

2019 Wisconsin 4-H & Youth Conference

University of Wisconsin - Madison Campus

2019 Registration Timetable & Participant Guide

<https://www.facebook.com/groups/1115986421747259/>

IMPORTANT DATES TO REMEMBER

	County Delegate/Adult Advisor Orientation. <i>Please contact your County UWEX Office for date and time.</i>
April 2-15	Youth Register in WI 4HOnline account between 4:00 p.m., April 2 through midnight April 15
April 18-May 1	Adults Register in WI 4HOnline account between 4:00 p.m., April 18 through midnight May 1
April 27	Adult Advisor Orientation; Lincoln County UWEX Office; 1:00-5:30p.m. in person
May 1	Talent Show Application Due to State 4-H Office. <i>(Pre-apply by May 1 or Bring to Conference!)</i>
May 11	Adult Advisor Orientation; Dane County UWEX; 1:00-5:30p.m. in person
May 22	Youth Health Form for Residential Summer Camps <u>due to University Health Services through</u> <u>www.campdoc.com.</u>
May 23	2019 WI 4-H & Youth Conference State-wide Orientation for ALL Participants at 7:00 p.m.
May 31	Last Day for Cancellations without Charges
June 24	2019 WI 4-H & Youth Conference Registration from 11:00 a.m. – 1:30 p.m.
June 24-27	2019 WI 4-H & Youth Conference Prism of Possibilities
August	2019 WI 4-H & Youth Conference Wrap & Debriefing and 2020 Planning

2019 WISCONSIN 4-H & YOUTH CONFERENCE *TENTATIVE* SCHEDULE

(This schedule may change; refer to the conference Program on site for final schedule.)

Pre-Conference June 19-23: Breakfast - 7:30-8:00 a.m., lunch - 12-12:30 p.m., dinner – 5:00-5:30p.m.

Conference (Begins with breakfast on Monday, June 24): Breakfast: 7:15-7:45 a.m.; lunch 11:30-noon; dinner: 5:15-5:45 p.m.

Monday, June 24

- 11:00 a.m.-1:30 p.m. Arrival and Registration (outside east door of Sellery Hall or in Sellery lobby if windy or rainy)
- 11:00 - 2:00 Settle in and Enjoy Ice-Breakers and Get Acquainted Activities with other Delegates
- 2:15 Delegate and Adult Advisor Meet & Greet in Courtyard
- 3:00-4:30 Tours
- 3:00-4:30 Adult Advisor Meeting (Gordon Dining Center second floor meeting room)
- 4:15-4:45 Talent Show Auditions (Rm. 29, Sellery Hall) (Alternate time for auditions Tuesday afternoon.)
- 5:00-6:00 Delegation Photo Option- Photo Booth open in Sellery Hall Main Lounge
- 5:15-5:45 Dinner Serving Time (Gordon Dining Center (Allow 15 minutes to walk to the the Memorial Union)
- 6:00-6:30 Floor Connect
- 6:45-8:30 Assembly: Welcome; Wisconsin Leadership Council (WLC); Keynote Speaker (Memorial Union)
- 8:45-9:45 Team Building; Gordon Commons
- 10:30 Bed Check - Lights Out – In own rooms. Quiet Hours until 7:00 a.m.

Tuesday, June 25

- 6:00 a.m. Fun Run (Meet between Sellery Hall and Gordon Dining Center)
- 7:15-7:45 Breakfast Serving Time (Gordon Dining Center)
- 7:20 Adult Advisor Daybreak Meeting – Overture Room, Gordon Dining Center 2nd floor
- 8:00 Floor Connect
- 8:40 Gather & Depart for Service Projects (Meet in green space next to Gordon Dining Center)
- 9:00-11:00 Service Project Seminars
- 11:30-noon. Lunch Serving Time (Gordon Dining Center)
- 12:40 p.m. Gather & Depart for Seminars (Meet in green space next to Gordon Dining Center)
- 1:00-3:00 Seminars
- 3:30-4:45 Talent Show Auditions (Rm. 29, Sellery Hall)
- 3:30-4:45 Delegation Photo Option- Photo Booth open in Sellery Hall Main Lounge
- 3:30-5:15 Organized Free Time/Recreation Time
- 5:15-5:45 Dinner Serving Time (Gordon Dining Center)
- 6:00-6:30 Floor Connect
- 6:45-8:45 Assembly: Drama Company (Madison Masonic Center)
- 9:00-10:30 Recreation (Dance, Sellery Courtyard; Game Room– Rm. 30, Sellery Hall) Visit the State Art Exhibit (Rm. 23, Sellery Hall)!
- 10:30 Sellery Hall Closes
- 11:00 Bed Check - Lights Out – In own rooms. Quiet Hours until 7:00 a.m.

Wednesday, June 26

- 6:00 a.m. Fun Run (Meet between Sellery Hall and Gordon Dining Center)
- 7:15-7:45 Breakfast Serving Time (Gordon Dining Center)
- 7:20 Adult Advisor Daybreak Meeting – Overture Room, Gordon Dining Center 2nd floor
- 8:00 Floor Connect
- 8:40 Gather & Depart for Seminars (Meet in green space next to Gordon Dining Center)
- 9:00-11 Seminars
- 11:30-noon Lunch Serving Time (Gordon Dining Center)
- 12:40 Gather & Depart for seminars (Meet in green space next to Gordon Dining Center)
- 1:00-3:00 Seminars
- 3:30-4:45 Delegation Photo Option- Photo Booth open in Sellery Hall Main Lounge.
- 3:30-5:15 Organized Free Time/Recreation Time; State Art Exhibit, at 4:45! (Rm. 23, Sellery Hall)
- 3:45-5:30 Talent Show Rehearsal
- 5:15-5:45 Dinner Serving Time (Gordon Dining Center)
- 6:00-6:30 Floor Connect
- 6:45-8:20 Assembly: Spotlight!)
- 8:30-10:20 Sellery Hall Closes
- 11:00 Bed Check - Lights Out – In own rooms. Quiet Hours until 7:00 a.m.

Thursday, June 27

- 7:15-7:45 a.m. Breakfast Serving Time (Gordon Dining Center)
- 7:30 Adult Advisor Daybreak Meeting – Overture Room, Gordon Dining Center 2nd floor
- 8:15 Floor Connect & Room Check-Out
- 9:00 Closing Assembly: Clover Talks, Evaluation/Reflection, Communications Team, (Memorial Union)
- 11:30 Departure



University of Wisconsin-Extension

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A Note to Parents & Youth

We are thrilled that you are interested in participating in this year's WI 4-H & Youth Conference! We trust that you will find it to be an amazing opportunity to grow, learn and meet people from around the state. In the four days we are together, there will be many different ways and opportunities for you to learn new things, make new friends and have a great time on the UW-Madison Campus. It truly is a wonderful pre-college experience, with a lot of hands on learning and FUN!

WI 4-H & Youth Conference has been challenging young leaders for over 98 years to do and be their best! This year's conference will do the same with the idea that there is a Prism of Possibilities for our young leaders. All of this year's conference participants will put into action their "pledge to larger service" on Tuesday when everyone engages in various service learning and community service projects around Madison. Youth will engage in engaging seminars throughout the week that are designed to provide them with opportunities to explore different career pathways and be exposed to new experiences in a college environment.

Seminars are assigned on a first come, first served basis. If a seminar is canceled due to low enrollment or other reasons, all those enrolled will be assigned different seminars. Also, each delegate can only be assigned to one water sport seminar due to limited space. If registered for more than one water sport, we will re-assign as needed.

We look forward to meeting and learning with and from you at this year's WI 4-H & Youth Conference. If you have any questions or need any help completing the registration, do not hesitate calling or e-mailing us at 608.262.1557 or amber.rehberg@ces.uwex.edu.

***Life is like a prism. What you see depends on how you turn the glass.
-Jonathan Kellerman-***

Introduction

THEME

The theme for the 99th Wisconsin 4-H & Youth Conference is “Prism of Possibilities.” We hope to exemplify teamwork and the power of a united group during this year’s conference. A prism takes in white light and separates it into a rainbow, turning something one directional into an encompassing sea of color. “Prism of Possibilities” encourages us to bring all of our

ideas and experiences together, develop them into real-world goals, and spread them throughout Wisconsin to help better our communities. Wisconsin 4-H & Youth Conference creates opportunities for delegates to participate in a wide variety of assemblies, seminars, and service projects meant to provide a pre-college experience that will focus on personal development, broadening of interests, and developing new skills. “Prism of Possibilities” encourages us to think about how we can each better ourselves and the people around us through different possibilities and opportunities!



OBJECTIVES

Through your participation in Wisconsin 4-H & Youth Conference you will:

- a. **Experience** active learning in a safe and supportive campus atmosphere
- b. **Strengthen** life skills through new experiences that promote personal growth
- c. **Exchange** ideas and form friendships with youth and adults from around Wisconsin
- d. **Inspire** action in your organization, neighborhood, school, and community
- e. **Learn** about various youth development opportunities and explore future educational and career opportunities

AUDIENCE

Participation as a delegate of Wisconsin 4-H & Youth Conference is open to 7th-10th grade youth involved in University of Wisconsin-Extension Programs. County 4-H Ambassadors, members of WLC, our Art or Communications Teams, Drama Company, or youth seminar instructors may be in grades 9-13.

While many participants are 4-H members, many others are not. This is an opportunity for youth from a wide variety of backgrounds and experiences to come together to exchange ideas, form friendships, and learn important life skills for contributing to their communities.

General Information

HOW TO REGISTER FOR CONFERENCE

After reviewing this information, select several service project and seminar choices to enter into the Registration Worksheet (page 32) for reference while registering online.

Youth register in 4HOnline between 4:00 p.m., April 2 and midnight, April 15 (“register for an event” - 2019 Wisconsin 4-H & Youth Conference.) You will also need to submit a UHS Health Form through www.campdoc.com. Once you are registered, you will receive notification from UHS regarding your health form please see the next page for more detail. Adult Advisors will register in 4HOnline between 4:00 p.m., April 18 and midnight, May 1. See page 12 for details on registering.

Keep in mind that service project sessions and seminars are filled on a first come, first served basis so for best selection don't delay registration. Also, please note that youth may only take one water sport session. If a youth is registered for more than one water sport session, they will be reassigned to other seminars.

YOUTH HEALTH INFORMATION IS NEEDED!

Health Form information will be collected by University Health Services (UHS) in two steps:

1. After WI 4-H & Youth Conference Registration closes, you will receive notification from UHS to go in and complete a health form through University Health Services (UHS). You will electronically submit all health forms, consents and waivers in [CampDoc](#) on a computer or mobile device by May 22. Please check your email (including spam, junk, etc.) for a CampDoc.com invitation to create an account and complete required forms after camp registration processing. Email youthcamps@uhs.wisc.edu with questions about CampDoc and available health services at camp.
2. During check-in at conference, each youth will meet with a UHS representative to turn in their Health Update Form (see page 38) and medications. Please wait to complete this form until 1-2 weeks before conference. All prescriptions or over-the-counter medications including vitamins & supplements must be brought in original containers and will be collected by UHS Staff. Asthma inhalers, Epi-pens, and insulin may be retained by the youth. Youth will see UHS Staff for medications when needed in Room 1201 Ogg Hall. At the end of Conference, youth will need to remember to collect their medications before departing for home.

DELEGATE ORIENTATION

Many counties have a face-to-face orientation before Wisconsin 4-H & Youth Conference. At that time, participants review conference information, county expectations and post-Conference activities. Whether your county holds an orientation or not, we will be holding a state-wide 2019 WI 4-H & Youth Conference Delegate Orientation via Zoom on May 23rd, 2019 from 7:00-8:30pm. The orientation will be recorded if you are unable to listen.

REGISTRATION COST

The registration cost for Wisconsin 4-H & Youth Conference youth delegates is \$300. This cost includes the educational program, lodging and meals from Monday afternoon through Thursday morning, bus transportation from various locations around the state, and a conference T-shirt. Your County 4-H program will be able to provide more details on the financial arrangements available in your county.

CANCELLATION POLICY

Promptly notify your County 4-H Program if you cannot attend. A cancellation in writing received by the state WI 4-H Youth Development Office by May 31st will be accepted with no monetary loss to the individual or county. Any cancellation received after May 31 will be accepted but without refund. The individual's full registration fee of \$300 will be included in the county invoice. Exceptions may be made only in the case of documented illness or family emergency.

MEALS

Gordon Dining and Event Center is next door to Sallery Hall and offers a wide variety of foods including vegetarian options for conference participants. If you have questions regarding food allergies or dietary issues, please contact UW Summer Housing Dining Services staff at least a couple of weeks prior to the conference at 608-262-3994 or denise.bolduc@housing.wisc.edu

DORMITORY

All delegates reside in Sellery Hall, a UW-Madison student residence hall (dormitory). Two delegates of the same gender will occupy a room. Delegates usually room with other youth from their county, but may reside with a delegate from another county in order to fill a room. You are able to indicate a roommate preference on the registration form. We will try to honor your preference. If no preference is indicated, we will assign a roommate. Roommates cannot be changed after registration since University officials must know the location of each participant in case of emergency. Floors will be kept together by grade.

DELEGATION PHOTOS

Delegations have two options for their group photos. A “formal” group photo can be taken by the county delegates and/or Adult Advisors in the Photo Booth in the Sellery Hall Main Lounge (Rm. 30). Otherwise, the delegation may opt to take an informal photo anywhere around the campus or downtown area. Check out Youth Conference signs at Headquarters for identifying your delegation, conference, and year. Bring your camera or smart phone and be sure all delegates and adult advisors are present! Each county group is responsible for taking their own group photo and sharing it with all members and with their county 4-H Office staff. Youth are encouraged to use the conference hashtag to share with other conference participants: **#wi4hyc2019**.

MEET AND GREET

At 2:00 p.m. on Monday, everyone will gather in the Sellery Hall Courtyard where you will have an opportunity to meet your Adult Advisors. You will see him/her again at floor meetings, nightly check in, and usually at assemblies.

GETTING ACQUAINTED FUN AND TOURS (MONDAY)

Wisconsin Leadership Council members will coordinate walking tours and activities following the Registration and Meet and Greet on Monday afternoon. Delegates should wear comfortable walking shoes and meet in the green space next to Sellery Hall at 2:30 p.m. Tours will depart promptly at 2:45 p.m.

TALENT SHOW

Do you have a talent? Whether you play a musical instrument, sing, juggle, dance, recite or read poetry, perform a skit or have a talent we haven’t thought of yet, you can pre-apply by May 1 or turn in your application before 3 p.m. June 25 to the Conference Headquarters for this year’s Talent Show. There will be auditions during Conference. You can find the application on page 35 of this Handbook.

OPEN MIC

If you prefer a more casual atmosphere, during Tuesday and Wednesday evening free times, Open Mic will be the happenin’ place for youth to share their talent. This will be a café-like set up in the Main Lounge with good company. Please bring instruments, poems, props, and any other supplies you need. It was a ton of fun last year...join us for a good time!

FUN RUN

Fun Run begins early on Tuesday and Wednesday morning. Sign up the previous day at Headquarters. (Without enough participants, the run may be cancelled.) Bring appropriate clothing if you want to be a part of the fun runs! Please remember that the dress code still applies, and you may need to bring sweats as a cover-up.

ATTENDANCE

Delegates are required to attend all Conference activities. After Conference, your County 4-H Program will receive notice of any activities you missed. A poor attendance record may affect your eligibility to attend future 4-H events.

PEDESTRIAN CROSSING AND WALKING AROUND DOWNTOWN MADISON

Conference crossing guards assist with street crossing by using an established route from Monday afternoon through Thursday morning. This route is the safest route for our participants. Madison is infamous for its aggressive drivers who do not respect crosswalks or signal lights. Don't assume traffic will stop when the signal light changes. **Youth must be accompanied by a 4-H Adult Advisor or staff member whenever away from Sallery Hall.**

BEHAVIOR AT ASSEMBLIES

Conference assembly programs take place in the Madison Masonic Center Auditorium or Shannon Hall, Memorial Union. When entering the auditorium or Shannon Hall, ushers in the lobby assist with seating. Behavior in the auditorium will be appropriate for the event. In addition, participants are asked to refrain from using a camera flash or wearing a hat while in the auditorium.

CELL PHONES AND ELECTRONICS

In consideration of your roommate and to ensure a good night's sleep, please do not use your cell phone or other electronics between 11:00 p.m. and 7:00 a.m. Cell phones must be turned off during assemblies, seminars and other planned group activities.

CHECKING OUT

Return room keys to your Adult Advisor during check out Thursday morning. The Adult Advisor is responsible for collecting and returning all keys from your floor. There is a \$50 charge for a lost key. Do NOT turn in your individual key at the front desk. Before departing, please remember to leave the linens on the bed, the door unlocked, and air conditioner off. Don't forget to collect medications from the medical staff.

EARLY DEPARTURES

If you are departing prior to 10:45 a.m. Thursday morning please give an original, completed, and signed Excused Absence/Early Departure Request to your Adult Advisor to turn in at Registration. When departing, be sure to check out with Headquarters and return your individual key to a 4-H Staff Member, not the Sallery Hall front desk!

WISCONSIN 4-H LEADERSHIP COUNCIL

The Wisconsin 4-H Leadership Council (WLC) provides a statewide forum for youth and adult volunteer leaders to discuss ideas and provide input to enhance 4-H Youth Development programs at the state, county and local levels. Members of the Wisconsin 4-H Leadership Council will be your hosts at the 2019 WI 4-H & Youth Conference. If you are interested in serving as leaders and role models for 4-H youth and adults; being an advocate for WI 4-H; providing input for enhancing the 4-H program and educational opportunities for 4-H members and leaders; and connecting the county, regional and state levels of Wisconsin 4-H, as well as the Wisconsin 4-H Foundation, you may want to consider applying! Applications can be found at: <https://fyi.extension.wisc.edu/wi4hvolunteers/wi-4-h-leader-council/> and are due October 1, 2019 with elections taking place at Fall Forum.

SAVE THE DATE

WI 4-H Fall Forum 2019 will be here before you know it. Mark your calendar NOW for November 1-3, 2019!! Why not plan on getting a group of youth and adult leaders together to attend the statewide training weekend with county and state staff. Planned by a team of youth and adult volunteers from the Wisconsin 4-H Leaders Council with the support of county and state staff; we hope you will promote to youth and adult leaders in your county!

DRESS CODE



THE 4-H CONFERENCE DRESS CODE PLEDGE

- I will dress in a manner that is appropriate, tasteful, and respectful to me and others based on the occasion/seminar that I am attending.
- I will avoid clothing and accessories that depict violence, sex, drugs, alcohol, tobacco, death, gangs or other offensive or obscene pictures or language.
- I will not wear clothing that reveals my underclothing, midsection, torso, chest, cleavage or upper thighs.
- I represent 4-H and my county. Therefore, I will wear casual, neat clothing that is appropriate for Conference activities and events and the weather.

CONFERENCE T-SHIRT

You will receive a conference t-shirt for wearing during your Service Project on Tuesday Morning – a grand way for our 4-H groups to be easily identified and to provide a great impression.

WHAT TO BRING (*Clearly label your luggage, camera and other valuables.*)

- ☐ Backpack
- ☐ A school supply donation item for the all-conference service project
- ☐ Clothing: tee, polo, or short-sleeved shirts and jeans, slacks, or longer shorts.
- ☐ Comfortable walking shoes like sneakers – you will be walking a lot!
- ☐ Money for pizza, snacks, souvenirs, etc.
- ☐ Music, costumes, props or other items needed for the Talent Show, if applicable.
- ☐ Notebook and pens
- ☐ Personal toiletry items (shampoo, conditioner, etc.)
- ☐ Raincoat/umbrella (We will walk to seminars and assemblies, rain or shine!)
- ☐ Refillable water bottle
- ☐ Required prescriptions in original containers and/or over-the-counter medicine
- ☐ Robe/cover-up and rubber flip-flops for showers
- ☐ Sleepwear
- ☐ Specific items needed for your assigned seminars such as swimsuit, sun block, etc. (*See seminar descriptions*)
- ☐ T-shirt to wear over swimwear for water sport seminars, if applicable
- ☐ Towels and soap
- ☐ Favorite pillow (optional)
- ☐ Inexpensive camera and extra batteries or charger (optional)
- ☐ Running shoes/clothes for the Fun Runs (optional)

WHAT NOT TO BRING

- Bed linens, blankets and pillows (provided at the residence halls)
- Fans (sleeping rooms are air-conditioned)
- Expensive items such as jewelry, cameras or electronic equipment that might get lost/stolen
- These over the counter medications: Tylenol, Aloe Vera, Pepto Bismol, Caladryl lotion, TUMS, Zyrtec, Benadryl, Honey, Hydrocortisone cream, ibuprofen, Ivy-Dry Topical, Miralax, Vaseline (all available via UHS)

IN CASE OF EMERGENCY AT HOME

In the event of an emergency at home, any Conference participant may be reached by calling Conference Headquarters at 608-294-8131. The Conference Headquarters is open between 7:00 a.m. – 11:00 p.m. during Conference beginning at noon on Monday.

IN CASE OF EMERGENCY AT CONFERENCE

If a Conference participant is in need of emergency medical treatment while at Conference, s/he will go to the University Health Services Clinic or the Meriter Hospital Emergency Room. The contact person on the participant's Health Form will be notified immediately. Be sure both the contact's day and night telephone numbers are listed on the Health Form.

INSURANCE

Campers should have their own health insurance to cover medical treatment that may be required while attending the camp. Limited accident insurance is provided by the University but illnesses are not covered by this policy.

WISCONSIN 4-H YOUTH DEVELOPMENT CODE OF CONDUCT

In preparation for conference, please review the Wisconsin 4-H Youth Development Code of Conduct below that you and your parent/guardian read and agreed to when you registered for 4-H this year at 4HOnline.

As a 4-H participant, I will:

- adhere to program rules, curfews, dress codes, policies, and rules of the facility being used.
- conduct myself in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship, and provide a positive role model.
- comply with local, state and federal laws.
- abstain from use of alcohol, illicit drugs, sexual activity and tobacco during 4-H events and activities.
- fully participate in scheduled activities and orientations.
- respect others' property and privacy rights.
- abstain from child abuse (physical, sexual, emotional and neglect), harassment, hazing and bullying.
- accept personal responsibility for behavior including any financial damage.
- adhere to safety rules.

Consequences for violating any part of this Code of Conduct may include, but are not limited to:

- removal from participation at the individual's expense when the Code of Conduct has been violated.
- suspension of membership.
- sanctions on participation in future 4-H events.
- forfeiture or repayment of financial support for the event.
- removal from leadership positions held.
- loss of status as a "member in good standing."

It is the responsibility of all program participants to reinforce the code of conduct and intervene when necessary to enforce the rules.

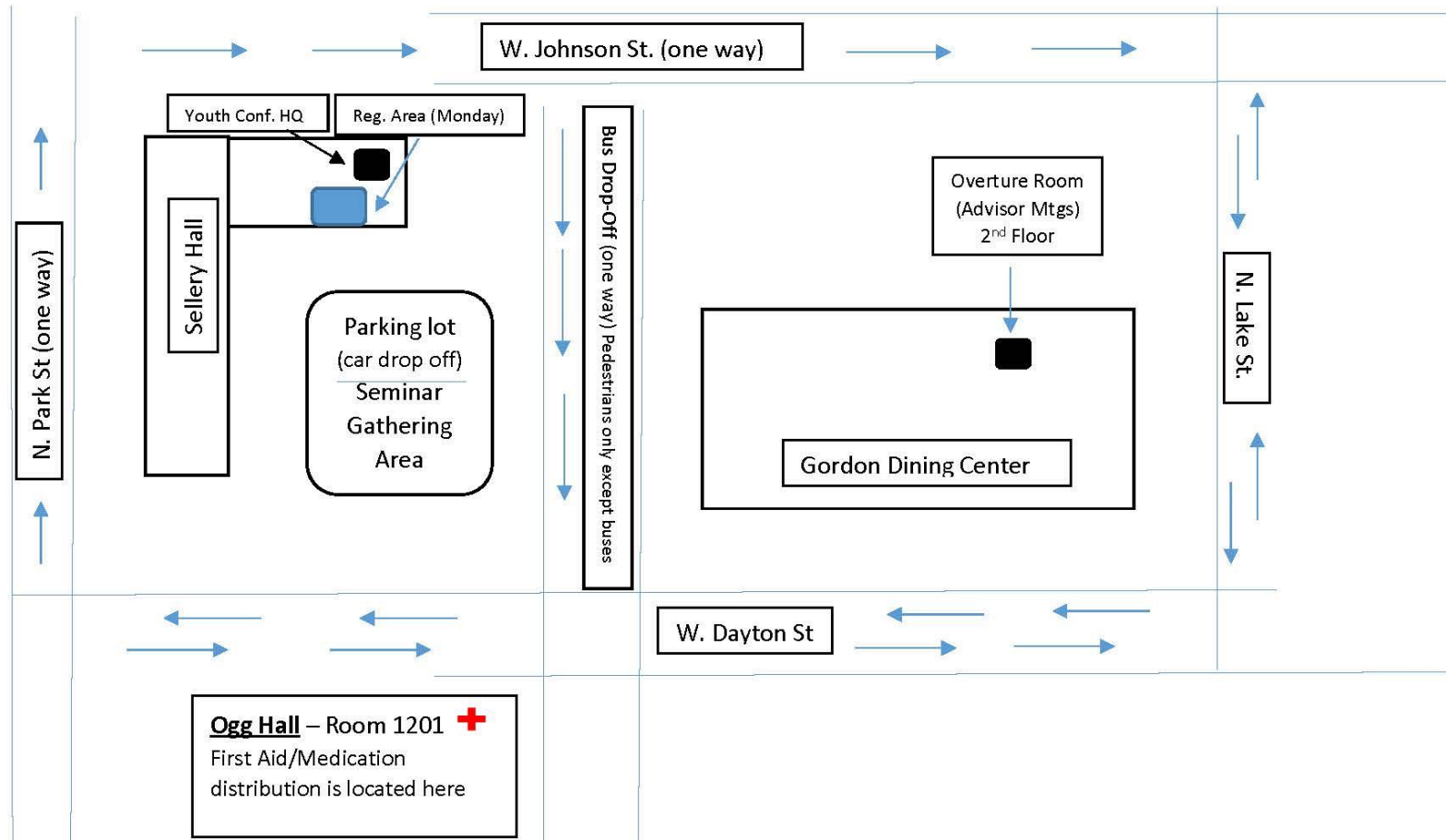
University Residence Hall Rules

1. Lights-out time is 10:30 p.m. Monday and Tuesday, 11:00 p.m. on Wednesday. All residents must be in their rooms. Conference staff and/or security officers will walk the halls at night to enforce curfew.
2. Keep your room clean! Trash and recycling containers are available in a room near the elevators.
3. Be completely dressed in dormitory hallways at all times.
4. Keep dormitory rooms locked for your personal safety. Carry your keys with you when you leave.
5. Do not use cell phones between 10:30 p.m. and 7:00 a.m. except for emergencies.
6. Close window blinds when dressing and undressing so others cannot see into your room.
7. Do not open dormitory room windows except in an emergency. If a window is opened or things are dropped from windows, all occupants of that room will be sent home at their own expense.
8. Furniture and bedding must remain in their original locations. You will be charged for missing/damaged furniture.
9. Boys and girls are not permitted to visit each other inside dormitory rooms at any time. Visiting is allowed in the first floor lounges during free time.
10. Smoking, illegal drug or alcohol use is not allowed inside any University residence hall.



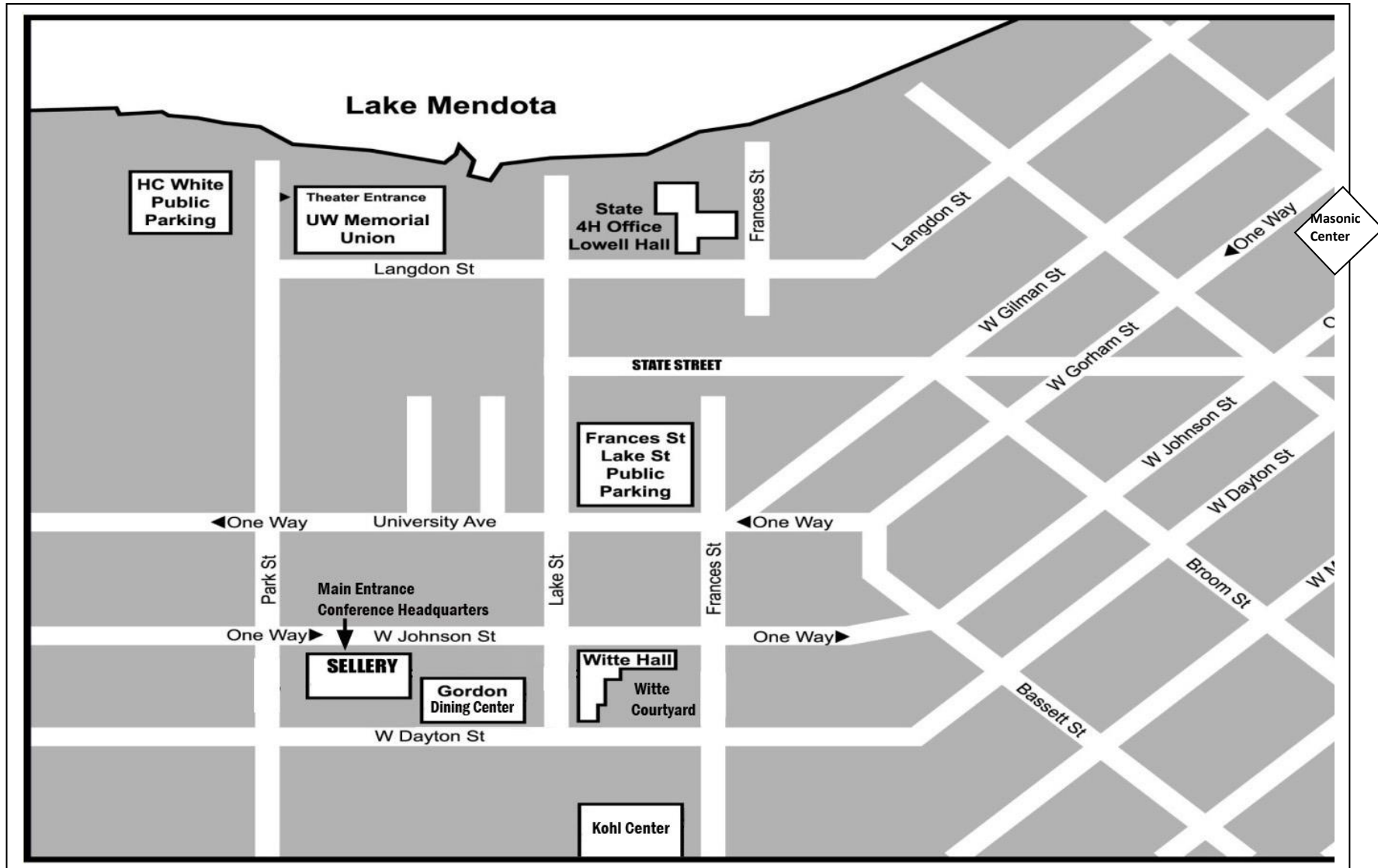
Wisconsin 4-H & Youth Conference Maps

SELLERY HALL, GORDON DINING CENTER, & SOUTHEAST CAMPUS AREA

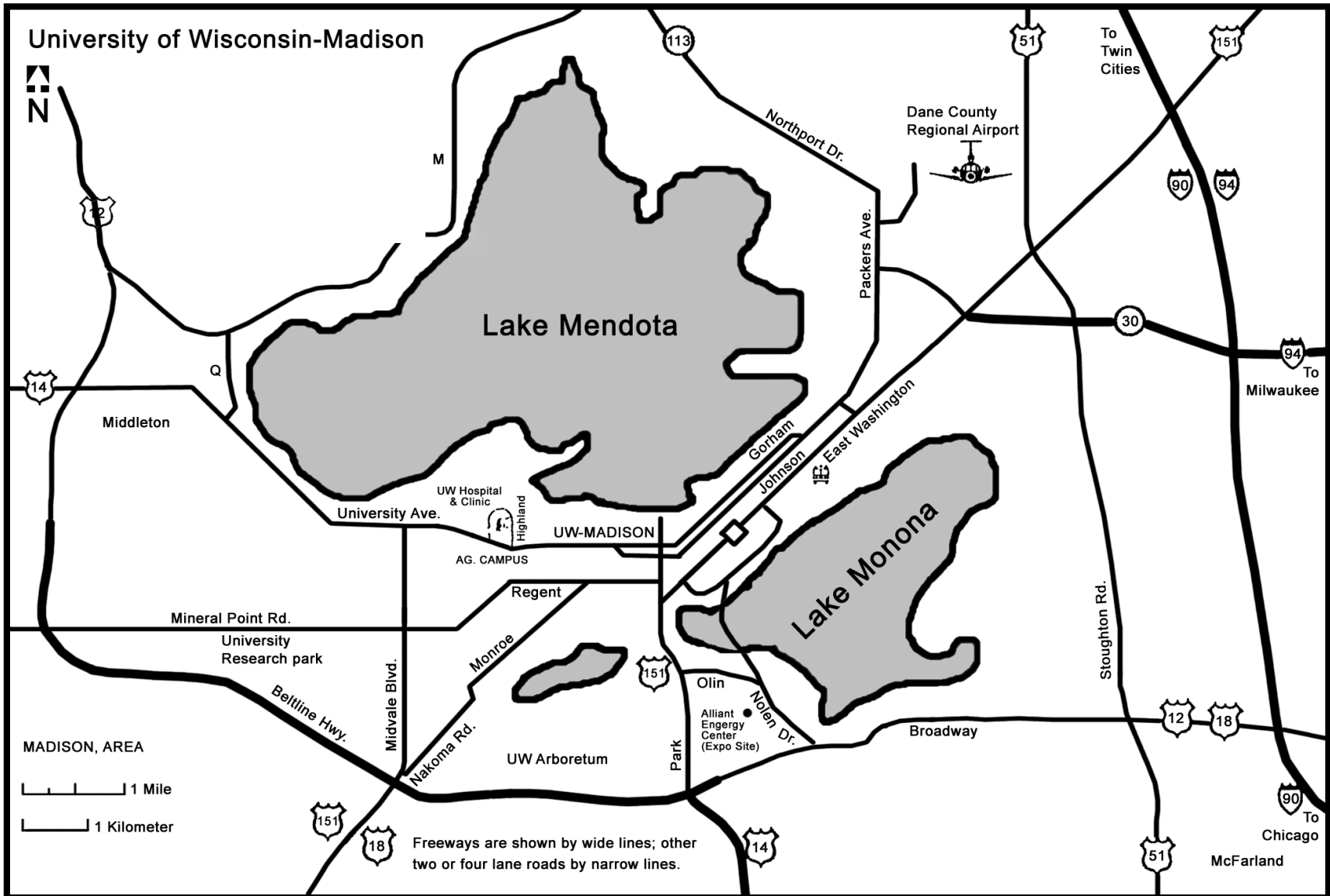


**Sellery Hall is located at the corner of Park and Johnson Streets. Cars/vans enter via Dayton Street.
Busses enter on Johnson, one block north of Dayton.**

AREA STREET GUIDE



Madison Area



Registration Timetable

2019 Wisconsin 4-H & Youth Conference

SEMINAR NUMBERING SYSTEM

The seminars are numbered according to time slot or target audience as follows:

- 100's Service Project Sessions
- 200's Tuesday Afternoon Seminars
- 300's Wednesday Morning Seminars
- 400's Wednesday Afternoon Seminars – two 1 hour seminars
- 500's Wednesday Afternoon Seminars – full 2 hour seminars
- 900's Adult Leader Seminars



REGISTRATION PROCEDURE FOR CONFERENCE

Step 1: Service projects and seminars will be assigned on a first come, first served basis. Please take time prior to registering to review the seminars and make your selections. Also be sure to have some alternate options. All of the seminars are great. If a seminar you are interested in is full, this is a great opportunity to explore something new. Be open minded and flexible about your selections!

Although most seminars are open to conference youth who are in grades 7-10, there are three age categories based on seminar design, materials presented and suggestion of instructor. Please plan your sessions accordingly.

After reading the seminar descriptions, please select several possible service project or seminar choices for each of the four sessions to jot into the registration worksheet in this guide. At least one of your selections for each session must be non-water sports, in case those sessions fill early. Sorry, but each delegate may be assigned to **only one water sport** over the course of the conference and will be reassigned as needed if registered for more than one.

Step 2: Next step is to register for seminars in your wi4honline account during the registration window.

If you are choosing a water sport or Lakeshore or Second Harvest Service Project Activity, you will be asked to **review, complete, sign and have a parent sign the appropriate Waiver form(s) and/or Photo Release form(s) referenced during online registration. The forms can be found online at <http://fyi.uwex.edu/wi4hedopp/wi-4-h-yc-delegate-info/> and should be returned to Wisconsin 4-H Educational Programs, 610 Langdon Street Rm 436, Madison, WI 53703-1195.**

Step 3: Complete and submit a University Health Services (UHS) Health form through www.campdoc.com. This must be submitted before May 22nd. You will receive a link to register for CampDoc through your email after registration closes. Please remember to check your email regularly including your junk mail for the invite.

Step 4: **Adults:** UW-Madison requires all accompanying adults -Adult Advisors and Instructors- to complete national background checks every two years. This policy was adapted in 2014. Updated procedures are presently being considered/reviewed. Additional information specific to background checks for 2019 Wisconsin 4-H & Youth Conference volunteers will be provided in very early May after online registration is completed by all participants.

SEMINAR PARTICIPANTS

“Delegates” are youth participants who

- have not elected or been selected to participate in the Ambassador program and
- are not a current member of the Art or Communications Team, Drama Company, or Wisconsin Leadership Council.

“Teen Leaders” are youth who

- are serving as Ambassadors/Jr. Leaders/Teen Leaders for their county program
- are encouraged to take two of their three seminars that list “TEEN LEADERS are encouraged to take this seminar” in the description. (See chart below for quick reference of recommended Teen Leader courses.)

Adult Advisors are expected to

- chaperone youth at seminars, and they are expected to register for and participate in any of their selected seminars.

RECOMMENDED YOUTH LEADER SEMINARS (Watch for the diamond by the seminar name♦)

Titles of seminars recommended for Ambassadors and Junior or Teen Leaders	Tues. Morning	Tues. Afternoon	Wed. Morning	Wed. Afternoon
I'm All Write - Beyond Journaling	108			
Local Community Radio	109			
Who Is Your Hero? Creating a Philanthropic Legacy to Last	115			
GTL - Give, Talk, Learn	117			
Organic 101		230		
Lunar Hotel: An Adventure in Teamwork		240		
Am I A Lion? An Otter? A Golden Retriever? What's My Personality? An in Depth Look at Leadership Styles		242		442
#RelationshipGoals: Creating and Maintaining Healthy Relationships		270		
BE MORE YODA: Mindful Thinking From a Galaxy Far Far Away		271		
Food, Production, and Science in CALS			324	
Calling All Camp Counselors			340	
Conflict Resolution for Leaders			341	
I Have All These Cloverbuds to Teach, Now What?			342	
Parli Pro Professionals			343	
BE MORE VADER: Assertive Thinking from the Dark Side			370	
Art Activities that are Fun to Lead			380	
4-H OPS - Tactical Training for True Youth Leaders				440
Thinking Outside The Box – Idea Generation with Purpose				540
It's in the Bag				541
How To Think Like Sherlock				570
Get Into the Act				592



Wisconsin 4-H Foundation proudly supports this
UW Extension 4-H Youth Development program in the amount of \$25,000.
This offsets participating individual youth costs by approximately \$30 each.

Tuesday Morning

Service Projects

100 Building Community - Sparking Creativity - Inspiring Readers

The Little Free Library is a phenomenon that is spreading everywhere! It promotes reading for kids, literacy for adults, and libraries around the world. It also allows for creativity in construction and is a great project for individuals or groups. The concept is simple – create the structure, fill it with books that are then taken and replaced by other books, and help spread knowledge in a friendly environment. You will help build a Little Free Library in two hours. The library will then be donated to a Wisconsin community. Have fun, do something important and promote reading! More information can be found at <http://www.littlefreelibrary.org/>. All materials will be provided.

Instructor(s): Brandon Pedersen, Operations Manager, Little Free Libraries

101 CAC's FREE Clothing Center

CAC's FREE Clothing Center serves over 9,000 South Central Wisconsin low-income individuals and families each year. CAC's FREE Clothing Center provides seasonally appropriate clothing for school, work, home, as well as job interviews. The households we serve are living pay-check to pay-check and CAC's FREE Clothing Center allows them to stretch their budgets just a little further. The clothing is provided through generous donations from the community. Volunteers will donate time to help hang and sort clothing donations for the people that utilize CAC's FREE Clothing Center.

Instructor(s): Carissa Cornwell, Operations Specialist

102 Attracting Eastern Bluebirds and Other Cavity Nesting Birds

Fee: \$10

Sharpen your bird knowledge and learn about what it takes to attract Bluebirds to your home or how to start a nest box trail. The group will take a trip to the University of Wisconsin Arboretum to check nest boxes there. You will learn how to properly monitor a nest box and how to record the data. We will cover the difficulties the Bluebird faces, its habitat needs, competitors for boxes and even participate in building a Bluebird nest box.

Instructor(s): Patrick Ready, President of Bluebird Restoration Association of WI; Steve Sample, Assistant Manager for Wild Birds Unlimited – Madison

103 Cows, Critters, and Creeks

Have an interest in trout? Attendees will visit Black Earth Creek, a very popular trout stream 25 minutes west of Madison at Salmo Pond County Park. While there, participants will use sampling equipment to test water quality, collect and identify aquatic invertebrates to assess the health of the stream, and collect a few fish to see what species live in the stream. Lastly, if time permits we'll install a couple of brush bundles to provide more shelter for young trout.

Instructor(s): Mike Miller, Stream Ecologist, Wisconsin DNR

104 Growing Food and Feeding the Community

Visiting Madison's Goodman Youth Grow Local Farm is one way to get out of the heart of Madison and onto the soil of this tucked away, hands-on learning farm. Come see Madison's Goodman Youth Grow Local Farm in action by helping the farm crew harvest crops for the local food pantry, taking part in farm chores, learning about the resident beehives, and tasting unique summer vegetables. Learn more about local food resources with this fun service-learning seminar! Participants should wear clothes and shoes that can get dirty and bring boots or sandals for going in the water.

Instructor(s): Amy Freidig, Program Coordinator, Master Gardener Program and Bev Feltz, Master Gardener Volunteer

105 Habitat for Humanity

Nearly 3.5 million more people improve their housing conditions with Habitat for Humanity. You may have heard of or worked with Habitat for Humanity before, but through this seminar you will learn more about the affordable housing need and how Habitat for Humanity fights this need by building homes, communities, and hope. Participants will also engage in a service project to learn more about Habitat for Humanity and the families they serve.

Instructor(s): Claire Kopetsky, Construction Volunteer Services Manager and Shanna Newell

106 Hands-On Horticulture at UW Arboretum

If you love trees and the outdoors, volunteering at the UW Arboretum would be a great service-learning project for you. Get a hands-on introduction to horticulture working alongside experts in ornamental trees and shrubs during this service project and removing weeds from the conifer collection of the Arboretum's Longenecker Horticultural Gardens. The Longenecker Horticultural Gardens holds the largest and most diverse collection of conifers in Wisconsin. Participants should be sure to wear long pants, a hat, a long-sleeved shirt and bring a water bottle with for this service project. Tools and instructions will be provided.

Instructor(s): David Stevens, UW Arboretum Curator

107 Helping People Help Animals at Dane County Humane Society

ASPCA estimates that 5-7 million animals enter animal shelters each year. Through this seminar, youth will see first hand what the Dane County Humane Society has to offer. Learn about DCHS, witness staff and volunteers in action, see the adoptable animals, and participate in stuffing Kongs for the humane society's dogs.

Instructor(s): Wendy Bell, Humane Educator

108 I'm All Write - Beyond Journaling ♦

A pen and paper hold unlimited possibilities, one being a tool of reflection and growth. Exercise your creative and artistic side while learning how journaling can help with stress relief, depression, and general well being. You will be designing a themed notebook to donate to teens in the hospital who are going through difficult times in their lives. Youth will also be given the materials to make a notebook for themselves or a friend.

Instructor(s): Mira, Nava, and Shonda King, Oneida County 4-H Club Members and Adult Club Leader

109 Local Community Radio ♦

Learn about community radio...take a tour of the studio, see the control room, and receive an introduction to the "community radio movement" and some of the social media in the first hour. In the second hour, try your hand at making recordings such as PSA's for on-air broadcast. Bring a one paragraph description about your 4-H club or program and how to get involved.

Instructor(s): Molly Stentz, News Director

110 Service in the Arts: Madison Museum of Contemporary Art

Help with behind-the-scenes preparation for a major fundraiser, Art Fair on the Square. You will receive an overview of both the details and the big picture of the function, as well as volunteering for non-profits in general, and then help prepare artists' welcome packets. Art Fair on the Square is one of the largest Art Fairs in the Midwest. Get exposure to serving the community as well as new and intriguing original art pieces!

Instructor(s): Amy Murphy, Events & Volunteers Assistant

111 Make A Difference for the 1 in 6 Children Who Are Hungry In Our Area

When you volunteer to sort, label, or package food into family-friendly portions, you help the 1 in 6 youth under the age of 18 in our area who don't always know where their next meal will come from. Participants will volunteer their efforts towards hunger relief at Second Harvest Foodbank. What attendees accomplish at Second Harvest Foodbank will be distributed to food pantries, shelters, meal sites, and other places in our 16-county service area. **A signed waiver is required to participate in this seminar.**

Instructor(s): Pam Higham, Second Harvest Foodbank Volunteer Services Coordinator

112 Space Invaders: A Lesson in Invasive Plants

Learn about some of the invasive plants that are common in Wisconsin including how to identify them, how to control them, and most importantly why if you like to hike, hunt, fish, garden, bike, or camp you should care about them at all. This will be a hands-on seminar using hand tools to control invasive plants in the Lakeshore Nature Preserve. **Participants must wear long pants and closed-toe shoes and bring drinking water, insect repellent, and sunscreen. Gloves and tools will be provided. A signed waiver form is required to participate in this seminar.**

Instructor(s): Bryn Scriver, Volunteer and Outreach Coordinator

113 Sticky Blood Vessels

Did you know that if you took all the blood vessels out of an average child and laid them out in one line, the line would stretch over 60,000 miles? Or did you know that blood takes about 20 seconds to circulate the entire body? Through this seminar, youth will have the opportunity to create their own blood vessel while learning about plaque build-up in a body over a lifetime.

Instructor(s): Beverly Hutcherson, Outreach and Communications Manager, Diversity and Inclusion

114 Stock and Shop at Choice Food Pantry

Food insecurity affects 11% of Wisconsinites each year. The East Madison Community Center works to bridge the needs for many families within the Madison community, such as food and clothing. This workshop will provide information to attendees about ways communities are stepping up to meet the need. Volunteer roles include sorting donations, organizing food items, light cleaning, welcoming clients, and assisting them with their selections. Volunteers are also needed to unload food from our trucks, set up a choice style pantry for families to visit, and assist with cleanup. Volunteers must be able to lift at least 25 pounds.

Instructor(s): De'Kendrea Stamps, Assistant Director

115 Who Is Your Hero? Creating a Philanthropic Legacy to Last ♦

Have you ever felt compelled to make a difference in the world? Don't know how? Don't know where to start? Take tangible tips and tricks of the non-profit world from the founder of Operation Not Alone, a 501(c)3 organization focused on serving our military members and veterans, on how to start a social impact initiative - at any age! We also will discuss the dedication and sacrifices of service men and women, the effects PTSD, depression and suicidal thoughts, and how anyone can become an agent of positive change in their community. To wrap-up, we will end with a hands-on community service project that will go back to fulfill one of the Operation Not Alone services.

Instructor(s): Susan Fochs, CEO of Operation Not Alone

116 Health Checkup of Buildings!

When we look around, we see buildings and bridges that were built at different times. Have you ever wondered how we make sure that they are in good health condition, or in other words, safe for us? To answer this question, we will look at two examining methods which will help us to evaluate the health of the structures around us. Here, during your visit to the UW-Madison laboratory, you will learn about two methods of examination, namely, Infrared Thermography (IR) and Ultrasonic Pulse Velocity (UPV), to assess the current state of a given structure. You will work in two separate groups, where each group will conduct hands-on study with one method. At the end of this session, each group will be asked to evaluate the health of the structure given to them and compare their evaluation with the other group. This session will give an opportunity to build team work and good judgement skills.

Instructor(s): Pavana Prabhakar, Assistant Professor

117 GTL – Give, Talk, Learn ♦

All of us need a little GTL in our lives. Service Learning gives us the opportunity to give, talk and learn through helping others and reflecting on those experiences. Join this seminar for a hands-on look at innovative service learning projects, the essential steps to service learning and tips on making service meaningful for both the participants and the beneficiaries. This workshop is full of hands-on, fun activities and even a few door prizes!

Instructor(s): Wisconsin 4-H State Staff

Tuesday Afternoon

STEM and Agriculture

201 Exploring Horticulture and Fruit Identification

Have you ever wondered how many different apple varieties are grown in Wisconsin and available for us to eat? Come explore the world of horticulture! This workshop will explore a wide variety of fruits from all over the world as well as the ones grown right here in Wisconsin. You will learn how to identify fruit varieties and find out which ones are pleasing to your taste buds! Do you like mildly sweet apples? Why do tart apples make the best pies? Attend and find all this out and much more!

Instructor(s): Byron Hacker, Master Gardener and 4-H Volunteer, Leonard Kritz, 4-H Alumni, and Chuck Prissel, 4-H Educator

202 Electrical Wiring Basics

In this seminar, you will learn how electricity is generated and how it gets into your home. You will also learn how to use basic electrical hand tools, and how to wire a wall outlet, wall switch, and a light fixture. Electrical safety will be stressed throughout the program. All necessary tools and supplies will be provided.

Instructor(s): Joe Stellato, Retired Shawano County 4-H Youth Development Agent

203 Engineering Blunders: The Science Behind History's Epic Engineering Disasters

Do you like History and Science? We will be looking at the science behind some of History's Engineering Disasters. Based on the book *Massively Epic Engineering Disasters* by Sean Connolly, you will learn about The Infamous "Fry-scraper", Molasses Tsunami, How to Earthquake Proof Buildings, How to Sink Proof your own Titanic, just to name a few! This seminar will let you experiment with the science behind some of history's most famous (and not so famous) calamities, understand the risks and successes of each event first hand, and get to know some key principles of engineering. These experiments may get messy and spur creative science exploration!

Instructor(s): Melissa Litherland, Interim 4-H Program Coordinator, Dodge County

204 Fluid Powered Machines

Have you ever wondered how an excavator or a lift bridge works? Learn the science behind hydraulic and pneumatic systems. Youth will design their own hydraulic machines using engineering, simple machines, and mathematics.

Instructor(s): Heather Vierling, St. Croix County 4-H Youth Development Agent

220 Medical Careers: Behind the Scenes

Have you ever wondered if what happens on medical TV shows actually happens in real life? Discover the real world behind-the-scenes of your possible dream career as you gain insight about what it is like to be a medical professional. Learn more about the field of medicine from University of Wisconsin medical students and whether you would want to pursue the white-lab-coat life in the future.

Instructor(s): Kithy Elliot, WARM Project Assistant

221 Animal Genome Engineering

How have scientists learned about various diseases that exist within our society? Participants will learn how animals are used to study human diseases and explore their anatomy. We'll discuss how to use stem cells and DNA to create modifications in the genome to create valuable novel animals (mice, rats and pigs).

Instructor(s): Kathy Krentz, Assistant Researcher, UW-Madison Biotechnology Center

222 Exploring Insects and Collections

Fee: \$10

You can find insects everywhere. There are more species of insects in the world than all other animals combined. Investigate the world of insects and insect collection. You will learn what an insect collection looks like, as well as how and why we make insect collections. You will participate in several collection tasks with an opportunity to take away a starter kit that will enable you to continue collecting and studying the fascinating world of insects.

Instructor(s): Dr. Craig Brabant, Curator of Wisconsin Insect Research Collection and Dr. Daniel Young, Professor with the UW Madison Department of Entomology

223 Now We're in a Jam!

How many “PB&J” sandwiches have you eaten over the years? Ever wonder how they make the J (jelly or jam)? In this session, you’ll learn the science behind turning fruit and sugar into delicious spreads, and try your hand at making some. You will learn the role of pectins and sugar, and evaluate the taste and consistency of frozen and cooked jams.

Instructor(s): Becky Gutzman, Retired UW-Extension Food Preservation Educator

224 Stem Cell Learning Lab

Until 20 years ago, it was a mystery how stem cells grew and developed into many of the structures that make up our bodies. The first person in the world to learn how to grow embryonic stem cells in a lab dish was researcher James Thomson right here at UW-Madison. You'll explore stems cells and how they develop all other cells and tissues of the body, making them a pretty big deal. They not only help us understand our basic biology, but also give us the potential to discover the genetic origins of diseases, to grow organs for transplant, and to test new medicines. In this learning lab, you will go through a hands-on demonstration using the exact same equipment and methods James Thomson developed, and that our researchers, including students, still use to grow stem cells today.

Instructor(s): Jessica Knackert, & Stem Cell Outreach and Tom Zinnen, Biotech Policy & Outreach Specialist

230 Organic 101♦

Visit with the next generation of organic farmers. Hear stories about transitioning to organic farming, taking over the farm and being an organic farmer in today’s society. As well as what Organic farming is like.

Instructor(s): Organic Valley Co-op Employees

Civic Engagement & Leadership

240 Lunar Hotel: An Adventure in Teamwork ♦

Ever wonder what it would be like to build a hotel, on the moon? You and your team are given the challenge of designing and constructing a physical model for the first hotel on the moon. Because the moon is a dangerous environment, your model must meet certain specifications and standards. Using problem-solving and interpersonal skills, youth will help guide and utilize each other’s strengths and abilities to perform a team task of building a Lunar Hotel.

Instructor(s): Joanna Skluzacek, 4-H STEM Specialist

241 A Participant's Guide to Educational Experiences

So you've visited Madison at the Wisconsin 4-H Youth Conference and had some fun, what's next? In this seminar you will learn what all the other 4-H educational experiences have to offer including American Spirit Experience, Space Camp, Citizen Washington Focus, National 4-H Congress, and more. With all educational experiences it is important to pack your good attitude and gear up for leadership and growth. Join us in having fun while also learning what to pack!

Instructor(s): Emmalyn Sprangers and Adaire MacSwain, Wisconsin Leadership Council

242 Am I A Lion? An Otter? A Golden Retriever? What's My Personality? An In-depth Look at Leadership Styles ♦

This is an interactive workshop that you will discover your personality style and how your style 'works' with other people's styles. We will use activities and discussion to explore ways to effectively communicate in teams, as a leader, with friends who have a different way of doing things, and even solving conflicts.

Instructor(s): Ron Jakubisin, Positive Youth Development Extension Educator

Health & Wellbeing

250 Eat Healthy Be Active!

Summer is a great time to get into the groove of a healthy lifestyle. At the 'Eat Healthy Be Active' seminar, you will learn ways to eat healthier, get in some quick physical activity, and find tips to reduce stress. You will also explore the many health career options in today’s healthcare market. This session will include taste testing, fun activities, stretch breaks, and advice for small healthy changes that can make a large difference in your life!

Instructor(s): Heidi Hensel-Buntrock, 4-H Youth Development Program Advisor and Mary Ann Schilling, Family Living Educator

264 Sailing**Fee: \$35**

Have fun learning to sail. Learn how to launch your boat, find the wind, sail including coming about, and how to land (unless you choose to head off into the sunset). Be prepared to get wet (often from other sailors) and have fun. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to get wet and swim in (such as shorts, shoes/sandals are required, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes, shoes and a towel for land. A strap for your glasses or sunglasses is encouraged. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have sailed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only 1 Water Sports seminar.**

Instructor(s): UW-Hoofers Staff

265 Windsurfing**Fee: \$35**

Learn the basics of windsurfing including theory, balance development, launching, and sailing in a straight line. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring swim attire (such as shorts and a T-shirt along with a windbreaker in case it's cool), dry, warm clothes for land with a towel, and sunglasses and croakies for any glasses. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have windsurfed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only 1 Water Sports seminar.**

Instructor(s): UW-Hoofers Staff

270 #RelationshipGoals: Creating and Maintaining Healthy Relationships ♦

"As you remove toxic people from your life, you free up space and emotional energy for positive, healthy relationships." - John Mark Green. What does it mean to be in a healthy relationship? Has social media changed how we interact and connect with others? How do relationships affect our health and development? Participants in this session will have the chance to learn more about their own relationships through hands-on, interactive activities and discussion.

Instructor(s): Allie Barringer, Graduate Student, Human Development and Family Studies

271 BE MORE YODA: Mindful Thinking from a Galaxy Far Far Away ♦

Master mindful living in a chaotic galaxy! Whether you are tackling impossible deadlines, coping with relationship struggles, or simply trying to save the galaxy from your overbearing parent, take a pause and ask yourself, "What Would Yoda do?" This seminar is full of inspiring words of wisdom from Master Yoda and a host of other mentors that will guide you to a more mindful and fulfilling path in life. You will learn many Jedi tricks and skills. Make you one with the Force, we will! 'Be More Yoda' provides invaluable guidance on how to attain true mindfulness. You will gain insight and wisdom from the teachings and legacy of a legendary Jedi Master-without having to train as a Padawan.

Instructor(s): Nick Harnish, WI National Guard Child and Youth Program Coordinator and Cameron Campbell, WI National Guard Lead Child and Youth Program Coordinator

Arts & Communication

280 Building Tiny Worlds

People have always been fascinated by miniatures. In this workshop we will be assembling and painting a fantasy miniature (goblins and wizards and such) and also creating a miniature landscape to display them on. All models, paints and supplies are included. Just bring your imagination!

Instructor(s): Adam Trunzo, Youth and Families Educator

Wednesday Morning

STEM and Agriculture

320 Doing DNA: The Code of Life

Your science teacher introduced genetics and DNA to the class and you want to learn more. Through a hands on approach, youth will dive deeper into DNA, the building block of genetic material, and its application into real life. Participants will extract DNA from wheat, analyze a sample of DNA from salmon, build a DNA, learn to use a micropipette, and run gel electrophoresis as used to separate mixtures of DNA based on size.

Instructor(s): Tom Zinnen, Biotech Policy & Outreach Specialist

321 Food Science & Engineering

What is happening to my food? Youth will get the opportunity to explore the physical and chemical changes in some of their favorite foods. Discover why you purchase certain items at the store. Learn what a food scientist really does. Maybe this is a career for you!

Instructor(s): Heather Vierling, St. Croix County 4-H Youth Development Agent

322 Science Savvy Through Food Science

Which Makes Better Bubbles, Skim Milk or Whole? Through this seminar, youth will develop talents in designing, doing, and drawing conclusions from experiments using food. Participants will design experiments to resolve puzzling questions such as "Can 28-year-old Rennet Cheese-making Enzyme Still Make Milk Stiff?" and "Is Milkfat Required to Get the "Fireworks" Effect with Food Dyes and Milk?" Food is great for developing science savvy with your friends at home because food is familiar, accessible, inexpensive and safe. Plus, you get to eat the data!

Instructor(s): Liz Jeese, Biotech Outreach Specialist

323 Food for Thought: Domestic Science

Have you ever thought of your kitchen as a science lab? Most branches of science can be studied in the kitchen using ingredients you probably already have on hand. Learn how to harness the power of a potato for an epic "Food fight", Make Frankenstein's Hand, Iron-man's Cereal, The Electric Spoon, Reinforced Rice, Vanishing Milk, Super Salt, and plenty more. You will never look at your kitchen the same way!

Instructor(s): Melissa Litherland, Interim 4-H Program Coordinator, Dodge County

324 Food, Production, and Science in CALS ♦

The College of Agricultural and Life Sciences (CALS) is one of the eight schools/colleges at the University of Wisconsin-Madison. CALS is unique in that we offer programs and opportunities to students who are interested in the physical sciences, life sciences, and social sciences. In this workshop, students will be engaging in three activities focusing on one aspect of CALS: food, production, and science.

Instructor(s): Plia Xiong, Prospective Student Services Coordinator and Jennifer Blazek

325 The Importance of Bumble Bee Conservation

Visit the University of Wisconsin Arboretum to discover Wisconsin's bumble bees, including the federally endangered rusty patched bumble bee, which lives here in Madison. Learn about their life cycle, flowers they visit, where they nest and spend the winter, and how to identify and monitor them using photography. Get involved in pollinator conservation during your time in our capitol and learn ways to bring conservation back to your home community.

Instructor(s): Susan Carpenter, Senior Outreach Specialist – Native Plant Garden

326 Medical "Architecture"

You will be engaged in a competitive, hands-on building activity with common medical supplies. During this session, you will learn about medical supplies, procedures, diagnoses, and take the first steps to being an active role in your own health and care. This session will be led by a Certified Child Life Specialist, who will give real-life examples of working in healthcare and can also highlight various careers in the medical field.

Instructor(s): Amanda Lockett, Certified Child Life Specialist, HDFS Graduate student

340 Calling All Camp Counselors ♦

The songs, nightly bonfires, canoeing, archery, and yummy lodge meals. All of these and more are waiting for you at Upham Woods as a camp counselor. Join Upham Woods staff to explore leadership skills you will use and learn as a camp counselor. Practice leading activities/games, working with kids, and most of all having fun! If you are already a camp counselor or are interested in trying, this is the seminar for you to attend. As camp counselors you gain leadership skills that help you be successful at camp and beyond.

Instructor(s): Caleb Jenks, Upham Woods Program Coordinator

341 Conflict Resolution for Leaders ♦

This workshop will focus on conflict resolution through the lens of leadership. We will discover our own default reaction to conflict, different conflict reaction styles, and practice some proven methods to effectively resolve conflicts for yourself or a group you are a part of.

Instructor(s): Adam Trunzo, Trempealeau County Youth and Families Educator

342 I Have All These Cloverbuds To Teach, Now What? ♦

Have you ever found yourself saying “I have all of these Cloverbuds to teach! What should I do?” Join us for this great opportunity to learn and take away some fun and exciting educational activities to teach youth K-2 grades. This session will enhance your leadership skills; giving you tools and tricks that will brighten the minds of future leaders!

Instructor(s): Lillie Cauffman and Lauren Thompson, Wisconsin 4-H Leadership Council

343 4-H: Helping to Survive the Zombie Apocalypse

How do you survive a Zombie Apocalypse? Believe it or not 4-H has the skills needed to help you and your loved ones survive. This course is a fun turn on leadership skills, group decision making, health, icebreakers, and don't forget fun. Learn fun scenarios to take home to your county. Don't worry it all stays inside the clover.

Instructor(s): Joshua Goede, Monroe County 4-H Agent and Various Junior Leaders

Health & Wellbeing

362 Introductory Kayaking

Fee: \$35

Learn basic kayaking skills including parts of a kayak, adjusting the boat to fit the paddler, forward stroke, sweep stroke, bracing stroke (how not to tip over), T-rescue (how to rescue someone who's flipped over), and wet exit (what to do when you do tip over) as you enjoy the outdoors. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to wear in the water (such as shorts, shoes to get wet—no sandals without heels, a T-shirt along with a windbreaker in case it's cool or raining), and dry, warm clothes and shoes for land with a towel. Avoid sweat shirts and jeans. Lifejacket is provided. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW Hoofers staff

363 Introductory Canoeing

Fee: \$35

Learn to develop basic canoeing skills with a partner. Topics covered include tandem canoe design and use; basic canoe strokes, high and low braces along with getting in and landing canoes, and how to deal with wind and waves. Participants will get to practice these strokes in the bow and stern. As weather permits, a trip along scenic Lake Mendota will allow a chance to further explore the outdoors. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to wear in the water (such as shorts, shoes to get wet, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes and shoes for land with a towel. Avoid sweat shirts and jeans. Lifejacket is provided. Have fun on the water as you develop your canoeing skills. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW Hoofers staff

364 Sailing**Fee: \$35**

Have fun learning to sail. Learn how to launch your boat, find the wind, sail including coming about, and how to land (unless you choose to head off into the sunset). Be prepared to get wet (often from other sailors) and have fun. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to get wet and swim in (such as shorts, shoes/sandals are required, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes, shoes and a towel for land. A strap for your glasses or sunglasses is encouraged. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have sailed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW Hoofers staff

365 Windsurfing**Fee: \$35**

Learn the basics of windsurfing including theory, balance development, launching, and sailing in a straight line. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring swim attire (such as shorts and a T-shirt along with a windbreaker in case it's cool), dry, warm clothes for land with a towel, and sunglasses and croakies for any glasses.. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have windsurfed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only 1 Water Sports seminar.**

Instructor(s): UW-Hoofers Staff

370 BE MORE VADER: Assertive Thinking from the Dark Side ♦

Climb the ladder from apprentice to master; are you stuck in a rut at life? Regardless of whether you're forever fighting your school locker, building the Death Star, or training a Sith Apprentice, seize the moment and ask yourself, "What would Vader do?" Get ahead of the competition with advice from Darth Vader and that galaxy's most powerful leaders. Learn how to gain proper recognition, take control of group projects, and hold onto power. 'Be More Vader' provides essential advice to help you succeed at life. It will enable you to follow in the footsteps of Dark Lord of the Sith-even if you don't possess the power of the dark side.

Instructor(s): Nick Harnish, WI National Guard Child and Youth Program Coordinator and Cameron Campbell, WI National Guard Lead Child and Youth Program Coordinator

371 Don't Look Through the Window, Walk Through the Door

In this seminar, you will learn important secrets to success. Youth will be given the tools to feel confident in interviewing, ultimately reducing fears that leaves one looking through the window instead of walking through the door that leads to new opportunities. We will discuss essential interview skills and youth will learn how to build a resume. During the session, you will have the opportunity to witness a mock interview demonstration, as well as gain experience practicing interview techniques.

Instructor(s): MacKenzie Korent and Scott Thompson, Wisconsin 4-H Leadership Council

Arts & Communication

380 Art Activities that are Fun to Lead ♦

Art activities are great ways to engage youth on the club and county level. Join the Wisconsin State Art team to learn new, fun, art related activities to bring back to your club and community! All materials provided.

Instructor(s): Stephanie Kempe, Art Team Director and Members of the WI 4-H Art Team

391 WI 4-H Goes International!

"... and my world," in our 4-H pledge reminds us that we are global citizens. Did you know 4-H is in more than 70 countries? In this session you'll learn about being a global citizen both in Wisconsin, and possibly through travel with 4-H. Explore your world and opportunities for international immersion and hosting with Wisconsin 4-H. Recent travelers with 4-H to Costa Rica, Finland, Norway, Japan, South Korea or other countries will share experiences and fun intercultural activities that you can take back to your club. How can you be part of this great adventure?

Instructor(s): WI 4-H International Programs Staff

Wednesday Afternoon

One Hour Seminars - Paired

The following seminars (400's) are paired together and share a number. They will each be one hour long with an approximate 15-minute break between them.

401 Engineering Challenge: Lightning Round

First Hour: Get ready for a fast paced engineering design showdown! Your team will be presented with several engineering projects to complete and not a lot of time to do it! Have some fun with these quirky and quick activities that you can bring back to your own clubs and communities!

Instructor(s): Adam Trunzo, Youth and Families Educator

Waters of the Past

Second Hour: Water moves throughout our environment over long periods of times and in many different ways. Simple experiments can show how water moves through different kinds of rocks and how we can change the chemistry of water. Through this seminar, have the opportunity to change water's acidity and biological content and also see how different places in Wisconsin may have different problems with their water quality by using geologic maps. Through our understanding of the movement of water (hydrology), we can influence how we approach water pollution and cleaning our environment.

Instructor(s): Mary Spraggs, Graduate Student; Project Assistant (WISCIENCE)

420 What Is A Doctor of Physical Therapy?

First Hour: Are you interested in human movement, from beginning infancy, developed to the level of an elite athlete, to adaptation following an injury? After making a diagnosis, Physical Therapists create personalized treatment plans that help patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease. This seminar is intended to help you explore the profession and participate in hands-on activities.

Instructor(s): Amy Schubert, Doctor of Physical Therapy; Director of Admissions UW-Madison DPT Program

Soil and Seeds

Second Hour: Madison is home to beautiful plant life during the spring, summer, and fall, but do you know a lot about the "root" of that beauty? Join us as we "dig" up the field of soil and seeds! In this seminar, you will learn soil science basics, including texture, organic matter content, plant nutrient availability, and how to prepare soil for planting. You will learn what is in a seed, seed quality, and seedbed preparation. We will get our hands dirty texturing soil, germinating seeds, and calculating germination rates.

Instructor(s): Elizabeth McNamee, Graduate Student; Plant Sciences Graduate Student Council VP and Bridget McFarland

430 X Marks the Spot: A Tour of Places of Famous Discoveries at UW-Madison College of Ag & Life Sciences

First Hour: Our very own state capital is home to many famous discoveries. Through this seminar, youth will go on a walking tour of sites of discoveries that have changed how we look at life, including the discovery of vitamins A & B, the discovery of how to make Vitamin D, the invention of warfarin, the sites of research that won two Nobel Prizes in Medicine, and the place where the discovery of human embryonic stem cells. You'll tour the Genetics Biotechnology Center, Old Genetics, the Biochemistry Complex, DC Smith Greenhouse, Microbe Place at the Microbiology Building, Babcock Hall, Dairy Cattle Center, UW Dairy Barn and end up at the new Meat Science Lab and butcher shop.

Instructor(s): Tom Zinnen, Biotech Policy & Outreach Specialist

Tour of the new Meat Science Building

Second Hour: Participants will get the opportunity to tour the new Meat Science Laboratory, located across the street from the School of Veterinary Medicine on the campus of UW-Madison. The new \$45.8M facility, located at 1933 Observatory Drive, will support work in three main areas: meat science, the discovery of animal biologics, and meat safety. You'll get a back-of-the house tour of the butcher shop featuring an array of steaks, chops, and specialty meats made on site. You'll explore how Animal Biologics is the idea that biological molecules, made solely by an animal, can be extracted and re-purposed for the benefit of humans and animals. You'll learn about the Bio-Safety Level 2 lab for meat safety research where food pathogens can be intentionally incorporated into meat products so that intervention strategies can be tested.

Instructor(s): Jeff Sindelar, Associate Professor & Extension Meats Specialist

440 4-H OPS - Tactical Training for True Youth Leaders ♦

First Hour: Are you a true 4-H Youth Leader? Have you conquered all of the skills needed to help mentor younger members? We dare you to participate in our "escape room" workshop - where you will put your leadership skills to the test, while having fun escaping!

Instructor(s): Lori Wick, Extension Educator, Debbie Burkman, Walworth County

Escape WI 4-H and Youth Conference

Second Hour: Ever been in an escape room? This is your chance! Work as a team to achieve your goal of "escaping" this session! You will be challenged to use communication, cooperation, observation skills, and logical reasoning. No need to be claustrophobic! You will not really be "locked" in the room. However, you are strongly encouraged to not leave the room during the session. Accommodations can be made.

Instructor(s): Amy Mangan-Fischer, Washington County 4-H Program Coordinator

441 The Science of Leadership

First Hour: Discover leadership in a fun and interactive way using science. Youth will develop skills around goal setting, effective communication, trust, teamwork, and ATTITUDE! This is a hands-on, fast passed, and high energy driven session targeted at making you a better leader.

Instructor(s): Heather Vierling, St. Croix Count 4-H Youth Development Agent

Space the Final 4-H Frontier

Second Hour: Come with us on an out of this world adventure as we discover, discuss, and dissect our universe. We will have many hands on activities to help us understand our universe. You will also get the inside scoop about Wisconsin 4-H Space Camp.

Instructor(s): Joshua Goede, Monroe County Positive Youth Development Agent

442 Am I A Lion? An Otter? A Golden Retriever? What's My Personality? ♦

This is an interactive workshop that you will discover your personality style and how your style 'works' with other people's styles. We will use activities and discussion to explore ways to effectively communicate in teams, as a leader, with friends who have a different way of doing things, and even solving conflicts.

Instructor(s): Ron Jakubisin, Positive Youth Development Extension Educator

It's Only Medicine, Right? Understanding the Misuse of Prescription Drugs

This workshop will use a combination activities, facts, and video to discuss the important issues around prescription drug/opioid misuse. The Operation Prevention lesson will inform you of how brain functions are interrupted by misuse of prescription opioid medicine and illicit drugs and how addiction is a brain function and not a choice. You will be challenged with fun short-term memory activities that will help you understand the importance of maintaining a healthy brain. *Instructor(s): Ron Jakubisin, Positive Youth Development Extension Educator*

480 Art of Origami

First Hour: Ever been interested in learning how to do origami? Don't all those instructions look so complicated? Come to this seminar and learn how to do origami, easy! If you already know origami, this seminar has something for you too. Participants will learn a brief history of origami and then learn some fun origami projects to impress friends with.

Instructor(s): Ria Howard, Dane County 4-H Youth

Microwave Brownies: You be the Scientist, Judge, and Teacher

Second Hour: Many say that brownies are chocolatey, rich, and splendidly delicious. But what consists of the perfect brownie? Become a brownie expert and explore the food science behind baking brownies. Identify and evaluate criteria for the ideal brownie and develop your own plan for teaching the art of brownie baking back in your home community. Oh, and eat warm brownies!

Instructor(s): Ellen Andrews, Green County 4-H Youth Development Educator

520 **Doing DNA: The Code of Life**

Your science teacher introduced genetics and DNA to the class and you want to learn more. Through a hands on approach, youth will dive deeper into DNA, the building block of genetic material, and its application into real life. Participants will extract DNA from wheat, analyze a sample of DNA from salmon, build a DNA, learn to use a micropipette, and run gel electrophoresis as used to separate mixtures of DNA based on size.

Instructor(s): Tom Zinnen, Biotech Policy & Outreach Specialist

521 **Exploring CRISPR and other gene editing techniques**

CRISPR is a technology created within the rapid development in a series of genetic technologies that has made it easier than ever before to make targeted changes to a complete set of genes or genetic material present in a cell or organism. You will learn about the state-of-the-art gene editing techniques of CRISPR and how it's being used in research and medicine. We'll tour the UW Genome Editing-Animal Models facility and discuss the ethical issues surrounding this revolutionary technique.

Instructor(s): Kathy Krentz, Assistant Researcher, UW Madison Biotechnology Center

522 **Pigs and Pork from Farm to Fork**

Have you ever wondered what happens inside a modern pig barn? Or what it takes to raise healthy pigs that give us safe pork to eat? In this session you'll take a live virtual field trip to a pig barn to learn more about how pigs are raised and the steps required to get safe pork on your fork. You'll then break into teams for an escape-room style scavenger hunt where you'll have to use your newly learned knowledge of pigs and pork to solve a riddle.

Instructor(s): Mandy Masters, Wisconsin Pork Association Program Director

Civic Engagement & Leadership

540 **Thinking Outside The Box – Idea Generation with Purpose ♦**

Does it feel like you get stuck doing the same activities over and over? We can help! In this session, we will stretch your brain to think creatively and will share different ways to generate new ideas. We will practice proper brainstorming and learn how to make forced connections in a fun, hands-on way. You'll walk away with a number of new ideas for your group or club and will be confident in leading a brainstorming session.

Instructor(s): Lisa Curley, Dane County 4-H Program Coordinator

541 **It's in the Bag ♦**

Groups are constantly forming and reforming. In some cases, how groups function is just as important as why groups function. IT'S IN THE BAG was created to develop positive group dynamics through a multitude of experiences. These experiences were specifically selected to provide a foundation for trust and communication - the cornerstone of any good group. In this session you will learn how to effectively lead these games while having a lot of fun! This is a hands on - learn by doing session! Please come ready to participate!

Instructor(s): John de Montmollin, Wisconsin 4-H Liaison

542 **Parli Pro Professionals ♦**

Have you ever been to a club meeting and did not understand what was going on? In this seminar you will explore the world of parliamentary procedure and ways to improve your meeting dynamics. You will practice passing main motions, learn about amendments, how to facilitate group discussion, and more. Whether you're a club officer, a new member, or volunteer, these skills will prove to be helpful at your future meeting.

Instructor(s): Taylor Baerwolf and Laura Huber, Wisconsin 4-H Leadership Council

562 Introductory Kayaking**Fee: \$35**

Learn basic kayaking skills including parts of a kayak, adjusting the boat to fit the paddler, forward stroke, sweep stroke, bracing stroke (how not to tip over), T-rescue (how to rescue someone who's flipped over), and wet exit (what to do when you do tip over) as you enjoy the outdoors. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to wear in the water (such as shorts, shoes to get wet—no sandals without heels, a T-shirt along with a windbreaker in case it's cool or raining), and dry, warm clothes and shoes for land with a towel. Avoid sweat shirts and jeans. Lifejacket is provided. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW Hoofers staff

564 Sailing**Fee: \$35**

Have fun learning to sail. Learn how to launch your boat, find the wind, sail including coming about, and how to land (unless you choose to head off into the sunset). Be prepared to get wet (often from other sailors) and have fun. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to get wet and swim in (such as shorts, shoes/sandals are required, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes, shoes and a towel for land. A strap for your glasses or sunglasses is encouraged. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have sailed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW-Hoofers Staff

565 Windsurfing**Fee: \$35**

Learn the basics of windsurfing including theory, balance development, launching, and sailing in a straight line. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring swim attire (such as shorts and a T-shirt along with a windbreaker in case it's cool), dry, warm clothes for land with a towel, and sunglasses and croakies for any glasses.. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have windsurfed before. Prepare to have fun getting wet. **You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.**

Instructor(s): UW-Hoofers Staff

570 How To Think Like Sherlock ♦

We all need to build our powers of observation, memory, reasoning, and deduction. using examples from Holmes' adventures, plus lots of brain-stretching, logic-challenging, memory-expanding exercises. How to Think Like Sherlock will help you develop your mental abilities to their full capacity.

Instructor(s): Nick Harnish, WI National Guard Child and Youth Program Coordinator and Cameron Campbell, WI National Guard Lead Child and Youth Program Coordinator

Arts & Communication

590 Well-Rounded Communication Strategies with the 4-H Comm Team!

In today's society, the field of communication has become more broad and understanding of communication strategies has become even more important. Come learn about a variety of communication strategies with the Wisconsin 4-H Communications team! Do you need help building your presence on social media, taking better photos, or writing more effectively? The State 4-H Communications Team will guide you through everything you need to know to communicate for yourself and your group.

Instructor(s): WI 4-H Communications Team

591 Get into the Act ♦

This seminar will focus on acting skills, vocal and physical warm ups, improvisation and movement. The session will be led by current drama company members and will provide an opportunity to learn about the inner workings of the Drama Company.

Instructor(s): Jay Johnson, WI 4-H Drama Company Director and Members of the WI 4-H Drama Company

2019 Wisconsin 4-H & Youth Conference

Adult Leader Registration Worksheet

The purpose of the WI 4-H & Youth Conference is for youth in 7th-10th grades to gain life skills through hands-on activities, workshops, large group seminars, and youth networking time. This experience begins at 2:15 p.m. June 24 and ends at 11:00 a.m. June 27, 2019. The event is held at UW Madison with lodging in Sellery Hall. Health staff consists of professional medical personnel from University Health Services (UHS). Youth will be under the direct supervision of older youth leaders and/or adults. The ratio of adults to youth participants is 1:10 or less. Adult Advisors are active 4-H volunteers that have completed the Youth Protection process. Adult Advisors assist by monitoring youth activities, conducting meetings and assisting with operational committee work. Participants will eat in a public cafeteria; sleep in single beds in dorm rooms with roommates of the same gender and use dorm restrooms with private showers; male and female participants are housed on separate floors of the dorm. Adult Advisors are assigned to rooms on the same floors as their assigned delegates. During the conference, adults and youth will participate in large group activities which may involve any of the following: discussion, writing, reading aloud, arts and crafts; role plays or skits, running, dancing, climbing stairs, standing or sitting for long periods, or having personal contact with other participants; they will walk distances of approximately ½-¾ mile on sidewalks to assemblies; for seminars they may ride school buses to off-site locations up to 60 miles away (see seminar descriptions for off-site locations), and may do physical activities such as working with carpentry or gardening tools, hiking up to ½ mile over steep terrain, biking, swimming, canoeing, or doing other water sports in a lake with lifeguards present. (See seminar descriptions for specific activities.)

Name _____

- Will you accept a minimal number of text messages related to this event? ☐ yes ☐ no
- T-shirt size: ☐ sm ☐ med ☐ lg ☐ xl ☐ 2x ☐ 3x
- Number of years chaperoning Youth Conference _____
- Lodging: Adults will be assigned two per room as close to their delegations as possible.

Preferred roommate (print) _____

If left blank, a roommate will be assigned by the University Housing office. Sorry, rooms cannot be changed due to University fire regulations.

Seminars: Adults are expected to participate fully in every aspect of Conference including attending and chaperoning seminars. At least one Adult Advisor is needed for every seminar including water sports. Fees are waived for Adult Advisors for those seminars requiring participant fees.

Seminar selections: jot down your selections in preference order for each time period. NOTE: These are preferences; final seminar assignments will be based on availability at the time you register or as alternatives in case of seminar cancellation or reassignment. Some seminars fill quickly.

If you do not indicate preference for seminars, you will be assigned to an open seminar for each time period. (If you have no preference, indicate 900 - assign as needed; if not available due to WLC meeting, instructor, etc., enter 999.)

Tuesday Morning	1. _____	2. _____	3. _____	4. _____	5. _____
Tuesday Afternoon	1. _____	2. _____	3. _____	4. _____	5. _____
Wednesday Morning	1. _____	2. _____	3. _____	4. _____	5. _____
Wednesday Afternoon	1. _____	2. _____	3. _____	4. _____	5. _____

- I am willing to be a floor leader __Yes __No
- Committee assignments (Over for descriptions.) Please rate preferences from 1-4 (1 being first choice):
 ___ Dorm Monitor ___ Pedestrian/Safety ___ Recreation ___ Theater/Assembly
- Opportunities exist for the following positions. Check special interest: ___ Bus Coordinator ___ Van Driver
- Future Volunteer Opportunities: I am interested in a leadership role as a Volunteer Coordinator (VC) in 2019 in the area of: ___
 Traffic/Pedestrian ___ Theater/Assembly ___ Dorm Monitor ___ Recreation
 ___ I am interested in serving on the WI 4-H & Youth Conference Planning Committee for 2019.
 ___ Because of my special interest in this area, I am interested in working with:
 ___ Art Team ___ Drama Co. ___ Communications Team ___ Wisconsin Leadership Council
 ___ Send me information about other state, national and international 4-H Adult Advisor opportunities for 2019.

**Seminars are assigned on a first come, first served basis so register as quickly as possible.
 Adult registration is at 4HOnline between 4:00 p.m. April 18 and midnight May 1, 2019.**

ADULT ADVISOR COMMITTEE DESCRIPTIONS

Each adult attending Wisconsin 4-H & Youth Conference is asked to be a member of an on-site working committee. The following descriptions will help you to understand the responsibilities of each. The Dorm Monitor Committee requires the largest number of members. All Adult Advisors will be assigned to at least one Dorm Monitor duty but may express preference for other committees at other times. Requests will be honored as closely as possible.

Dorm Monitor: The members of this committee are responsible for monitoring elevators, stairwells and fire escapes in the separate boys' and girls' dorm towers or floors. Chairs are provided; bring a book, letters or portable hobby. In case of emergency such as fire or tornado, Dorm Monitor Committee members assist with orderly evacuation.

Pedestrian/Safety: Committee members will be asked to serve as crossing guards, walk with groups and monitor students' behavior on the way to and from seminars and assemblies.

Recreation: Members of this committee monitor entry to dances and behavior around the outdoor recreation areas, movies and in the game room during recreation and free time. They may be asked to assist with set-up of equipment for those events.

Theater/Assemblies: The members of this committee assist with moving the group into and out of the Madison Masonic Center and/or Shannon Hall at the Memorial Union, distribute programs, assist with seating, check that students are chaperoned and monitor behavior during assemblies.

In addition to these committee tasks, Adult Advisors should anticipate being Seminar or Service Project Presiders (introducing facilitators, taking roll and distributing/collecting evaluations at seminars). Floor monitors will be assigned to each floor for nightly floor meeting and check-in purposes. Many tasks are anticipated but others are done on an "as needed" basis. We ask that all adults be flexible and willing to help where needed.

*The State and County 4-H Staff and
2019 WI 4-H & Youth Conference Planning Committee
thank you for volunteering to serve our state youth
as an Adult Advisor to this educational event.
We also greatly appreciate your assistance with committee work!
Without your assistance, this conference could not happen!*



2019 Wisconsin 4-H & Youth Conference

Youth Registration Worksheet

The purpose of the WI 4-H & Youth Conference program is for youth in 7th-10th grades to gain life skills through hands-on activities, workshops, large group seminars, and youth networking time. This experience begins at 2:15 p.m. June 24 and ends at 11:00 a.m. June 27, 2019. The event is held at UW Madison with lodging in Sellery Hall. Health staff consists of professional medical personnel. Youth will be under the direct supervision of older youth leaders and/or adults. The ratio of adults to youth participants is 1:10 or less. Adult Advisors are active 4-H volunteers that have completed the Youth Protection process. Adult Advisors assist by monitoring youth activities, conducting meetings and assisting with operational committee work. Participants will eat in a public cafeteria; sleep in single beds in dorm rooms with roommates of the same gender and use dorm restrooms with private showers; males and female participants are housed on separate floors of the dorm. Adult Advisors are assigned to rooms on the same floors as their assigned delegates. During the conference, adults and youth will participate in large group activities which may involve any of the following: discussion, writing, reading aloud, arts and crafts; role plays or skits, running, dancing, climbing stairs, standing or sitting for long periods, or having personal contact with other participants; they will walk distances of approximately ½- ¾ mile on sidewalks to assemblies; for seminars they may ride school buses to off-site locations up to 60 miles away (see seminar descriptions for off-site locations), and may do physical activities such as working with carpentry or gardening tools, hiking up to ½ mile over steep terrain, biking, swimming, canoeing, or doing other water sports in a lake with lifeguards present. (See seminar descriptions for specific activities.)

Name _____

1. Youth's Cell Phone Number: (_____) _____

2. Will you accept a minimal number of text messages related to this event? ☐ Yes ☐ No

3. T-shirt size: ☐ small ☐ med ☐ lg ☐ xl ☐ 2x ☐ 3x

4. Preferred same county roommate (print) _____

(If left blank, a roommate will be assigned. Roommates **cannot** be changed after registration.)

5. **Seminar selections:** make selections in preference order for each time period. At least one of the selections for each session must be non-water sports in case sessions fill early. Each delegate may be assigned to only one water sports over the course of the conference. **NOTE: These are preferences; final seminar assignments will be based on availability at the time you register and for final adjustments for any class cancellations, duplications, reassignments, etc. Some seminars fill quickly. If serving as an instructor, please mark 999 as your initial seminar choice for that time period, but as requested for all participants, provide choices as alternatives in case of seminar cancellation.**

ONLY ONE WATER SPORT PER PERSON, PLEASE. IF YOU REGISTER FOR MORE THAN ONE WATER SPORT SESSION, YOU WILL BE REASSIGNED BY STATE OFFICE.

Tuesday Morning	1. _____	2. _____	3. _____	4. _____	5. _____
Tuesday Afternoon	1. _____	2. _____	3. _____	4. _____	5. _____
Wednesday Morning	1. _____	2. _____	3. _____	4. _____	5. _____
Wednesday Afternoon	1. _____	2. _____	3. _____	4. _____	5. _____

6. Tour or activity for Monday afternoon (Rank them in preference order, 1 being first choice)

____ State Capitol ____ UW Campus ____ UW Geology Museum ____ School of Human Ecology and Textile Collection
 ____ Kohl Center ____ Camp Randall Stadium ____ Allen Centennial Gardens ____ UW Nursing School ____ Physics Museum

Parent/Guardian Signature (required for all participants)

Date

Seminars are assigned on a first come, first served basis so register as soon as possible.
Between 4:00 p.m. April 2 and midnight April 15, 2019 register in your WI account at 4HOnline & complete a UHS health form thru www.campdoc.com. You will be emailed instructions with login information to access the website after registration closes.



Have a Talent?

We need you to share with us!

**What: 2019 Youth Conference
Talent Show**

When: Wednesday, June 26

Who: You!!!

How: Apply now!



Juggling

All talents welcome!



Comedy, skits, dance...



Magic

And much, much more!



Wisconsin 4-H & Youth Conference 2019 Talent Show Application

Got a great act? We're seeking talent for the Wednesday evening Spotlight! Assembly. Ideas might include playing an instrument, dancing, clowning, magic act, short skits, singing or other original clean fun.

You may submit one (1) act of no more than five (5) minutes in length. You may combine efforts with others if you wish. Submit your application on this form at conference Headquarters before 3:00 p.m. Monday, June 24.

Auditions will be held on-site on Monday, June 24 between 4:30-5:15 p.m. and Tuesday, June 25, between 3:30 p.m. and 4:45 p.m. in Room 29, Sellery Hall. Time constraints will limit the number of acts that may perform Wednesday evening.

Conference staff will provide microphones, a piano or keyboard, and a CD player but participants furnish their own props, other instruments, costumes and music. Please dub any musical number(s) you need onto a blank CD for the show and bring it to Conference. Sorry, the conference cannot provide a piano accompanist.

Performers are responsible for supplying their materials to the stage manager (or appropriate person) and for collecting those materials after their performance. University of Wisconsin and Madison Masonic Center Staff are not responsible for lost/stolen items.

County(s) _____

Name of Act: _____

Length of act (no more than 5 minutes) _____ minutes

Number of performers: _____

Name(s) of Performer(s) _____

☐ yes ☐ no I (we) will need a CD player.

☐ yes ☐ no I (we) will need a piano or keyboard.

Briefly describe the act below.

Participant(s) Cell Phone Number(s): _____

Participant(s) email: _____

PRE-REGISTRATION DUE MAY 1 TO:

Wisconsin 4-H Educational Programs, 436 Lowell Hall, 610 Langdon St, Madison WI 53703

or turn in your form at conference Headquarters before 3:00 p.m. Monday, June 24.



An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and the Americans with Disabilities Act (ADA) requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity or service, please contact the Amber Rehberg at 608-262-1557 as soon as possible preceding the scheduled event so that proper arrangements can be made in a timely fashion.

2019 Wisconsin 4-H & Youth Conference Excused Absence/Early Departure Request

Every Wisconsin 4-H & Youth Conference participant is expected to remain on site until 11:00 a.m. Thurs., June 27 unless an Excused Absence/Early Departure Request form is submitted to the State 4-H Youth Development Office or Conference Headquarters. UW Conference Housing staff, 4-H Staff and Adult Advisors must be able to locate all registered participants in case of emergency.

The following person is requesting to leave the conference site prior to the end of Wisconsin 4-H & Youth Conference:

_____ will leave the conference site to go
(print name of participant)
_____ at _____, _____, _____
(destination) (time) (day) (date)

_____ S/he will return to the conference at _____, _____, _____
(time) (day) (date)

_____ S/he will not return to the conference. (Be sure to inform your Adult Advisor!)

This participant should be released from the conference at the Conference Headquarters on the first floor of Sellery Hall, 821 W. Johnson Street, Madison to:

_____	_____
(print name of person meeting participant at Headquarters)	(relationship to participant)
_____	_____
(participant signature)	(date)
_____	_____
(parent/guardian's signature)	(date)

Please turn this in at on-site registration, Monday, June 24, 2019.

To be completed at the time of departure from Conference:

Released by: _____ at _____, _____.
(Headquarters staff person's signature) (time) (date)
Signature of person picking up the participant: _____



UW
Extension
University of Wisconsin-Extension

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Delegate's Name _____
Last First

SUMMER 2019

UNIVERSITY HEALTH SERVICES Health Update Form

FOR EVENT/CAMP USE ONLY- TO BE COMPLETED 1-2 WEEKS BEFORE CONFERENCE & PROVIDED AT CHECK-IN

1. Are there any changes in your child's health since the medical forms were submitted?
☐ No ☐ Yes
2. Has your child or anyone in your family been sick or exposed to any communicable disease in the past month?
☐ No ☐ Yes
3. Does your child now have any rashes or open sores?
☐ No ☐ Yes
4. Are there any changes in your child's medications?
☐ No ☐ Yes (If yes, please make changes and staff will sign)

Medication	Dose	Frequency	Staff Signature

5. Does your child have any recent injury or activity restrictions?
☐ No ☐ Yes
6. Will the custodial parent(s) or guardian be available at the number listed on the health form during the camping session?
☐ No ☐ Yes
If NO, list the name and phone number of person(s) authorized to make decisions on their behalf if different than the emergency contact listed on the form.
7. May camp health staff administer over-the-counter medications, as needed?
☐ No ☐ Yes

Information
Provided by:

Parent/Student/Guardian

UHS Health Staff Signature

Date:

Parents: please complete, sign, and send this Health Update Form with your son or daughter to Wisconsin 4-H & Youth Conference.

Youth Delegate: please give this completed, signed Health Update Form to University Health Services (UHS) staff at Health Check in during registration on June 24, 2019.