



# Fall Forum Workshops

SATURDAY, NOVEMBER 3, 2018



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## AM SESSIONS

### 4HOnline for Club Leaders

Wonder how to get the most out of 4HOnline? Want to create your own reports for your club? Come learn from the 4HOnline Admin for Wisconsin!

Presenters: Mike Farrey, Wisconsin 4HOnline Administrator

### Art Activities

Art activities that are fun to lead!

Presenters: Stephanie Kempe, State Art Team Leader, Jessica Lewer, State Art Team Adult Leader, and State Art Team Youth Leaders

### Coffee Talk

Ever wonder what other clubs and groups are doing at their meetings, how they encourage parents to help at events/activities, or other fun ways to spice up your 4-H meetings and gatherings? Join us for this world cafe-style session to share ideas and learn some new ideas from fellow volunteers! This session will be a fun and interactive brainstorming and sharing session to learn from each other! (All ideas shared will be collected and shared back with attendees after Fall Forum.)

Presenters: Dawn Vande Voort, Door County 4-H Youth Development Educator & MaryBeth Wohlrabe, Outagamie County 4-H Coordinator

### Exploring the World of Horticulture

Come 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, Jim Hovland, State Master Gardener and 4-H Volunteer, and Chuck Prissel, Polk County 4-H Youth Development Educator

### From Cows to Custard with Cloverbuds

Come have fun with cows, custard, and cloverbuds! Join us for this great opportunity to learn and take away some fun and exciting agricultural activities to teach your club and county's young agriculture enthusiasts. This session will enhance your leadership skills while brightening the minds of our future ag-vocates!

Presenters: Mary Pat Boschert, Wisconsin Leadership Council Adult Leader, Gaelen Combs & Lauren Thompson, Wisconsin Leaders Council Youth Leaders

### Get Into the Act

This session 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 also provide an opportunity to learn about the inner workings of the Drama Company.

Presenters: State Drama Company Youth & Adult Leaders

### "Hands-On" Wildlife Activities

Are you looking for "hands-on" ideas/activities on wildlife? We'll cover wildlife in the backyard through the back 40. You will be doing these activities and take home many ideas. An example is "matching pelts, skulls, and scat. Identifying homes and foods for mammals. After doing class, youth Leaders can easily make presentations for kids of all ages and the whole family too.

Presenters: Barb & Norb Yogerst, Washington County 4-H Adult Leaders

### Hiding in Plain Sight: Geocaching

One of 4-H's newest STEM projects is Geocaching: finding hidden Tupperware containers using high-tech satellite equipment! Bring your cell phone and learn how to find several special geocaches hidden around Green Lake Conference Center. We'll provide the swag: you dress appropriately for the weather. Time permitting, we'll make a special, commemorative geocache to leave at Green Lake.

Presenters: Gayle Nicoll, Waukesha County 4-H Adult Leader, Lyta & Trevyn Nicoll, Waukesha County 4-H Youth Leaders

### Join the Podcast Revolution

Anyone can podcast -- it is easy, fast, and fun. It is also a great way to share your ideas and passion for 4-H. Learn how record, edit and publish your own podcast!

Presenters: Rebecca Wil Kludy, Lincoln County 4-H Adult Leaders

### Let's Decide! Group Decision Making Strategies

Help! Your club, committee or group needs to make a decision! How will we decide what the best choice is? How do I get the shy members to give ideas? I do I reign in the bossy Betsy's? This session will teach several strategies groups can use to weigh options and make a decision.

Presenters: Sarah Tarjeson, Sheboygan County 4-H Youth Development Educator & Sheboygan County 4-H Youth Leaders

### Organic 101

Come visit with one of Organic Valley's Generation Organic (Young Farmer) and learn about Organic Farming and the Organic Resource Guide.

Presenters: Maija Haggith, Organic Valley

### SPIN Clubs

SPIN (Special Interests) clubs are already in over 25 states. Come learn how SPIN clubs work and how they incorporate BIG M (Belonging, Independence, Generosity, and Mastery) into this youth development experience.

Presenters: Cindy Sarkady, Area Extension Director-Sheboygan, Ozaukee, Fond du Lac & Washington Counties

### Summer Camp Spectacular

Excited about summer camp? Join us to look ahead at camp opportunities in 2019, discuss lessons learned from last summer, and play some games of course! Participate and learn to lead three different activities you can use with your campers next summer. Be prepared to discuss the why and how of a good camp activity and have some fun too.

Presenters: Justin Hougham, Director Upham Woods Outdoor Learning Center, State Specialist Environmental Education, Max Myers, Program Director Upham Woods Outdoor Learning Center, and Marc Nutter, Operations Director Upham Woods Outdoor Learning Center

### Who We Be

This introductory workshop covers the basics of identity and community. Through sharing their own experiences, participants will discuss stereotypes, divisions between communities, and the systems of oppression. Objectives include: 1) Understand how our identity shapes our experiences in the world. 2) Understand how systems of oppression are connected to our experiences. 3) Explore our experiences with stereotypes, discrimination, and assumptions. 4) Discuss how we can use our experiences to fight against all forms/systems of oppression.

Presenters: Larrell Benford, Youth Leader, Darrin Madison, Adult Leader, Simone Lewis-Turner, Youth Leader, Sharlen Moore, Adult Leader, & Savannah Pyatt, Adult Leader, Urban Underground

### 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, Ohio 4-H Youth Development Program Manager

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## PM SESSIONS

### 4-H You Belong! Creating Inclusive Environments for LGBTQ+ Individuals

Join 4-H members and leaders as we navigate the best practices in regards to supporting LGBTQ+ members, volunteers, and staff by creating an inclusive environment for all! This session is open to any youth or adult in 4-H who seeks to learn more in how to be an ally and create a positive environment of belonging in 4-H!

Presenter: Kayla Oberstadt, Ohio 4-H Youth Development Program Manager

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### The Art of Glass Etching

Let's be creative with the process of Glass Etching. You will learn about how you can create beautiful items through this simple process and teach others. Using your Art skills and basic supplies can be fun to explore this process.

Presenters: Agnes Wagner, Washington County 4-H Adult Leader and Washington County 4-H Youth Leaders

### Clog Your Socks Off! (Again!)

Learn the dance style sweeping the nation, and bring it back to your county! Clogging is like tap, but faster and funner! 4-H has a tradition of having Clogging SPIN clubs, and you can bring it to your county. No experience necessary. This will be different steps and song than last year. MUST wear socks.

Presenters: Gayle Nicoll, Waukesha County 4-H Adult Leader, Trevyn Nicoll & Ashley Papenfuss, Waukesha County 4-H Youth Leaders

### From Pinterest to Project

In this session, learn how to take a step beyond the stock 4-H literature and create a 4-H project from Pinterest. Pinterest has become the go to site for great craft ideas - many that will translate to a 4-H project with a little help. Learn how to transform Pinterest ideas into an educational experience with the magic of a life skill focus!

Presenter: Kevin Palmer, Manitowoc County 4-H Youth Development Educator

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Presenters: Sarah Tarjeson, Sheboygan County 4-H Youth Development Educator & Sheboygan County 4-H 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 UW-Extension State Specialist

### Money, Money, Money

Fundraising is an important part of all 4-H clubs and projects! Through a variety of engaging activities youth and adults will learn some new and fun ways to help their club raise money.

Presenters: Holly Luerssen, Langlade County 4-H Program Coordinator & Abigail Luerssen, Langlade County 4-H Adult Leader

### More Than Just Breaking the Ice

In this session, you will learn not just about icebreakers but what they entail. Also, learn about leadership and the many levels.

Presenters: Adaire MacSwain & Emmalynn Sprangers, Wisconsin Leadership Council Youth Leaders

### Starting a Robotics Program in Your County

How to begin, locate resources for, and recruit volunteers to support a robotics program. Session includes selecting a platform (kit), program delivery options (volunteer-driven and staff-supported, or staff-driven) & participating in competitions.

Presenter: Maria Habib, 4-H Youth Development Educator

### Together We Can

Do you want to learn how you can make an impacted on a special needs individuals life? The Ozaukee County 4-H youth leaders and adult leaders want to teach you about how they were able to bring this great and fun opportunity to their county.

Presenters: Kaylie Gall, Ozaukee County 4-H Youth Leader, Alycia & Michelle Kringel, Ozaukee County 4-H Adult Leaders, & Anna Lampereur, Ozaukee County 4-H Youth Leader

### Well Rounded Communication Strategies with 4-H Comm Team!

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? Then this seminar is for you! The State Communications Team will guide you through everything you need to know to communicate for yourself and your group.

Presenters: Holly Henschen, State 4-H Communications Team Director & State Communications Team Youth Leaders

### What's in Wisconsin's Woods? **CANCELLED**

~~Are you curious about what critters reside in Wisconsin's woods, or how research scientists study them? In "What's in Wisconsin's Woods?", students will have the opportunity to learn about Snapshot Wisconsin, a citizen science project utilizing a statewide network of trail cameras hosted by the Wisconsin Department of Natural Resources. Additionally students will participate in a series of hands on activities where they will learn to identify Wisconsin wildlife, and generate exciting research questions and hypotheses!~~

~~Presenters: Sarah Cameron, Natural Resources Educator, Susan Frett, Research Scientist, Taylor Peltier, Natural Resources Educator, & Vivek Malleshappa, Natural Resources Educator, Wisconsin Department of Natural Resources~~

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