



Fall Forum Workshops

SATURDAY, NOVEMBER 4, 2017



AM SESSIONS

Building an Effective 4-H Board of 4-H Directors

Take your Board from routine and boring to NEW, EXCITING, and ENGAGING with our 4 step, 4-H tested process! Our training tools and activities will guide your board to a new level of governance.

Presenters: Kevin Palmer, Manitowoc County 4-H Youth Development Educator and Denise Retzleff, Fond du Lac County 4-H Youth Development Educator

Calling All Camp Counselors

Calling all past and future 4-H summer camp counselors and adult volunteers. Every day at camp you are a mentor, teacher, and planner but you might not realize it. Join us as we identify these leadership skills, practice leadership through engaging activities, and learn about opportunities to participate in more than just your county camp for summer 2018 at Upham Woods.

Presenters: Justin Hougham, Director of Upham Woods and State Specialist in Environmental Education, Max Myers, Upham Woods Program Director, and Marc Nutter, Upham Woods Facilities and Operations Director

Clog Your Socks Off!

Clog your socks off! Learn the basics of clog dancing and what you need to know to bring clogging to your county as a SPIN club.

Presenters: Gayle Nicoll, Waukesha County 4-H Volunteer Leader and Lyta Nicoll, Waukesha County 4-H Member

Clowning

How many clowns does it take to lead a workshop? Hopefully four youth from Washington County are good enough to teach you how to make balloon animals, face paint, and juggle!

Presenters: Bridget Dean, Zach Meyer, Riley Smeaton, and Max Stowers, Washington County Clowning Project Youth Leaders

Exploring the World of Horticulture and Building Skills through Plant Judging and Identification

Come and explore the world of horticulture! Horticulture is the art and science of growing and handling fruits, nuts, vegetables, herbs, flowers, foliage plants, woody ornamentals, and turf. Horticulture is different things to different people. It is a science on the cutting edge of biotechnology, and art, a profession, business, industry, hobby, way of life, and therapy for millions of people. Each of us comes into contact with horticulture products and professions every day of our lives horticulture feeds us, improves our environment, and through science, is helping find answers to tomorrow's problems. Explore Horticulture!!

Presenters: Byron Hacker, State Master Gardener and Calumet County 4-H Volunteer Leader, Jim Hovland, State Master Gardener and 4-H Volunteer, and Chuck Prissel, Polk County 4-H Youth Development Educator

Fundraising: How to Make Bank and Grow Skills

Monroe County 4-H Jr. Leaders have found a way to make bank. We've also learned some very important life lessons about running a business. Come and Join us as we talk about the FUNdraising that we do and how to keep it fun and educational.

Presenters: Joshua Goede, Monroe County 4-H Youth Development Educator and Monroe County 4-H Junior Leaders

Giving Volunteers a VIP (Volunteers in Preparation) Orientation

Volunteers are truly VIPs - Very Important People! And we will treat you that way at this session. We will complete the VIP (Volunteers In Preparation) orientation, and ensure you are ready to take on leadership in your local 4-H program.

NOTE: Attendance in this session will also meet the requirement of the 2016 Annual Leader Training Charter Requirement.

Presenters: Melinda Pollen, Brown County 4-H Youth Development Educator, and Dawn VandeVoort, Door County 4-H Youth Development Educator

How to Teach, Also Known As H.T.T.

What do Rockets, Radishes, Rocking Chairs, Rabbits, and Rolled Fondant have in common? Inevitably someone LEARNED HOW by being TAUGHT. How to Teach (H.T.T.) will walk you through basic teaching techniques for your programs to be successful.

Presenter: Chris Hollar, Clark County 4-H Youth Development Educator

It's NOT Rocket Science: Starting a County 4-H Rocketry Program

Starting a county 4-H rocketry program is easy and rewarding. In this workshop, you will:

- Build an Estes Gnome rocket and (weather permitting) launch it!
- Learn the basic components of a county 4-H rocketry program.

We will provide you with the tools needed to start a local program, including equipment listings, sample lesson plans, and a list of resources.

Presenters: John de Montmollin, Interim Wisconsin 4-H Program Director and Maria Habib, 4-H Youth Development Educator, State Office

Keeping Up with the Cloverbuds

Are you looking for ways to get involved with younger members? Do you need techniques to channel Cloverbud energy in a positive manner? Join us as we explore the amazing opportunities and benefits of working with Cloverbuds.

Presenters: Jasmine Brown and Lillienne Cauffman, Wisconsin Leadership Council Youth Leaders

Mindfulness and Positive Emotion Skills for Coping with Stress

Do you experience stress? How do you cope with it? Do you want to have more happiness in daily life? Come to this workshop to practice some simple (but not always easy!) skills for promoting well-being and learn about the science behind them.

Presenter: Larissa Duncan, Ph.D., Healthy Minds, Children, & Families State Specialist

Monster Pillows

Monster Pillow making has been a community service project for the "Keep it in the Northwoods" 4-H Club for the past year and a half. Come and learn how this project benefits children in hospital emergency rooms, as well as how it teaches

decision-making, teamwork, and some basic sewing skills to club members. During this seminar you will be able to create and take home a Monster Pillow of your own.

Presenters: Lynn Feldman, Oneida County 4-H Youth Development Educator and Mira and Nava King, Keep it in the Northwoods 4-H Club Junior Leaders

Photobomb for Community Service

Use your camera/phone to spot your clubs next service project. Before your club selects their next community service effort, learn how to incorporate photography into identifying community needs and strengths. Your service project should be something that you all care about and want to address.

Presenters: Matt Calvert, Youth Development State Specialist, Neil Klemme, Iron County 4-H Youth Development Educator, and Christa Van Treek, Marquette County 4-H Youth Development Educator

Telling Your 4-H Story with Local and Social Media

You know your 4-H club is fantastic. It's time to spread the word! Learn how to think like a reporter, write press releases and pitch stories to local news outlets. See how to spread the word yourself with proven strategies for getting the most bang for your buck — or no bucks! — on social media.

Presenters: Holly Henschen, Wisconsin 4-H Youth Development Public Information Specialist

Using 4-H Projects for Career Exploration

Why not use 4-H projects and youth leader projects for career exploration opportunities? We'll help you connect the dots from your projects to possible careers. Environmental, natural resources, and related areas will be emphasized along with developing life skills.

Presenters: Barb and Norb Yogerst, Washington County 4-H Youth Leaders, Wildlife WHEP and Forestry Committee Members

Workforce Readiness: Construction Trades

Choosing a career path is a difficult choice and it's even more difficult if you haven't had first-hand experiences in your chosen field. Ozaukee County Tradesmen offered 4-H youth the unique opportunity to experience various construction trades through a new 4-H project called Workforce Readiness: Construction Trades. Youth worked with professional carpenters, electricians, plumbers, and masons to learn skills of the trades. They learned to safely operate hand and power equipment while building a playhouse/potting shed complete with electrical, plumbing, cedar, and fieldstone siding, a cupola, Dutch door, and three windows. Come and learn the details of this project and how you could start a similar one in your community.

Presenters: Kathy Butler, Ozaukee County 4-H Youth Development Educator, James Mejchar, Youth Project Member, Teri Mejchar, Project Leader, and Jim Rychtik, Owner, Rychtik Construction

Yoga: Relaxation & Fitness

Join us in fun and fitness through yoga! Whether you have never practiced yoga before or have previous experience, everyone will learn something new as you participate in simple yoga poses and learn the mindful and physical benefits that result from yoga. After this session, you will be able to incorporate these skills to lead 4-H health activities, from meetings to daily life! Comfortable clothing is recommended to fully participate in this session.

Presenters: Kayla Oberstadt, 4-H State Program Manager, Ohio State University Extension

PM SESSIONS

4-H 4 U

How do you define 4-H? In this session, you will learn how to define and market 4-H through elevator speeches and social media. Also you will learn about older youth opportunities to increase retention.

Presenters: Libby Willkomm and Megan Zaczyk, Wisconsin Leadership Council Youth Leaders

And My World... Communicating Across Cultures

In this session you will learn about thriving in the increasingly multicultural world we live in. How do we communicate in diverse ways and understand others? How do we cooperate with different groups and still maintain our personal values and social responsibility? You will begin by exploring your own identity and then explore cultural differences. You will begin to see the world from many different angles and start to understand the perspectives that make people from different backgrounds think and behave in their own ways.

Presenters: Maria Habib, 4-H Youth Development Educator, State Office and Brianna Stapleton-Welch, Dane County 4-H Youth Development Educator

Art Team

Presenters: Stephanie Kempe, 4-H Youth Development State Art Team Director and State Art Team Youth Members

Becoming a Global Leader through 4-H

"... 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. How can you be part of this great adventure?

Presenters: Sharla Boehlke, Lilly Buchholz, and Callan McNamara, State 4-H International Programs Assistants

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Developing Leadership and Followership Skills: Lunar Hotel

Lots of people like to be the leader, but leaders need a team to follow them. Different quests require different skills, which means different types of leaders are needed throughout an expedition. Understanding when to lead and when to follow, and the importance of both roles, will be explored in this session.

Presenters: Joanna Skluzacek, 4-H Youth Development State STEM Specialist

How to Teach, Also Known As H.T.T.

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IT'S IN THE BAG

Groups are constantly forming and reforming. In some cases, how these groups function is just as important as why these 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!

Presenter: John de Montmollin, Interim Wisconsin 4-H Program Director

Leading Meetings with Parli Pro

You've been elected chairman, now what? Get the lowdown on what parliamentary procedure is all about and how to use it to have great meetings. You can hold an effective meeting that isn't dominated by the loudest or pushiest member. Your group will stay on track, keep records of your decisions and hear everyone's voice, from the youngest to the most mature!

Learn more about:

- Using Parliamentary Procedures/Robert's Rules of Order
- Writing and Amending Effective Bylaws
- New and Fun Strategies for Making Group Decisions
- Each Participant will receive a copy of Robert's Rules for Dummies

Presenter: Sarah Tarjeson, Sheboygan County 4-H Youth Development Educator

My Hands to Larger Service

"My hands to larger service..." 4-H clubs have participated in volunteer service projects for many years. Learn to take your volunteer efforts to a new level, in ways that will be more impactful to both the community and the 4-H members. Share a service project you participated in and create action steps to take the project to the next level.

Presenters: Kathy Butler, Ozaukee County 4-H Youth Development Educator and Ozaukee County 4-H Youth Members

Pocket Dramas

Learn how to infuse your club meetings and/or events with drama to build community, collaboration, and creativity. Members of the 4-H State Drama Company will lead you in a variety of games and activities that you can bring home and use in your county.

Presenters: Jill Bandli, Shirley Miller-Frey and State Drama Company Youth Members

A Release Party: Essential Elements Online Learning!

Don't miss the Essential Elements Release Party! Welcome to the world of online learning! Join us for the party as we launch the online learning module for Essential Elements of Youth Development. In this session, we will showcase the resources available for you to take back to every volunteer in your county - and walk through how 10 minute modules can be used by volunteers statewide - from the comfort of your own home!

Presenters: Jill Jorgenson, Kewaunee County 4-H Youth Development Educator, Melinda Pollen, Brown County 4-H Youth Development, Meg Sage, Sauk County 4-H Youth Development Educator, and Dawn VandeVoort, Door County 4-H Youth Development Educator

Run Smart, Live Smart

Want to get outside with friends? Whether you're a lifelong runner or have ever owned a pair of running shoes in your life, this interactive seminar is for you! You'll learn about pre-run and post-run nutrition, stretches, exercises, and run for 30 minutes. You'll also explore mindfulness, stress relief techniques, and yoga as part of this session on healthy living.

Presenters: Seth Gehrke, Wisconsin Leadership Council Youth Leader and Jenna Franseen, Wisconsin Leadership Council Adult Leader

Yoga: Relaxation & Fitness

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