

2018 WA State 4-H Forum Workshops

Friday, October 19th Track Trainings

1:00 PM - 4:00 PM

FB-1 Update on NEW 4-H Horse Advancement Leader Guide (Debbie Moberg-Williams, Jennifer Leach, Janet Schmidt)

4-H Horse Leaders will learn about the NEW 4-H Horse Advancement Guide and how to use it in a club or county setting to insure safety, quality and life-skill development of youth in the 4-H horse program.

FB-2 Fundraising Basics (Peggy Hirte-Ulhorn)

Come learn the dos and don'ts of fundraising for your club, council, and county. We will discuss ideas for fundraising, and the latest ways to sign up volunteers.

FB-3 Understanding Stress and Staying Motivated (Wendy Waxman)

When you are stressed, it easy to lose motivation! In this interactive workshop, we will identify sources of stress, and then develop strategies for positively influencing your stress level. One method we will practice involves creating a highly personal motto that can motivate you to approach stress in healthy ways.

FB-4 So You Want to Get Chickens....Poultry Basics (Abigail Hirte-Ulhorn)

Join us in discovering poultry keeping basics; attendees will gain knowledge of poultry care, feeding, worming, APA, ABA housing safety, fencing, medications, showing, first aid kit, show kit, selecting chicks, and sexing chicks.

Saturday, October 20th Workshops

Workshop Session A, 8:30 am - 10:00 am

SA-1 2019 Know Your Government Orientation: Politics and the Media (Alex Laughery/Dorothy Elsner)

KYG 2019 will explore the topic of Politics and the Media. During pre-conference county meetings, participants will learn about the effects that politics has in today's media, and how it works interactively with the other branches of government. **(Continued to Session B)**

SA-2 Robotics Using Lego MindStorm EV3 (Janet Schmidt)

Teens and other participants will learn how to design, build and program a Lego MindStorm EV3 Robot to do specific tasks. Teens will then learn how they can encourage STEM engagement through teaching younger youth about robotics. **(Continued to Session B)**

SA-3 Life Is More Fun When You're Crafting, Continued... (Annthea Gobel)

In this fun workshop, be ready to make a cute card, as well as being able to play with some cool tools. Come ready to learn some tips and tricks that will put the fun back into crafting! **\$2 Fee.**

SA-4 Embryology and Build Your Own Incubator (Pam Watson)

Learn some of the basics of embryology and why incubators have certain features. Make an incubator out of recycled coolers. This will be an active, hands-on class to encourage the STEAM skills of science, engineering and math. **\$35 Fee;** families welcome as one registration – it will be loud and messy! **(Continued to Session B)**

SA-5 Recognizing Records with Awards (Pat Shamek and Linda Enderby)

Record books are essential to the full picture of your 4-H project. This workshop will explore the use of awards and incentives for completed record books, and the encouragement of more than one project.

SA-6 Dog Agility Equipment On a Budget (Michael Vorkapich)

Agility equipment is expensive. But it doesn't have to be! In this workshop, you will learn how to build dog agility equipment using readily available parts that you can find at any hardware store. We will specifically focus on jumps but there will be plans available for other equipment.

Workshop Session B, 10:15 am - 11:45 am

SB-1 2019 Know Your Government Orientation: Lobbying for Change! (Alex Laughery/Dorothy Elsner)
(Continued from Session A)

SA-2 Robotics Using Lego MindStorm EV3 (Janet Schmidt)
(Continued from Session A)

SB-3 4-H is more than Cows, Sows and Sews (Peggy Hirte-Uhlorn and Abigail Hirte-Uhlorn)
Come learn what other projects exist in 4-H! Attendees will learn contact information for these projects and any deadlines to be aware of in order to participate.

SB-4 Embryology and Build Your Own Incubator (Pam Watson)
(Continued from Session A)

SB-5 Peer Consultation: Creative Problem-Solving (Wendy Waxman)
Often, when trying to help each other solve problems, we fall into the same patterns of behavior and do not come up with innovative solutions. This facilitated group process helps you break out of your normal problem-solving tactics so that you can gain perspective and new solutions from your peers.

SB-6 Small Animal Round Table (Jean Lindsey)
This discussion will explore what we teach, how we teach, and problems when working with youth and small animals - all the way from small pets to livestock animals for home and table. Other topics include Pets vs. Dinner and 4-H vs "Open," and what this means to you as the leaders and to our youth members. Roundtable discussion on current problems and questions encouraged!

Workshop Session C, 1:45 pm - 3:15 pm

SC-1 Fostering LGBTQ+ 4-H Friendly Activities (Dr. Erin Chapman)
Dr. Erin Chapman, Associate Professor at the University of Idaho, along with a panel of Teen leaders will present information on the diversity of gender and sexual identities. Included will be practical information on how to create LGBTQ+ friendly 4-H activities. Issues including appropriate pronouns, overnight gender-based rooming assignments and more will be discussed.

SC-2 Crafting a Résumé and Cover Letter (Rachel George)
As a 4-H youth, you have all this volunteer, public speaking and other accomplishments, but how do you put them in a résumé? How do you communicate all your 4-H experiences in a cover letter? Bring your record books and computer, and get a jump start on résumés and cover letters!

SC-3 String Art: Learning All the Angles (Pam Watson and Julie Pirtle)
Learn how to select your base, choose the correct type of nails, design and lay out your pattern, and get your string on, creating different effects while making your picture. You will be provided with a few patterns to pick from, all 4-H related. This class will be hands-on, and sometimes loud. **\$10 Fee.**

SC-4 Pork to Fork Evaluation, Education and Preparation (Mark Heitstuman and Janet Schmidt)
Through interactive activities, a taste testing panel and auction, participants will learn about the relationship between live and carcass animal evaluation, grid pricing and how preparation techniques affect the value and taste of pork products. **(Continued to Session D)**

SC-5 Service Learning (Katie Newman)
Service Learning is a project that every youth in 4-H should be enrolled in. Coming from a club that has a tradition of doing over 10 community service projects per year, this presentation will help your club or group plan and execute a community service event.

SC-6 Horse Program Round Table (Jennifer Leach and Pat Pehling)
This workshop is an open discussion, to include updates on curriculum and the opportunity to ask questions about state-level events and publications. There will be time to share county successes and ask advice on county issues.

Workshop Session D, 3:30 pm - 5:00 pm

SD-1 How to Inspire Leadership Skills In Youth (Elizabeth Weaver)

4-H is about helping to mentor the next generation of leaders. How do we do that? This workshop will explore ways to help teens find and develop leadership skills, sharing methods applied to inspire teens in leadership classes.

SD-2 How 4-H Can Help You Get Scholarships and Other Tips to Paying for College (Michelle Lain)

This class will show you how to utilize record books when filling out scholarships. Where to find scholarships, how to help people do letters of recommendation, and ideas for other scholarship opportunities you might not think of.

SD-3 Youth Leadership Round Table (Rachel George and Doreen Tudor Bennett)

This round table will include a discussion of teen leadership, available leadership opportunities, and opportunities leaders can make available to youth! Come share, brainstorm and problem-solve teen leadership opportunities, and ways to implement them.

SD-4 Pork to Fork Evaluation, Education and Preparation (Mark Heitstuman and Janet Schmidt)

(Continued from Session C)

SD-5 Meeting Facilitation Round Table (Jean Lindsey)

Topics explored include the difference between "running" a meeting and "facilitating" a meeting, working with multiple age groups, and experience levels in the same meeting (Parents to Clover Buds and PHD's to New Leaders). This will be a led discussion group. Come with your problems, ideas, and experiences.

SD-6 Teaching Oral Reasons for Horse Judging (Pat Pehling)

Learn the basics of oral reasons, effective methods of teaching, and how oral reasons are scored.