

# **Workshops being offered at the 2005 North Central Region Volunteer Forum**

**Friday, November 11, 2005**

**Session 100**

**10:15-11:30 a.m.**

## *Workshop #101*

### **“Got Goals: Personal Journey”**

V.J. Smith - SD

This is a journey from procrastination to destination. Smith shares his 15 year battle against setting goals. In this inspirational talk, the speaker tells how he found himself at a football game at Notre Dame, eating lobster in Maine, and planting a tree. According to Smith, “Too many of the so-called goal experts have made goal setting cumbersome and sets people up for failure. I found my own path.” That simple path, filled with moments of great happiness, was built on the idea of getting better at this thing called life.

## *Workshop #102*

### **“4-H for all Generations”**

Rachelle Vetter - ND

Come find out what generation you belong to: Builders, Boomer, X'er, Millennial. This workshop takes an intergenerational approach in discovering the role that society has played on developing the values and skills of young people. We will discuss what has influenced past and present generations. Participants will learn how to work with individuals from other generations to discover some of the hidden talents that each generation can offer a 4-H club, school, or community.

## *Workshop #103*

### **“Positively Presenting 4-H Policies & Procedures”**

Steve McKinley - IN

“Here’s another guideline that the fed’s have told us we have to follow!” “You probably won’t like this, but the “Ivory Tower” at the University says we have to...” Have you heard statements such as these used as a lead-in to the introduction of a new 4-H Policy or Procedure? Have you used such a statement yourself?

## *Workshop #104*

### **Don’t “Spoil” Your Chances of Winning a Blue Ribbon at Foods Judging**

Deb Angell - OH

Keeping food safe and at the proper serving temperature, when it is prepared at home and then transported to 4-H Foods Judging, is a challenge. Flavor and quality are important judging criteria and no one wants the 4-H foods judge to become ill from tasting foods. This program will share fun and easy activities for training 4-H members in safe food handling principles, emphasizing techniques to use for foods judging.

## *Workshop #105*

### **Engaging Members using Raccoon Circles**

Bonnie Malone and Rita Daniels - OH

Do your club members need help feeling connected? Do you need some activities to use in various club settings? If so, this workshop is for you. Raccoon circles are 15 foot pieces of nylon webbing that may be used in an almost infinite number of activities. Join the fun and learn to ‘play’ with this low cost and versatile piece of adventure equipment. Additional cost: \$6.50 to purchase a Raccoon Circle.

*Workshop #106*

**Sewing Communities Together**

Lucille Cumbers - OH

The presenter brings a wealth of over 35 years of community-oriented volunteer sewing into play with this seminar. Participants will receive patterns and instructions for several projects ranging from beginner to advanced skill levels including nursing home bibs and bags, baby positioning pillows, sun-safe hats, and newborn and preemie clothing. These projects are suitable for individual clubs or county-wide community service projects. Attendees will make a simple project to keep or donate (all materials provided).

*Workshop #107*

**4-H Afterschool Initiative: Extraordinary Learning Opportunities!**

Marilyn Rasmussen & Carolyn Clague - SD

4-H Afterschool is where it is at! Join us to discover what is happening in 4-H Afterschool programming across the North Central Region. South Dakota Extension personnel and volunteers (youth and adults) will present 4-H Afterschool accomplishments. Participants will receive the 4-H Afterschool Guidelines, Power Point Presentation, and hand outs. Educational curricula featuring science-based themes will highlight the discussion. Come join us and learn more about this youth development program!

*Workshop #108*

**It's a Snap! – Digital Photography**

Lisa Knox, Julie Hassebroek, Deb Lee, and Kaylyn Anderson - ND

Come and create your personal photo memories of the Forum using digital cameras and laptop computers! Presenters will showcase Adobe Photo Elements 3.0 and teach participants how to snap, edit, and print the perfect picture. Great ideas for photography projects will be shared.

*Workshop #109*

**Breaking the Ice**

Bernice Oellien & Cecelia Haffner - MN

Are you looking for some new games and mixers for your club meetings? Do you need some new ideas to keep the 4-H'ers busy? Come join us and see what works for us. We'll have quiet games, paper puzzles, and activities, everyday game activities and a few more active games. We'll keep you busy trying new things and hopefully some to take back home. Handout will also be included.

**Session 200**  
**2:00-3:15 p.m.**

*Workshop #201& #301 (Linked) (2:00 to 5:00 p.m., with breaks)*

**Youth Matter! Kick off Teamwork between Youth and Adults!**

Megan Fuhrman, Heidi Zahn, and Sara Hille - WI

This workshop will help youth and adults connect through activities and discussion. Led by several teen leaders from the Shawano County 4-H Older Youth Group of WI, this is a surefire way to get pumped with ideas, games, and plans for the rest of the year. We'll share thoughts, ideas, trouble-shooting, and answer questions about anything from camp counseling to working on executive boards with young adults. Come join the fun!

*Workshop #202*

**How to Keep Your Cool and Still Manage Your 4-H Meetings**

Sheri Seibold - IL

Do you sometimes feel like your meetings are out of control? Would you like to learn techniques for gaining cooperation among your members and parents? Come and learn ways to model positive and respectful behaviors that will make your meetings extend the welcoming environment that 4-H strives to provide to all its members and volunteers.

*Workshop #203*

**Tips for Flying Your 4-H Club Into the Future**

Steve McKinley - IN

How do you manage a club that has grown too large? What options are available to help the 4-H Club experience be more effective for the members and volunteers? This session will offer some suggestions on how volunteers, members, and Extension staff can work together to make the 4-H Club experience better for all involved.

*Workshop #204*

**Methamphetamine – One of Rural America’s Greatest Challenges**

Sue Brown & Marilyn Fox - NE

4-H volunteer leaders will learn about methamphetamine, its risk factors, characteristics of meth use, signs of meth production, its impact on families, and the costs and effects of meth on public health, safety, environment and rural economic development. An increased awareness of methamphetamine within our rural communities and its relationship to public safety, rural economic development, and families will compel volunteers and 4-H members to take action to help combat this growing problem.

*Workshop #205*

**Meeting Misery!**

LaDonna McKnight & Janel Audiss - SD

The effectiveness of an organization’s meetings can determine the success of the entire organization. Good meetings can result in increased attendance and unity, better communication between members and leaders, and increased productivity. On the contrary, poorly planned meetings can lead to miscommunication, loss of interest, and a decrease in motivation and productivity. Knowing how to plan and run meetings effectively can make the job of the leader much easier.

*Workshop #206*

**Start the Year with a Bang....Club Programming Tips**

Kathryn Reeves - SD

Work with your club members to create a program for the year. Even the youngest 4-H'er can use this approach, which creates a true leadership opportunity for all the kids involved.

*Workshop #207*

**Things You Can Learn From a Cow and a Worm**

Lisa Dorschner & Colette Kessler - SD

“Recycling things that we can’t use, these worms and cattle give us clues...” How can observing cows and worms help people understand the environment? The answer is the focus of the program “Things You Can Learn From a Cow and a Worm.” Through this lesson, students can learn about natural resources, South Dakota agriculture, and how to better conserve natural resources by identifying natural animal ability and behavior and applying the concepts to their own lives.

*Workshop #208*

**The Successful Beginning Sewing Project**

Donna Morton - OH

To give ideas to help volunteers with beginning sewing projects. This session will cover the beginning sewing projects from start to finish. It will cover measurements, selecting a pattern and a pattern size, what fabric to look for and stay away from, cutting out of pattern and sewing the project.

*Workshop #209*

**Youth of Promise**

Karen Allen - SD

This workshop will be fun, motivating, and challenge participants to acquire knowledge and tactics for dealing with challenging issues and behaviors.

<p><b>Session 300</b> <b>3:45-5:00 p.m.</b></p>
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*Workshop #301 (Linked to Workshop #201(3 hrs with lunch break))*

**Youth Matter! Kick off Teamwork between Youth and Adults!**

Megan Fuhrman, Heidi Zahn, and Sara Hille - WI

This workshop will help youth and adults connect through activities and discussion. Led by several teen leaders from the Shawano County 4-H Older Youth Group of WI, this is a surefire way to get pumped with ideas, games, and plans for the rest of the year. We'll share thoughts, ideas, trouble-shooting, and answer questions about anything from camp counseling to working on executive boards with young adults. Come join the fun!

*Workshop #302*

**Operation: Military Kids**

Chris Gleason & Dee Colwell - IA

This interactive workshop gives Forum delegates a better insight into the issues facing military kids whose parents are deployed and in harms way. Through role-playing and listening to stories from military families, workshop attendees will explore "what if" it were their parents leaving for 18 months, discover what kind of coping skills military kids and their families need, and brainstorm ideas on how their 4-H clubs and communities can help military kids and families.

*Workshop #303*

**Sewing to Look Sharp**

Lorrie Hafner & Ida Marie Snorteland - SD

Looking great in our clothes says "We care" about ourselves. Learn sewing techniques for pressing, interfacing choices, easier zipper applications; how to select patterns that look great on us. Special emphasis will be placed on sewing with wool. There will be examples for you to see and touch. There might even be a small quilt or two. Sewing is fun with these two instructors. Sewing questions will be welcome in this presentation.

*Workshop #304*

**4-H 101**

Kim Christman, Sue Reilly, and Denise Hayunga - IL

What's a project? Who's Robert, and why do we follow his rules? A new 4-H member (and their family) may quickly be left behind if they don't have someone to help them. A new Family Support Coordinator provides a

vital role in helping new families become acclimated. Get the information you need to help retain members beyond their first few years and give them a solid start to their 4-H journey.

*Workshop #305*

**A Human Food Guide Pyramid Board Game “Survival of the Healthiest”**

Vicki Hayman, Daun Martin, and Lianna Scribner - WY

“Survival of the Healthiest” is a human board game where participants move up the Food Guide Pyramid by correctly answering questions about healthy food and activity choices. The first team to finish has the choice of a healthy snack. Game kits will be available for all participants to purchase and take back to their clubs for a fun Foods & Nutrition project or as a community service project to take into schools.

*Workshop #306*

**Outdoor Adventures**

Kathryn Reeves - SD

Looking for an adventure? Using the Outdoors Adventures curriculum can help your club prepare for a fun adventure in the wild. Enjoy indoor activities that transfer readily to the outdoors, while your group learns nutrition, planning skills, and teamwork.

*Workshop #307*

**The Science and Art of America’s Soils**

Lisa Dorschner & Mary Aldrich - SD

Soil: The Basis of Life. This workshop emphasizes the importance soil plays in daily life as well as basic art concepts. With an 80/20 ratio of science to art, the soil science culminates in painting with soil. Colors found in soil provide authentic colors for painting landscapes and “inspire investigation and observation” in students. Through observation students begin to understand and appreciate soil. Artist Janis Lang created a series of 18 Lewis and Clark inspired soil paintings. Her technique has been adapted for the elementary classroom and incorporates the importance of agriculture and natural resources in our daily lives.

*Workshop #308*

**Fatal Vision**

Teresa Northrop & Shawn Burke - SD

Participants will be able to view alcohol related accidents through computer software, and see their own image with simulated injuries in different scenarios. They will also have the opportunity to use Fatal Vision impairment simulation goggles.

*Workshop #309*

**The Puzzle of Leaders, Delegating, and Members**

Debra Wenzel - SD

Delegation is as much art as it is science – to delegate you assign or appoint responsibility to a member. It is a learned process and with practice comes more naturally and takes your organization to a new level of achievement. Delegation is more than busy work – when used effectively you recognize and utilize member’s strengths for achieving the program’s goals. In this workshop the participants will learn the tools necessary to be effective in empowering others.

**Saturday, November 12, 2005**  
**Session 400**  
**10:15-11:30 a.m.**

*Workshop #401 & #501 Linked (10:15-11:30 a.m. and 2:00-3:15 p.m., 3 hr session)*

**Robotics and 4-H**

SD 4-H Tech Team - SD

Build robots? Well, how about robotics? Hands on demonstrations with ideas and take home projects that can be used for activities in 4-H clubs, summer, and science or after school programs.

*Workshop #402 & #502 Linked (10:15-11:30 a.m. and 2:00-3:15 p.m.)*

**People + Program = Showtime**

SD 4-H Performing Arts - SD

Come learn how this dream becomes the reality of a unique theatre arts youth development opportunity. By blending many levels of youth and adult partnerships, a 7-day camp experience, and a summer of touring performances are developed. Specifics will be shared so you can organize a similar experience in your state. This distinct program has been in existence for 22 years.

*Workshop #403*

**Who Let the Dogs In!**

Sheri Mack, Sheryl Erickson, and Jessica Mack - SD

Would you like to reach new families or retain older members? Many families already have a dog and want to learn dog-training skills. Offering or expanding, the dog project can increase participation rates and benefit your group. Dogs also benefit humans with a strong, positive, psychological impact. The workshop will demonstrate and explain obedience, agility, showmanship, rally, team, and quiz bowl. Dog training and showing tips provided.

*Workshop #404*

**"The Basics of Giving a Cooking Demonstration"**

Christi Hendrickson - SD

In this course, participants will learn the basics of food safety and preparation in order to assist youth who may wish to do food demonstrations for 4-H projects. This information would also assist those enrolled in the Foods and Nutrition area, as it will cover food safety that should be used every time one is in the kitchen.

*Workshop #405*

**Honor Above All – A Guide to Promoting Integrity and Preventing Cheating**

Carol Hettinger - SD

A survey of 12,000 students reveals that 74% have cheated and 43% agree that a person has to lie or cheat in order to succeed. These statistics highlight the larger problem: a lack of honesty and integrity. This workshop will help those that interact with youth promote an understanding of, a love for, and a commitment to personal integrity and honor. Participants will also consider the pressures that encourage cheating and the rationalizations that are used to justify cheating.

*Workshop #406*

**Family Communication on Important Papers**

Sally Park-Hageman - SD

We know we should be prepared with our important papers, but too often in emergency situations, we discover just how unprepared we are. Unfortunate situations occur in which families are not properly prepared for

premature death, major accident or illness, or for transfer of the estate. It is important for all members of the family to know where important papers are located; let them help get the papers ready for emergency use.

*Workshop #407*

**Get Up and Move!**

Sheri Seibold - IL

Childhood obesity is epidemic in the United States.

4-H can be part of the solution by serving healthy snacks, encouraging physical activities among members and leaders, and by utilizing youth to teach others about healthy lifestyles. This fun, energetic workshop will provide you with lots of ideas and ways to access tools to share with your clubs. Tools include calendars, activities, leader guides, recipes, and supplemental materials developed in Illinois during the 04-05 4-H year.

*Workshop #408*

**8 Essential Elements That Make a Difference With Youth**

Marilyn Rasmussen - SD

How do I know I am making a difference in the lives of the youth in my club? Examine the eight essential elements that create a positive experience for children and youth. Research has shown that these characteristics are the basis for creating a positive environment for youth. Explore practical ways to contribute to the healthy growth and development of the members of your club. Measure your club's environment with a handy checklist and explore ideas to make your club even better.

*Workshop #409*

**4-H Clubs Serving Their Community**

Steve McKinley - IN

Community service is a longstanding tradition of the

4-H program. Both 4-H members and the community benefit as projects are completed. This session will provide suggestions on types of community service projects to complete and will include a checklist of steps to complete when planning a service project. Time will be provided for participants to plan a service project in their home communities.

<p><b>Session 500</b> <b>2:00 – 3:30 p.m.</b></p>
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*Workshop #501(Linked with #401 (10:15-11:30 a.m. and 2:00-3:15 p.m., 3 hr session))*

**Robotics and 4-H**

SD 4-H Tech Team - SD

Build robots? Well, how about robotics? Hands on demonstrations with ideas and take home projects that can be used for activities in 4-H clubs, summer, and science or after school programs.

*Workshop #502 (Linked to #402 (10:15-11:30 a.m. and 2:00-3:15 p.m.))*

**Taking the Show on the Road: Promotion, Fundraising and Touring**

SD 4-H Performing Arts - SD

Come learn how to promote 4-H through music and dance. Explore the South Dakota 4-H Performing Arts program and learn the techniques of promotion which also bring in new youth and "dough" to the program. Find out about the educational value of touring and the logistics of taking a show on the road!

*Workshop #503*

**Teens and Credit Cards: A Good Mix or Mismatch**

Sally Park-Hageman - SD

Teens, as well as adults, regularly receive credit card applications in the mail. This workshop will explore the features of credit cards, interpret the language of plastic magic, and propose the question for teens and adults – “Is this a good thing for me or a mismatch I will regret?”

*Workshop #504*

**Nutrition Tips for Middle School Students**

Christi Hendrickson - SD

In this course, participants will be given examples of methods for teaching smart nutrition habits to middle school age students. The goal of the presentation is to help this age group deal with their changing body image and educate them on what part good nutrition plays.

*Workshop #505 (Linked to Workshop #605)*

**Through the Judge's Eye**

Donna Schwartz - SD

This workshop focuses on what the judge looks for in the showmanship, horsemanship, and equitation classes in the 4-H Horse Project. Judging criteria for each class will be presented. In addition, we'll look at various patterns-learning how to correctly read and negotiate them. Discussion between participants is encouraged as to what strategies and methods work in helping 4-H'ers develop the riding and handling skills needed in the horse project.

*Workshop #506 & #606 (2:00-5:00 p.m. with breaks)*

**4-H Quilt Quest: Exploring the Universe of Potential for Youth**

Diane Vigna, Shirley Niemeyer, Barbara Schmidt, Jeanette Friesen, Myrna DuBois,  
Phyllis Schoenholz, Patricia Fairchild - NE

Quilt Quest was written with guidance from the International Quilt Study Center at the University of Nebraska. This comprehensive new 4-H curriculum is designed to help youth develop numerous life skills while learning about quilts and quilt making. Youth can explore science & technology, different cultures, careers, math, art and design, and quilt making using this quilt curriculum. The session includes a curriculum overview, discusses its relevance for today's youth, and includes several hands-on activities.

*Workshop #507*

**What's Buzzin**

Judy Gulleson - SD

Education for children and adults on bee and honey industry.

*Workshop #508*

**Creating a Welcoming Environment in Your Club**

Jim Deidrick - MN

Does your club promote a welcoming feeling to all youth and adults? As our communities become more and more diverse and our 4-H programs grow and grow, it becomes critical that we intentionally make all youth and adults feel welcomed into our programs. Come to understand the importance of feeling welcome, identify ways that you can intentionally welcome people into your group and increase your empathy for those entering your club that don't already "bleed green."

*Workshop #509*

**Keys to Better Leadership**

Bob Prentice - SD

In this session the participants learn 10 key principles of effective leadership. These principles are applicable in all the key result areas of their life. Everything from the functions of leadership to the definition of effective leadership. Plus, what a leader is not.

**Session 600**  
**3:45-5:00 p.m.**

*Workshop #601*

**“I Call This Meeting To Order”**

Malcom Chapman & CHARACTER COUNTS! Youth Group - SD

By using the format of a 4-H meeting, Malcom Chapman, CHARACTER COUNTS! (CC!) Regional Coordinator will share how easy it is to include CC! into local club meetings. New CC! resources, activities and role call topics will be shared. This fast paced and fun break-out session will give your club the CC! boost it needs.

*Workshop #602*

**4-H Discovery Camp**

Eileen Sikora - WI

This can be done in a rural area, you don't need to go to a campground. We do it at a rural church. This type of camping can be used with any subject - 4-H, church groups and even home schooling. We do cooking, crafts, learning projects, playing games and having fun. You set the projects or get ideas from the parents. Even the parents can come along.

*Workshop #603*

**Managing Conflict Effectively**

Steve McKinley - IN

Have you ever experienced conflict in a 4-H setting? Are you comfortable handling conflict? Most of us have experienced numerous conflicts, but may not feel that we have the tools to adequately resolve the conflicts. This session will provide suggestions on how to use different methods to handle conflicts and will provide participants with the opportunity to role play some conflict management scenarios.

*Workshop #604*

**Enrich Your 4-H with M&M&M (Mentor, Model, Motivate)**

Cherlyn Christiansen - SD

This hands-on workshop will provide the participant with experience and feedback in the skill of mentoring. The mentoring process consists of telling, coaching, supporting, and empowering others. Participant activities will be used to demonstrate the four phases of mentoring. The importance of modeling and motivation will be shared throughout the workshop. Participants will leave through the Affirmation Machine and have the opportunity and responsibility to empower others in their club and county.

*Workshop #605 (Linked to Workshop #505)*

**A Trainers Perspective**

Cecilia Steen, Ronda Strehlo, Terry Scott - SD

This workshop will cover the basics of training the performance horse in: Flying, Lead changes, suppling exercises, barrells & poles and preparing for trail obstacles.

*Workshop #606 (See Workshop #506)*

**4-H Quilt Quest: Exploring the Universe of Potential for Youth**

Diane Vigna, Shirley Niemeyer, Barbara Schmidt, Jeanette Friesen, Myrna DuBois,  
Phyllis Schoenholz, Patricia Fairchild - NE

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*Workshop #607*

**Mother Nature's Recycling Machines**

Lisa Dorschner, Colette Kessler - SD

Livestock production is the largest sector of agriculture production in South Dakota. Typically, education about livestock falls into 2 categories—by-products and nutrition. "Mother Nature's Recycling Machines" emphasizes the importance of grazing, it's benefits to the environment, and how cattle convert grass into food for humans. Examples of native grass help students understand what types of grass cattle eat—some grasses are like ice cream and others are like broccoli & spinach! We also discuss how cattle, as ruminants, convert grass into nutritious beef. A brief discussion showing how ranchers use branding to identify their herd will lead into a hands-on activity, "Plant A Brand". The activity is a reminder of the benefits of grazing, cattle branding practices and how grass provides us with nutritious beef.

*Workshop #608*

**Putting Reel Fun in 4-H**

Marian Eliason & members of the Eliason Family - SD

Learn about the Waltz, Gallop, Polka, Schottische, or how about some Animal Dances (Fox Trot, Horse Trot, Kangaroo Hop, Duck Waddle, Squirrel, Chicken Scratch??). What do you know about the Virginia Reel, the Heel Toe Polka, or Square Dancing. Did you ever learn how to "Put Your Little Foot?" Western or Country or Line Dancing are all good exercise and a wonderful fun experience for any age. Participants will enjoy learning (or brushing up on) dances from the past and really getting to know each other as they "square off and reel across the floor". Handouts and lists of references will be provided.

*Workshop #609*

**Measuring Up!**

Mary Lunders, Amanda Reeves - SD

Proper measuring technique makes you a better cook! This fun workshop teaches proper technique, with a finished product suitable for gift giving or possible exhibit. It can be easily replicated at a club meeting, and is suitable for all ages!