workshop is a must! Discover how to develop and create your own unified and strong Teen Council. Half the workshop time will be spend on the tools and structure to building your youth leadership team and how they can multiply your programming efforts. The other half of the workshop will be on activities that build and develop your teen’s leadership, communication and teamwork skills.

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Saturday, March 8, 2008

10:00 a.m. – 11:50 a.m.

Cards of Thanks - Emerald

Shana C. Withee, Oregon, OSU Extension Educator

Julee Withee, Meg Gini, Rachel Allison, Katee Withee, Oregon, Bits & Pieces 4-H Club

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. Scrapbook techniques learned in card making can be used in completing 4-H Record Books or 4-H Memory Books. Information on our 4-H Scrapbook project will be shared. Objectives: Explore the art of Scrapbooking; Write a model Thank You note; Learn several techniques for making homemade cards; Learn about the 4-H Scrapbooking project.

Workshop limited to 25.

Multi-Generational 4-H Volunteers - Topaz

Linda Schultz, New Mexico, NMSU 4-H Youth Development Specialist

Have you wondered why you may be frustrated with a leader who is younger or older than you? Are they from a different “generational group”? During the past 10 years many authors have noted the common experiences and shared values of the Matures, Baby Boomers, Generation X, and Millennials. This workshop will provide information about the four generational groups which will assist in the understanding of leaders you are working with and engage participants in identifying what is needed to recruit and retain volunteers from Gen X and Millennials.

Workshop limited to 20.

Walking for Health - Aspen

Maureen Toomey, Idaho, UI Extension 4-H Afterschool Coordinator

Walking for Health is a fun way to get kids involved in being healthy and learning about nutritious snacks. Using pedometers is a great way to show kids that physical activity means getting up and moving your body. The workshop focuses on how to use pedometers, selecting and making healthy snacks, and building positive self-image. Several 4-H project materials will be shared. (Optional to purchase walking guide during the workshop for \$15.)

Workshop limited to 40.

Teaching Teens About Personal Finance - Cinnabar

Marilyn Bischoff, Idaho, UI Extension Family Economics Specialist

Lyle Hansen, Idaho, UI Extension Educator Jerome County

Teach vital personal finance lessons to teens with a newly revised, free Extension-approved curriculum – the High School Financial Planning Program (HSFPP). Financial goal setting, budgeting, saving & investing, credit, financial services, car insurance, and career planning are some of the topics explained in the HSFPP. You’ll learn how to use the materials with youth ages 14-19.

Workshop limited to 40.

Customer Relations - Clearwater

Barbara Abo, Idaho, UI Extension Educator Ada County

Barbara Bromley-Brody, Idaho, UI Extension Educator Valley County

Grace Wittman, Idaho, UI Extension Educator Cassia County

Providing outstanding customer service is an essential competitive advantage for youth organizations. According to research, organizations who deliver high quality customer service keep customers 50 percent longer, have 20-40 percent marketing costs, and see 7-17 percent increase in net profits. This workshop will help you identify your customers; you will learn what good service is from your customer's point of view. Learn how you can be at your best with every customer, how to discover new ways to delight your customer, and how to take care of your customers.

Workshop limited to 20.

Embellish It! - Liberty

Maurine Johnson, Idaho, 4-H Volunteer

Cost: \$10.00

Use beads, crystals and decorative threads and fabric paints and dyes to embellish an article of clothing. Please bring an article of clothing to embellish.

Workshop limited to 20.

TerraPod – Learning Science Through Film-Making – Board Room

Kirk A. Astroth, Montana, MSU Director of Montana 4-H Center for Youth Development

Patty Bean, Montana, MSU Department of Media and Theater Arts

TerraPod is a virtual, web-based social community and curriculum designed to teach teen's science, engineering, and technology (SET) skills through the art of film-making and free-choice learning. Through web-based resources, chat rooms, forums and podcasts, youth learn about science topics through a discovery process driven by their desire to make their own films. TerraPod uses the hands-on, experiential learning process of helping youth learn about science and technology while also having fun learning how to plan, produce, edit and upload an original 3-5 minute movie on a science or nature topic. At the same time, youth can "chat" with one another on a secure website, ask questions of one another, "chat" with film-makers and probe the minds and expertise of scientists in a forum. In this workshop, you will learn how you can get involved in your state in the TerraPod experience. Through this project, youth successfully produce their own original science or nature films and improve their understanding of science facts and concepts along the way.

Workshop limited to 20.

Rhythm Dogs – Club Max

Workshop limited to 40.

Saturday, March 8, 2008

2:00 p.m. – 2:50 p.m.

Health and Fitness for the Brain - Opal

Lynette Black, Oregon, 4-H Program Assistant in Clackamas County

Jana Soli, Oregon, 4-H Member

Did you know that living a healthy lifestyle is good for the brain? Did you know the brain makes up only 2% of your total body weight, but it uses 30% of the day's calories? Learn what nutrients your brain needs to achieve its highest function. Also learn how exercise affects the brain.

Workshop limited to 20.

Minidoka County 4-H Teen Association – Youth On The Move - Topaz

Jeni Bywater, Idaho, 4-H Coordinator in Minidoka County

Minidoka County 4-H Teen Association, Idaho, 4-H Members

Learn about a 4-H Teen Association that is helping the 4-H program by keeping teens involved in 4-H. They serve as mentors to younger 4-H participants and take on leadership roles in communities, clubs, and schools. Activities include Teen State Exchanges, 4-H Ambassadors, 4-H Camp Counselors, 4-H Awards Night, Christmas and Halloween Parties, County Fair Dance, Know Your Government Conference, Teen Conference, Teen Winter Camp, State Leaders Forum, Teen Leadership Projects, Jump Into Spring, and lots of community service and fund raising.

Workshop limited to 40.

Kid Kredit Card - Cinnabar

Lyle Hansen, Idaho, UI Extension Educator Jerome County

Marilyn Bischoff, Idaho, UI Extension Family Economics Specialist

Kid Kredit Card (KKC) focuses on teaching personal finance topics, especially credit, to youth ages 8-18 using innovative hands-on activities. In this workshop participants will receive ideas and resources to teach youth about responsible use of credit, needs vs. wants, and wise spending decisions. Participants will learn how to excite and involve youth through engaging and creative personal finance activities.

Workshop limited to 40.

So You've Been Asked to Give a Presentation - Clearwater

Alan Swartz, Colorado, Retired CSU Extension Agent

What tips can we as leaders give to 4-Hers to make them better speakers? This workshop will focus on ideas that winning speakers in Toastmasters have used to continually improve. It will involve discussion and audience participation on speaking and self-confidence.

Workshop limited to 20.

The Value Of Horseless - Delmar

Carleen Gage, Idaho, 4-H Volunteer

Designed for young and old, inexperienced and experienced, "Horseless" is interactive, illustrative, and fun. Horseless is a creative approach to understanding and experiencing horse sciences, horsemanship, and safety. Examples and demonstration of Horseless learning modules which include terminology, behaviors, impact of tack on the horse, balance, riding patterns, trailer safety, and preparing for shows. Techniques for documenting each learning session and including in record books.

Workshop limited to 40.

Saturday, March 8, 2008

3:00 p.m. – 3:50 p.m.

Keeping 4-H Market Animals Healthy - Opal

Joy Jones, Oregon, OSU 4-H/General Extension Agent in Tillamook County

An increasing number of youth are starting 4-H animal science projects without any prior experience raising animals. These members and their families are often at a loss when it comes to animal health issues. Their leaders may struggle with how to help them. I will be sharing a guide entitled "Keeping Your 4-H Market Animal Healthy" that will cover many common problems and how to deal with them.

Workshop limited to 20.

Personality Compass - Topaz

Shannon Williams, Idaho, UI Extension Educator Lemhi County

Working with people can sometimes be extremely challenging. Identifying people's strength and weaknesses can be beneficial when putting together committees and teams. Come find out if you are a North, South, East, West, or a combination. This will be a fun interactive workshop that will conclude in applying all personalities to a 4-H activity.

Workshop limited to 40.

Games to Teach Environmental Curriculum - Cinnabar

Jeannie Olmstead, Montana, MSU Extension Agent in Toole County

We will be playing games that are not only fun, but educate youth on the environment and the relationships within ecology. These games are perfect for camps or an outdoors-oriented project day.

Workshop limited to 20.

Hi Neighbor – Exploring Diversity - Clearwater

Paulette F. Sauln, California, 4-H Volunteer

Let's explore diversity by looking at the cultural heritage of ourselves and our ever changing neighborhoods. By examining our backgrounds we can discover how many common factors we share and how we can use them to enhance our program.

Workshop limited to 20.

Morrow County Heifer Futurity Program - Delmar

Claire Sponseller, Oregon, OSU Extension Educator Morrow County

Angie Hughes, Oregon, 4-H Volunteer

Take 4-H breeding projects to a whole new level! The Morrow County Heifer Futurity program teaches youth to raise their own beef replacement heifers, striving to excel beef industry standards. Learn how to re-create the financial and production records developed specifically for this project, how to coordinate the hands-on educational workshops, and prepare the first Heifer Futurity for your area! We want you to have the tools to kick off this fantastic program in your county!

Workshop limited to 40.

Saturday, March 8, 2008

4:00 p.m. – 4:50 p.m.

Build a Bronc - Emerald

Cheryl Lockard, Idaho, Benewah County 4-H Program Assistant

Rhonda Amy, Idaho, Benewah County Extension Staff

Jordan Lockard, Idaho, 4-H Member

Cost: \$6.00

Participants will construct their very own noodle horse. Noodle horses are constructed from foam water noodles, yarn, foam sheets, and jiggle eyes. Participants will learn several ideas for using the noodle horse in the 4-H Horse Project. Adults and youth alike have enjoyed this activity.

Workshop limited to 20.

Health and Wellness Youth Challenge - Garnet

Luann Boyer, Colorado, CSU Extension Agent Morgan County

Janice Dixon, Colorado, CSU Extension Agent Morgan County

Morgan County Extension Health and Wellness Youth Challenge teaches elementary age youth about the impact of obesity, appropriate serving sizes, and relationship of calorie intake/output. Youth participate in weekly activities and wear step counters to calculate their team miles during the multiple-week program that can be done as school enrichment, after school, or in 4-H clubs.

Workshop limited to 20.

Repeat at 4:00 p.m. – 4:50 p.m. Friday, March 7, 2008.

Using Games to Teach Livestock Skills - Opal

Jill Arbogast, Oregon, 4-H Volunteer

Deb Schreiber, Oregon, OSU 4-H Extension Agent in Wallowa County

Many common games like Bingo, Twister, Pictionary and Jeopardy can be used to teach young 4-H members livestock terms and parts. We will teach you how to utilize several “learning games” that will keep your members interested and make your meetings fun. Youth will be begging their parents to get to your meetings on time so they don’t miss any of the fun!

Workshop limited to 20.

Junior Ambassador Program - Topaz

Carole Smith, Oregon, OSU 4-H Extension Agent in Union County

Amie Graves, Kelby McClelland, Gabrielle Schmittle, Paige Aragon, Oregon, 4-H Members

The Junior Ambassador Program was developed in an effort to enhance the leadership opportunities for youth in our county. The program is targeted towards 8th & 9th grade members who historically drop out of the 4-H program for lack of new challenging things to do. This program was designed and is implemented by youth members. The program has been in existence for 6 years and shows great success in the skills members develop in the area of leadership. Presenters will receive a program packet containing criteria, guidelines and application process as well as evaluation data.

Workshop limited to 40.

Empowering Teens To Run Camp! - Aspen

Marla Lowder, Alaska, UA Extension Educator

We all have teen counselors at our camps that do a lot of the work, so why not let them do more? Come learn how the Tanana District teens learned what being a counselor really meant and how they rose to the occasion. The older ones are now even taking on segments of the camp counselor training. There will be games shared with you to take back to your own camps.

Workshop limited to 40.

Surviving Life's Catastrophe's: Resiliency - Cinnabar

Alan Swartz, Colorado, Retired CSU Extension Agent

What are the skills necessary to get through tough times? This workshop will discuss skills useful in bouncing back from setbacks in life and how to share those skills with others. It will include both discussion and lecture in developing positive expectations in face of crisis.

Workshop limited to 20.

What Does Your Character Look Like? - Clearwater

Tammy Dunlap, New Mexico, NMSU Hildalgo County Extension Program Assistant

How important are the decisions you make as a person of the community and as a member of your local 4-H program? Come learn how important your character is and play a jeopardy-like game instilling service to others, caring, equality, and justice, honesty, responsibility, and self-discipline.

Workshop limited to 20.

Intermountain Livestock Judges Training Program - Delmar

Jim Jensen, Utah, USU 4-H Extension Agent

Come and learn about a unique opportunity to be trained in livestock judging and oral reasoning skills. This annual training is rotated around the Western Region each year and features experts in placing all market livestock and giving oral reasons. You will then have the chance to view the carcasses of the animals you have been evaluating and get a little more realistic training on the purpose of our youth livestock projects.

Workshop limited to 40.

Camp Sew Fun - Liberty

Diana Benedick, Idaho, The Quilt Crossing staff

Diana will share tips and project ideas from her experience conducting Camp Sew Fun – a week long program for nine-year olds and older. The focus is on teaching children how to safely use a sewing machine, pattern, and scissors, while having a great time! The camps are held for 3 levels – Beginner, Beginner Plus, and Teen Quilting.

Workshop limited to 20.

Breaking the Ice, Mixers, & More - North Star

Mike Knutz, Oregon, OSU 4-H Youth Development Extension Agent

4-H Youth members, Oregon

Youth drop out of 4-H clubs when they don't feel like they belong. 4-H Leaders need a variety of ice breakers, mixers, and team building activities to help youth connect and gain a sense of belonging. This active workshop will provide a variety of activities to add to your repertoire of building camaraderie among your club members.

Workshop limited to 30.

Repeat at 11:00 a.m. – 11:50 a.m. on Friday, March 7, 2008.

You Heard What? Where? – Board Room

Amy Zemler, New Mexico, NMSU 4-H Youth Activities Specialist

Shannon Franklin, New Mexico, NMSU 4-H/Home Economics Extension Agent Lea Co.

You walk down the hallway of your house or sit at the stoplight and hear “boom, boom” blasting next to you. Do you ever wonder what the words they are listening to mean to them and if they mean the same to you? What about the music videos and TV shows? In this workshop the participants will learn how strong of an influence this media exposure has on youth and the impacts it has on their behaviors and pursuing future goals as well as skills youth master in the Life Skills Model.

Workshop limited to 20.

Saturday, March 8, 2008

2:00 p.m. – 3:50 p.m.

Passing Forward the Leathercraft Tradition - Emerald

Jim Linnell, Texas, Director of Operations for Tandy Leather Company

Joanne Tackitt, Idaho, Tandy Leather Company

Jerry Orona, Tandy Leather Company

Come and participate in a hands-on workshop where each participant will create a unique leather item. In addition to learning the use of several tools, you will also learn many techniques that will help you introduce leathercraft to the next generation.

Workshop limited to 25.

Repeat at 10:00 a.m. – 11:50 a.m. Friday, March 7, 2008.

Leadership in Shooting Sports - Garnet

Carrie Stark, Idaho, UI State 4-H Youth Development Specialist

Developing leadership skills in your 4-H Shooting Sports participants is one of the primary goals of the program. This can only compliment your current shooting sports program. It doesn't matter what discipline you work with, leadership skills can be instilled in all youth. Older youth volunteers provide a great resource when working with beginning 4-Hers. Participants will experience short exercises to help them teach leadership to these older youth volunteers in their clubs.

Workshop limited to 20.

Round Up Those Rowdy Meetings - Aspen

Amanda Jo Hagler, Nigel Makela, Marti Araquistain, Chelsie Reeves, Idaho, Valivue 4-H Club of Canyon County

This fun hands-on workshop, presented by teen leaders, will give you tips on how to "corral" your meetings. We will show you how we run our club meetings, and what we do to keep our members entertained while slipping in a little bit of skill building. We will share our techniques on how to handle those more rowdy members. This workshop will definitely give you some ideas to use in your club. *Workshop limited to 40.*

Creating with Felted Wool Fabric - Liberty

Maureen Toomey, Idaho, UI Extension 4-H Afterschool Coordinator

Cost: \$3.00

Try your hand at designing and stitching a felt wool fabric appliqué square. Participants will select felted wool fabric; create a design and then appliqué the square. The instructor will share how to felt wool from recycled garments, make pattern pieces, create a unified design, and incorporate felted wool fabric into other fiber arts project for youth. The felt wool appliqué activity is from *Sketchbook Crossroads*, N4-HCCS 2005.

Workshop limited to 20.

Leadership and Recreation on a Shoestring Budget - North Star

Cody Stone, Montana, MSU 4-H center Volunteer & Leadership Development Specialist

Do you want to provide hands-on learning experiences for the youth and adults you work with but you don't have a lot of funds? Then this active workshop is for you. Fill your "bag of tricks" as you participate in experiential recreation and leadership activities that require a few inexpensive props or none at all. Come play, laugh, have fun, and learn new ways to enrich your program.

Workshop limited to 40.

Microsoft Magic – Board Room

Katelyn Andersen, Montana, MSU Extension Agent in Ravalli County

Do you over-use Microsoft Word? This two hour workshop will teach you the strengths and weaknesses of Microsoft Word, Excel, and Publisher by hands-on projects using the mobile computer lab. Don't struggle anymore with using the wrong Microsoft program, make your life easier and move into the technology world. Katelyn Andersen will teach you to work Microsoft like a pro in no time.

Workshop limited to 20.