

# Fall Forum Sessions

SATURDAY, NOVEMBER 2, 2019



**Extension**

UNIVERSITY OF WISCONSIN-MADISON



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## AM SESSIONS

### 2 "R's" & a "P" in 4-H

Are you searching (RECRUITING) for new 4-H members and youth and adult volunteer leaders? See what's in the 4-H Promotional tool box and take home those ideas. Find out how to make "4-H a Family Friendly Adventure" for all. Sharing your life skills with other families gets results and provides greater RETENTION. The results are right around the corner.

Presenter(s): Barb & Norb Yogerst, Washington County Volunteers and Washington County Youth Leaders

### 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!

Presenter(s): Mike Farrey, Wisconsin 4HOnline Administrator

### Collecting Stories of Hope and Transformation

Let photojournalist John Noltner help you gather stories from your own circles to create a project similar to his A Peace of My Mind project. Through mentoring and training exercises, you will become familiar with interviewing and editing techniques and be guided through the process of creating your own oral history project. You can learn more about John's project on his website: <https://apomm.net/>.

Presenter(s): John Noltner, Photographer, Author, and Fall Forum Keynote Speaker

### Countdown to Summer Camp

Calling all past and future 4-H summer camp counselors and adult volunteers! Find out more about Summer 2020 and how to get involved and learn several activities/strategies to improve your leadership at summer camp.

Presenter(s): Ariel Christian and Corinne Schuh, Upham Woods

### Do you Know why your Community is AWESOME?

In this session youth will learn what makes a strong and vibrant community and what role they play in that community. They will learn about tools being used to engage youth in community development work and how they can become involved in their community's improvement initiatives.

Presenter(s): Neil Klemme, Iron County 4-H Youth Development Educator

## Doing DNA: The Code of Life

Explore DNA through a series of hands-on experiments. Analyze a highly-purified sample of DNA. Extract DNA glop from wheat germ. Get a feel for DNA structure using a magnetic model of the DNA double helix.

Presenter(s): Tom Zinnen, UW Madison and Extension Biotechnology State Specialist

## Exploring 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, an 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!!

Presenter(s): Chuck Prissel, Byron Hacker, and Jim Hovland

## 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 your club and county's young 4-H enthusiasts. This session will enhance your leadership skills while brightening the minds of our future 4-H leaders!

Presenter(s): Lillie Cauffman and Lauren Thompson, WLC Youth Leaders

## 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 unique journal to donate to teenagers coping with stressful medical conditions. Youth will also be given materials to make a journal for themselves or a friend.

Presenter(s): Mira, Nava, and Shonda King, Oneida County Youth and Adult leaders

## Learn CPR!

Do you know what to do in an emergency? Would you like to learn? Take this American Heart Association course for adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This will be a video-based, instructor-led course that teaches skills with the AHA's research-proven practice-while-watching technique. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. **(Participants MUST select both the morning and afternoon sessions for this course, this course also has an additional fee).**

Presenter(s): Linda Moldenhauer, AEMT Southern Green Lake Ambulance, AHA CPR Instructor and Emily Strahota, WLC Adult Leader

## Picture This! Putting a Frame around Cloverbud Activities

Picture the fun, adventure, and learning you can build into your local Cloverbud program. We'll take a look at Wisconsin's Cloverbud activity plans and family letters, what youth in grades K-2 need most in an event, and the framework for how lessons are built. After this session, participants will understand the parts of Wisconsin's activity plans and how to create their own high quality, educational, and fun lesson plans, when needed.

Presenter(s): Monica Lobenstein, State Specialist

## So You're a 4-H Officer, Now What?

An interactive seminar for youth and adults to build officer leadership skills, review basics of parliamentary procedure, explore creative new ways to run meetings and have a welcoming environment. Also explore the strengths of youth-adult partnerships and handling challenging situations.

Presenter(s): Barb Jones, Waukesha County General Leader and Waukesha County Youth Leaders Amara Bugenhagen, Dalton Pfaff, Josh Peterson, and Isabelle Eide

## Teaching Civility

Using techniques from Citizenship Washington Focus, this group will discuss guidelines to establish conversations about difficult topics and how to create space for all views. There will also be a practical session of using the guidelines to practice working with people of differing opinions. **This a youth only session.**

Presenter(s): Rose Adams, 2019 Citizenship Washington Focus Program Assistant and Joshue Goede, Monroe County Positive Youth Development Educator

## Unpacking your Backpack

This session will challenge participants to examine and understand their own stereotypes and biases. We all have them, what really matters is how we act on them. This is an interactive discussion and activity that will focus on personal acknowledgement and growth.

Presenter(s): Amy Mangan-Fischer, Washington County 4-H Program Coordinator; Sarah Weier, Iowa County 4-H Youth Development Advisor; Luisa Gerasimo, Dunn County 4-H Program Coordinator; and James Boling. Waukesha County 4-H Youth Development Educator

## Volunteers: We're in This Together

Volunteering has its challenges and sometimes the best solutions come from those who've been there before. Join us for this session specifically created for 4-H volunteers to chat, share, and learn. You'll walk away with new friends and great ideas!

Presenter(s): Laura Huber, Wood County 4-H Program Coordinator and Sky Holt, Sawyer County 4-H & Positive Youth Development Educator

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

Wisconsin 4-H State Communications Team will take you on the behind-the-scenes, exclusive journey of what it's like to be on the team! During the session, you should expect to learn the fundamentals of photography, writing, social media outreach and beyond!

Presenter(s): Holly Henschen, 4-H Communications Team Director and Members of the 2019 4-H Communications Team

## Wisconsin Ag in the Classroom: Resources for 4-H Clubs

Wisconsin Ag in Classroom has many educational materials, activities and resources for 4-H clubs! You will learn how to use them in project areas, Cloverbud and Explorers, for club demonstrations, fairs and other events.

Presenter(s): Darlene Arneson, Wisconsin Farm Bureau - Ag in the Classroom Coordinator

## Wool Needle Felting

This session uses the needle felting technique to create a snowman sculpture out of wool.

Presenter(s): Jennifer Loucks, Marathon County Adult volunteer; Emma Loucks, Marathon County Youth Leader, and Kate Loucks Marathon County Youth Leader

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## PM SESSIONS

### 4-H Marketing and Promotions

Explore available resources and methods for promoting 4-H clubs and county extension activities. Gain insight into social media, engaging members, creating videos, successful flyers, open houses, and promotional activities.

Presenter(s): James Boling, Waukesha County 4-H Youth Development Educator, Barb Jones, Washington County 4-H Adult Leader, and Brianna Jones, Waukesha County 4-H Member

### 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!

Presenter(s): Mike Farrey, Wisconsin 4HOnline Administrator

### A Participant's Guide to Educational Experiences

So you've visited Fall Forum and had some fun, so 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 experiences. Join us in having fun while also learning what to pack!

Presenter(s): Emmalyn Sprangers and Adaire MacSwain, WLC Youth Leaders

### 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.

Presenter(s): Stephanie Kempe, WI 4-H Art Team Director and Members of the 2019 4-H Art Team

### Cultivating, Building, Strengthening, and Maintaining Healthy Relationships

In this offering, which can be broken down into two parts (Cultivating and Building; Strengthening and Maintaining), participants explore the various ways in which healthy relationships are formed, and through self-reflection and introspection, identify opportunities for personal growth. Local, state, national, global and historical contexts are brought to light in order to assist participants in better understanding their respective relationships within the aforementioned spaces, and develop methods and strategies for moving forward.

Presenter(s): Jeremiah Jackson, State Specialist

### Day Camp: It's Showtime!

So you have a theme, how do you find enough activities to fill the time? We'll show you how we've taken common activities, changed the title and/or activity supplies, and found a whole new, fun way to use a classic idea! Maybe even try one or two out!

Presenter(s): Jennifer Carter, Richland County Junior Leaders Co-leader and Autumn Carter, Richland County Youth Leader

## Discover Llamas!

Have you ever wondered: Why Llamas? Join us for a hands-on learning experience using fiber to create a unique felted bowl, expand your llama knowledge playing llama bingo, and see what our project is all about.

Presenter(s): Lisa Blanchard, Wood County Project Leader; Becky Bauer Wood County General 4-H Leader; Tracy Benson, Wood County adult volunteer; Brittany Bauer, Wood County Youth leader; Sydney Mauritz, Wood County Youth Member; and Morgan Sachs, Wood County Youth Member

## Do you Know why your Community is AWESOME?

In this session youth will learn what makes a strong and vibrant community and what role they play in that community. They will learn about tools being used to engage youth in community development work and how they can become involved in their community's improvement initiatives.

Presenter(s): Neil Klemme, Iron County 4-H Youth Development Educator

## Interview Tips and Tricks

In this seminar, you will learn many important secrets to success. For instance, we will discuss essential interview skills and you will learn how to build a resume and cover letter. During the session, you will have the opportunity to witness a mock interview demonstration, as well as gain experience practicing interview techniques. The purpose of this seminar is to give you the tools you need to feel confident about interviewing. Additional resources will be provided if you want to learn more about topics we explore during the session!

Presenter(s): MacKenzie Korent, St. Croix County Youth Leader and WLC member

## Keep it \$imple

Keeping it \$imple and real! This upbeat energetic session is designed to get youth thinking about their life and finances. Breaking down and talking about money, budgets, and the life you want.

Presenter(s): Tara Schultz

## Learn CPR!

Do you know what to do in an emergency? Would you like to learn? Take this American Heart Association course for adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This will be a video-based, instructor-led course that teaches skills with the AHA's research-proven practice-while-watching technique. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. **(Participants MUST select both the morning and afternoon sessions for this course, this course also has an additional fee).**

Presenter(s): Linda Moldenhauer, AEMT Southern Green Lake Ambulance, AHA CPR Instructor and Emily Strahota, WLC Adult Leader

## Painted Wildlife Camo Notebooks

Welcoming all styles and skill levels! Come paint the camouflage of Wisconsin wildlife. Learn about Gesso, planning, composition, and texture. You can also learn about value and color theory.

Presenter(s): Rebekah Stege, Washington County Adult Volunteer and Sarah Stege, Washington County Youth Leader

## Reclaiming Our Attention and Reducing Stress through Mindfulness

Do you find yourself rushing from one thing to another? Feeling overwhelmed about having too much to do? Worrying about managing social media accounts or too much email? Unsure about how to get enough quality sleep or maintain healthy habits? Mindfulness and other daily practices to support well-being through positive emotion may help! Join this session to learn about the scientific evidence supporting these practices, and to engage in experiential practices and pick up some tips and resources.

Presenter(s): Larissa Duncan, Ph.D., UW-Extension Healthy Minds, Children, & Families Specialist and Elizabeth C. Davies, Chair in Child & Family Well-Being and Associate Professor; Director, Center for Child & Family Well-Being, UW-Madison

## So You're a 4-H Officer, Now What?

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Presenter(s): Barb Jones, Waukesha County General Leader and Waukesha County Youth Leaders Amara Bugenhagen, Dalton Pfaff, Josh Peterson, and Isabelle Eide

## Summer Pathways Experience

During the summer of 2019, 12 youth participated in the Summer Pathways Experience. We will be talking about the recruitment process, content, experience and outcomes from the program.

Presenter(s): Javier Neira and Dr. Kendra Alexander

## Using Drama to Build Community and Confidence in Your 4-H Club

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

Presenter(s): Jay Johnson, WI 4-H Drama Company Director and youth members of the State 4-H Drama Company

## What's your Personality?

Ever wonder why you get along with people differently? Did you know that each of us has a personality? Using the DISC profile assessment designed by the John Maxwell Team, you will learn what your personality type is and how to work with people of different personalities.

Presenter(s): Christina Winch, Grant County 4-H Club leader and Certified John Maxwell Trainer

## Wisconsin 4-H Goes International!

"... and my world," in our 4-H pledge reminds us that we are global citizens. 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 will share experiences and fun inter-cultural activities that you can take back to your club. How can you be part of this great adventure?

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