



UW-MADISON EXTENSION

Fall Forum Workshops

Saturday, November 7, 2020

**Indicates session is repeated at another time.*

Morning Workshops: 11:00 AM – 12:00 PM

Title	Presenter(s)	Description
21 st Century Project Meetings	Heidi Benson, Chippewa County 4-H Program Educator	Learn how to make a state fair favorite, cream puffs, along with learning about technology that is available to help put your project meeting online. Inexpensive equipment and simple strategies can help take your virtual project meeting to the next level.
4-H Online 2.0 for Club Leaders*	Mike Farrey, Wisconsin 4-H Online Administrator	Confused by 4-H Online 2.0? Wonder how to get the most out of 4-H Online? Come learn from the 4-H Online Admin for Wisconsin!
4-H Shooting Sports Aims Youth at Life Skill Targets	Meggan Daniels, Youth Leader Thomas Sevcik, Youth Leader Doug Thompson, 4-H Shooting Sports Coordinator	Youth leaders share their love of shooting sports from county, state and national experiences to ambassador opportunities and wildlife study resources for brushing-up for competitive events. An overall introduction to the disciplines and opportunities of 4-H Shooting Sports for leaders and youth.
Come for the Fun, Stay for the Rest	Laura Huber, Wood County 4-H Program Educator	Young people join 4-H for fun, friends, and learning, so let's give them what they want! Together we'll learn how to do just that in this fast-paced, hands-on session.
Conversations in a Safe Space: Key Considerations for Creating a Brave and Safe Space to Engage & Develop Civil Dialogue Skills with Youth	Maddie Hartup, Wisconsin 4-H International Programs Coordinator Kaitlyn Bernarde, Wood County 4-H Youth Development Educator Erin Conway, Rock County Community Youth Development Educator Frances Walsh, Youth Leader	During the Summer of Virtual Learning, this team conducted a series of sessions in which they discussed both difficult current events and observations from their lives and communities, asked questions about racial equity and social justice and shared resources. This will be an interactive session for those interested in how to develop a framework for difficult conversations with youth. Follow it up by experiencing a session in the afternoon. Sign up for 'Conversations in a Safe Space on Current Events with Youth'.
Doing DNA: The Code of Life*	Tom Zinnen, Biotechnology Education Specialist Liz Jesse, Biotechnology Education Specialist	Explore ways to think about and work with DNA, the stuff that's the leading "genetic recipe card" of life on Earth. We'll start with the Paradox of the DNA Tube in which you'll analyze a sample of highly-purified DNA, then you'll extract DNA glop from wheat germ, and finally you'll build a model of single-stranded DNA that shows how DNA is a lot like an alphabet that can spell (and misspell) genetic information. We'll discuss your ideas about the roles of DNA science in food, health, environment, ethics, law and justice.

Essential Elements County Share*	James Boling, Waukesha County Youth and Family Educator	Wanted: Youth and Adults! Belonging, Independence, Generosity and Mastery! Come learn, listen, and share your club and county's practices on promoting the Essential Elements in 4-H. In this session we will review the Essential Elements, brainstorm and provide an opportunity for you to share with others through a fun activity of cross County interactions (almost like speed friending). Hope you can join us.
Fairs, Extension, and You*	Jason Hausler, Area Director and Liaison to the Wisconsin Association of Fairs Jayme Buttke, Executive Secretary of the Wisconsin Association of Fairs	This session dives into the partnership between Extension, Fairs Board and participants. We will focus on how Fairs function from the aspect of DATCP, the Wisconsin Association of Fairs, along with the partnership with Extension and the roles they play. Lastly, we will discuss how exhibitors and volunteers fit into the partnership. Fairs and 4-H function due to the invaluable support of volunteers, so join the discussion about how you can help.
Hosting a 4-H Virtual Open House	Maria Lee, Youth Leader Amy Jentges, Youth Leader Deanna Lee, Adult Leader Jayna Hintz, Ozaukee County 4-H Program Educator	This open house planning committee wanted to reach new members and get them plugged into 4-H. Experience their version of a virtual open house that delivered experiential learning and the steps they took to "open the doors".
How to Make 4-H Club Meetings Culturally Relevant & Responsive*	Sofie Teller, Menominee County/Nation Positive Youth Development Educator	Tune in for a 1-hour session on how the Menominee 4-H program incorporates culturally relevant programming to Native American youth and families. We will be discussing outreach methods and will provide examples of culturally responsive activities.
Intro to Learning to Breathe: A Mindfulness Class for Youth	Debbie Moellendorf, Lincoln County Positive Youth Development & Health and Well-Being Educator	Mindfulness is the practice of becoming aware of one's present-moment experience with compassion and openness as a basis for wise action. Learning to BREATHE (L2B) is a mindfulness-based curriculum for youth intended to strengthen attention and emotion regulation, cultivate wholesome emotions like gratitude and compassion, expand the repertoire of stress management skills, and help youth integrate mindfulness into daily life. Come to learn more about the program in our short introductory session.
Leading & Coping in Times of Ambiguity	Sarah Tarjeson, Sheboygan County 4-H Youth Development Educator	Change is all around us and answers can be in short supply. This session will provide practical tips for identifying ambiguity and managing yourself and your leadership in times of uncertainty.
Living the 4-H Movement*	Wisconsin 4-H Program Quality Standing Committee	Have you heard about the Wisconsin 4-H Movement? The 4-H Movement provides adults and youth an opportunity to learn, grow, and develop alongside each other. Come learn more about the movement, how you're already living it, how you can teach others to live it, and how "Together we can Make the Best, Better".
The Mind is the Biggest Barrier: Including our 4-H Members with (Physical) Disabilities	Michael Rusin, Clark County 4-H Program Coordinator	Learn how you can help 4-H members with physical disabilities thrive in your 4-H club!

	Carlea Liermann, Calumet County 4-H Program Educator	
More Than Just Breaking the Ice*	Adaire MacSwain, WLC Youth Representative Danny Wahlstrom, WLC Youth Representative	In this virtual seminar, participants will learn how to lead ice breakers, whether they be virtual or in person. There will be virtual hands on learning where participants will get to practice the ice breakers they could lead. Participants will also learn about the parts of an ice breaker and how to be a leader.
The Process Behind the Policies*	John de Montmollin, Wisconsin 4-H Assistant Program Manager Wisconsin 4-H Policy Advisory Standing Committee	Join members of the Wisconsin 4-H Policy Advisory Standing Committee (PASC) to learn about the process on how Wisconsin 4-H policies are developed and approved. In addition, session participants will get a virtual tour of the new Wisconsin 4-H Policy website and have an opportunity ask questions & share opinions about current Wisconsin 4-H policies.
Summer Camp Superstars	Ariel Christian, Upham Woods Program Coordinator Isabelle Herde, Upham Woods Program Director Brandon Springer, Adult Volunteer & Former Upham Woods Naturalist	Who is a camper's favorite person at summer camp? Superstars we call Summer Camp Counselors! Join Upham Woods Outdoor Learning Center staff for this hands-on session where we'll explore together how to be the best camp leaders we can be! We will reflect on past summers and share ideas for the Summer Camp 2021. Be prepared to share your favorite summer camp activities, games, and songs!
Taming the Voices in Your Head*	Luisa Gerasimo, Dunn County 4-H Educator	Have you ever caught yourself silently thinking something like "Why bother?" or "Why are they so stupid?" If so, you are hearing a voice in your head. Sometimes that might be a kind voice and sometimes it is a not so nice voice. In this workshop, you will learn some life changing techniques to morph those voices into ones that help you manage your life, now and long into the future. These techniques have been taught to leaders in business, the nonprofit world and government for several decades and are relied upon by effective organizations all over the country.
Think Outside the Box: Having Fun While Learning Problem-Solving Strategies*	Ron Jakubisin, Fond du Lac County Positive Youth Development Educator	This fun workshop will use brain-teasers and puzzles to learn how we can approach problem-solving in a positive effective way. You'll be interacting with the screen and shouting out answers too! We will discuss tips you can use for problem-solving in a group (or individually). (Parents/Guardians welcome to join in the workshop, noting that activities are targeting youth participation, with guidance and support from adults).

PM Workshops: 1:00 – 3:20 PM

Afternoon Workshops I 1:00 – 2:00 PM

Title	Presenter(s)	Description
4-H Online 2.0 for Club Leaders*	Mike Farrey, Wisconsin 4-H Online Administrator	Confused by 4-H Online 2.0? Wonder how to get the most out of 4-H Online? Come learn from the 4-H Online Admin for Wisconsin!
The Basics of Exhibition Poultry	Lauren Thompson, Wisconsin 4-H Leadership Council President Scott Thompson, St. Croix County Poultry Leader	Have you ever considered raising exhibition poultry but don't know where to start? This seminar is for you! Together we will cover selecting breeds, The Standard of Perfection, raising birds and how to prepare them and you for the show ring!
Calling All Cloverbuds!	Penny Tank, Waupaca County 4-H Program Educator	Are you looking for ideas for Cloverbud projects in your club or county? Whether you are meeting virtually or in person, 1st or 10th year as a Cloverbud youth or adult leader, you will learn and see a variety of project ideas for your youngest 4-H members. We will also have fun creating a 'Copycat Solution' with a hands-on project during our time together.
College 101 with Collegiate 4-H*	UW-Madison Collegiate 4-H Members	You're in middle or high school and want to know more about college? Join us for a conversation with Collegiate 4-H, UW-Madison to learn more about pre-college preparation, different majors and careers, and to ask questions about college life! We will start with an introduction from our Collegiate 4-H members, give an overview of the college experience, and then spend some time answering your questions about college.
Essential Elements County Share*	James Boling, Waukesha County Youth and Family Educator	Wanted: Youth and Adults! Belonging, Independence, Generosity and Mastery! Come learn, listen, and share your club and county's practices on promoting the Essential Elements in 4-H. In this session we will review the Essential Elements, brainstorm, and provide an opportunity for you to share with others through a fun activity of cross County interactions (almost like speed friending). Hope you can join us.
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Fall Floral Arrangements & Herbal Vinegars*	Byron Hacker, 4-H Volunteer Jim Hovland, Retired Extension Horticulturalist & 4-H Volunteer Chuck Prissel, Polk County 4-H Youth Development Educator	In this hands-on session you will need to bring a few items to complete the tasks but you will learn basic floral design to make a beautiful floral arrangement for that end table or a center piece to brighten your home with ditch plants or drying end of summer perennials. You will also learn how easy it is to flavor vinegars with garlic and herbs to spice-up your fall salads and dishes! This workshop will require a minimal amount of material & plant preparation in advance of Fall Forum. Participants should be prepared to

		provide some basic food items, including vinegars, oil, and herbs. Details to come.
Meat Science in the Kitchen	Bernadette O'Rourke, State Extension Youth Livestock Specialist	Check into the kitchen to learn more about cuts of meat. How to prepare and select for home cookery; recipes will be shared and there will be meat cookery demonstrations.
More Than Just Breaking the Ice*	Adaire MacSwain, WLC Youth Representative Danny Wahlstrom, WLC Youth Representative	In this virtual seminar, participants will learn how to lead ice breakers, whether they be virtual or in person. There will be virtual hands on learning where participants will get to practice the ice breakers they could lead. Participants will also learn about the parts of an ice breaker and how to be a leader.
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Wanna Start a Virtual Club?	Elliot Huber, Youth Leader Samantha Budtke, Youth Leader	Learn how to start and manage a virtual club based around an interest you have! When our schools shut down, we created clubs to bring people with common interests together. You can learn to do that too!

Afternoon Workshops II 2:20-3:20 PM

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Connection before Content: Connecting 4-H Curriculum to Virtual Spaces	Heidi Benson, Chippewa County 4-H Educator Wisconsin 4-H Virtual Learning Community Team	Join us as we explore some of the incredible 4-H Curriculum available!! The WI 4-H Virtual Learning Community Team wants to help YOU connect the curriculum to virtual learning and programming. There is a lot of excellent curriculum available that promotes positive youth development through experiential learning and we want to help you plan for ways to "connect

		young people to the content." We'll take a look at three different project curriculum focused on three different developmental stages. Registered participants will receive a copy of all three curriculum in the mail prior to Fall Forum!!
Doing DNA: The Code of Life*	Tom Zinnen, Biotechnology Education Specialist Liz Jesse, Biotechnology Education Specialist	Explore ways to think about and work with DNA, the stuff that's the leading "genetic recipe card" of life on Earth. We'll start with the Paradox of the DNA Tube in which you'll analyze a sample of highly-purified DNA, then you'll extract DNA glop from wheat germ, and finally you'll build a model of single-stranded DNA that shows how DNA is a lot like an alphabet that can spell (and misspell) genetic information. We'll discuss your ideas about the roles of DNA science in food, health, environment, ethics, law and justice.
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How to Tell Your Story & Influence People: Resumes & Interview Tips	Jenna Franseen, Racine County 4-H Leader	Resume writing and interviewing are important leadership and life skills for youth leaders. Join in and learn some important tips and tricks for bettering your resume writing and interviewing skills. We will talk through what good and great resumes look like, as well as practice writing resume bullet points. Together we'll brainstorm succinct ways to share our success stories! This seminar is geared toward youth leaders who are starting to think about applying for jobs, colleges, scholarships, and other opportunities.
Living the 4-H Movement*	Wisconsin 4-H Program Quality Standing Committee	Have you heard about the Wisconsin 4-H Movement? The 4-H Movement provides adults and youth an opportunity to learn, grow, and develop alongside each other. Come learn more about the movement, how you're

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Extended Workshops 1:00 – 3:20 PM

Title	Presenter(s)	Description
Accessing Theatrical Creativity in a Virtual World	Wisconsin 4-H Drama Company	Participants will learn firsthand how to collaborate and create using ZOOM. 4-H Youth Leaders will guide you on a journey to the depths and heights of your COVID-19 quarantine malaise.
Conversations in a Safe Space on Current Events with Youth	Joe Muellenberg, Wisconsin 4-H Outreach Specialist Maddie Hartup, Wisconsin 4-H International Programs Coordinator Kaitlyn Bernarde, Wood County 4-H Youth Development Educator Erin Conway, Rock County Community Youth Development Educator Frances Walsh, Youth Leader	This will be a space to discuss current events, ask questions about racial equity and social justice, and share resources. Participants will have a chance to listen and learn with youth and adults from around the state with space for everyone’s voice to be heard. There will be time at the end of the session for youth to speak about their own experiences so far as leaders in their community and the types of skills they are working on to influence positive change. A great companion to the morning session 'Conversations in a Safe Space: Key Considerations for Creating a Brave and Safe Space to Engage Develop Civil Dialogue Skills with Youth'.
Green, Gold, Orange, & Blue: We Need You	Laura Huber, Wood County 4-H Program Educator Jennifer Swensen, Wisconsin 4-H Assistant Program Manager	Family. Friends. Teachers. Coaches. Our relationships with them are so important! When things are going well, we feel happy in each other's company. What happens when things aren't so good? In this fun, interactive session you will learn about what makes you tick - your joys, strengths, values, and needs. You'll learn about what makes others act the way they do, too. With that knowledge, you'll be ready to be your best self and keep your relationships strong. You'll walk away from this session confident in your strengths, talents, and place in the world.

I Pledge My Hands to Larger Service	Waukesha County 4-H Teen Council Barb Jones, Adult Leader	Explore new ideas for community service for large clubs, small groups, and virtually. Find out where to start in doing a community needs assessment, build partnerships and inspire youth to make a difference.
Leading Effective Meetings with Parliamentary Procedure	Sarah Tarjesson, Sheboygan County 4-H Youth Development Educator	So now you're chairperson? Learn the basic rules you should know to lead a group of youth or adults using Robert's Rules for more effective discussions and decision making. Participants will also learn how to adapt these tools to fit the needs and ages of your group.
Photography Tips & Tricks	National Summit Photography Youth	How do you make your photos more interesting and more unique? This tips and tricks session will show you easy things you can do to get the picture you want.
Yoga: Relaxation and Fitness	Kayla Oberstadt, Ohio 4-H Program Manager	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 at meetings or apply in your daily life!