

# Friday Workshops

## FRIDAY AM

### FA-1: Stitches of Love presented by LeAnna McMahan and Joyce Erickson

Workshop Description: Community service project with Lewis County 4-H and Fostering Together, partnering to provide handmade pillowcases for foster children. Join us to learn about this program and how to start this program or something like it in your county. Pillowcase pattern and all supplies and time to sew a pillowcase will be provided.

What will participants be able to do and/or gain after attending the workshop: Participants will learn how to start a Stitches of Love or similar community service project in their club, county or statewide. They will learn the significance of a handmade pillowcase and how to get the pillowcases or other items to the proper place for distribution to foster children. Learn how to make a pillowcase.

### FA-2: All Together, Not All the Same presented by Alison White

Workshop Description: We each have unique experiences and beliefs that make us who we are. We'll focus on cultural lens and how they impact our connection to others, and learn strategies to work across differences in 4-H. You'll leave with a new perspective as well as resources and activities you can use within your 4-H club or program.

What will participants be able to do and/or gain after attending the workshop: They will recognize their own cultural lens and how that lens impacts their relationships with others; and learn strategies and gain skills to implement when working across difference in the 4-H program. They'll leave with a new perspective as well as resources and activities you can use within your 4-H club or program.

### FA-3: Charities and Nonprofits (Part 1) Pending

Workshop Description: You will learn about governance as applied to non-profit organizations.

What will participants be able to do and/or gain after attending the workshop: Participants will gain an understanding of the guidelines for non-profit activities.

## FRIDAY PM

### FB-1: Think Big: Developing an Annual Fundraiser presented by Aric Mackey

Workshop Description: You'll learn about the process to develop, research, plan, promote and grow a success fundraiser.

What will participants be able to do and/or gain after attending the workshop: They'll gain a better understanding on how to build and grow a large scale annual event or fundraiser. They learn everything from market research (feasibility) to cleanup.

## **FB-2: Yellow Bricks of Beginning Robotics** presented by Nancy Weaver

Workshop Description: Let's engage all our youth in the basic bricks of Robotics. This interactive class will give the attendees understanding and experiences to spark interest and involvement of their 4-Hers. A hands-on workshop designed to ignite and tie together 4-H Junk Drawer Robotics curriculum, relevant activities, and more.

What will participants be able to do and/or gain after attending the workshop: Those who attend the Basic Robotics workshop will get an overview of where and how to start engaging 4-Hers. They will get practical information about coordinating 4-H Junk Drawer Robotics Youth Workbook with Junk Drawer Facilitator Guides 1, 2 & 3. In addition, there will be hands-on activities to experience & discuss.

## **FB-3: Charities and Nonprofits (Part 2)** Pending

Workshop Description: You will learn about governance as applied to non-profit organizations.

What will participants be able to do and/or gain after attending the workshop: Participants will gain an understanding of the guidelines for nonprofit activities.

# **Saturday Workshops**

## **SATURDAY SESSION A**

### **SA-1: 4-H Horse Roundtable** presented by Pat Pehling and Jennifer Leach, WSU State 4-H Equine Specialist

Workshop Description: All, both youth and adults, are invited to this informal gathering with our State Equine Specialist to update volunteers on State 4-H Publications and events and to share county experiences - successes and challenges - and to brain storm how to improve the program.

What will participants be able to do and/or gain after attending the workshop:

- Share successes
- Share concerns/issues and receive advice/direction
- Be updated on curriculum/contests
- Give suggestions for Program/Equine Committee direction

### **SA-2: Record Books- Who, What, Where, When, & Why** presented by Rick Lindsey

Workshop Description: Learn the ins and outs of record books. How to fill them out, why we need them, and how to make them understandable, and useful. Keeping records is important, and also the hardest thing for your members to do! Learn the "tricks of the trade". Also how to keep the "goals flowing" throughout your record book.

What will participants be able to do and/or gain after attending the workshop: Provide motivation and incites to your members and leaders in developing good recording habits, making record books useable "history lessons"

### **SA-3: Let's Discuss** presented by Ruth Avila

Workshop Description: Topics of discussion will be working with different age groups and skills levels and be able to enhance your meetings by making them more fun.

What will participants be able to do and/or gain after attending the workshop: Be able to enhance your meetings for different types of people.

### **SA-4: Expand Your 4-H Program Through the Robotics Project** presented by Natasha Moffitt-Hemmer, Janet Schmidt, and Debbie Williams

Workshop Description: Participants will gain an understanding of different ways to start a 4-H Robotics Program and the associated costs, materials needed and time commitment. Information will be shared on valuable partnerships in launching the project and the benefits to youth and the 4-H program.

What will participants be able to do and/or gain after attending the workshop: Though a presentation and hands on activities, participants will learn the steps in starting a robotics program at the club or county level. Lego MindStorm EV3 kits will be available for group activities.

### **SA-5: So you want to show a chicken, now what?** presented by Abigail Hirte-Uhlorn

Workshop Description: This workshop is for those who want to learn how to show and those who want to know how to teach their youth. We will cover basic poultry care, show tips and tricks and more!

What will participants be able to do and/or gain after attending the workshop: How to show and care for their poultry and some tips on showing that can be applied to other livestock.

### **SA-6: Building a STEM Ecosystem (Part 1)** presented by Aric Mackey and Danell Swim Mackey

Workshop Description: Learn about designing programs, building relationships, and finding resources to build long-term, sustainable STEM education opportunities in your county.

What will participants be able to do and/or gain after attending the workshop: A game plan on how to start building ongoing STEM education opportunities. How to relationships with other organizations, find resources/funding, and sourcing or developing program content.

## **SATURDAY SESSION B**

### **SB-1: Horses and Kids and Parents-A Focus on Positive Youth Development and Horsemanship** presented by Jennifer Leach

Workshop Description: Do horses really make a difference for kids? Are we focused on the ribbon or the Essential Elements of positive youth development? Come to this workshop and find out?

What will participants be able to do and/or gain after attending the workshop: The participants will learn that horses have a positive impact on kids. Learn how to incorporate the Essential Elements into the club and county horse program. This is all aligned with the philosophy that true horsemanship and a strong foundation of positive youth development is really what makes the difference for kids.

Elective for Organizational  
Leadership pin - Must  
attend Parts 1 and 2

Elective3 for Youth  
Development pin

**SB-2: Building Valuable Adult/Youth Partnerships** presented by Peggy Gresham, Kirk Gresham and Elise Berg

Workshop Description: Recognize the steps in building sustainable leadership skills in youth at the club, county, state and national levels. Take advantage of the resources available to develop youth partnerships that benefit you and your club as well as grow teen leaders that graduate into lifetime leadership roles.

What will participants be able to do and/or gain after attending the workshop: Develop useful ways for members to build life skills at the same time they are learning project skills. Provide continual growth for long time 4-H members for successful retention. Share the effort involved in putting on an activity as well of the reward in seeing youth development in action!

**SB-3: Dog Gone Great** presented by Holly Ramsey and Ruth Avila

Workshop Description: Creative ways to engage your members in your dog project. Open to youth and adults.

What will participants be able to do and/or gain after attending the workshop: Fun games to play, creative ways to help members enjoy and have fun training their dogs.

**SB-4: Expand Youth Knowledge of Livestock Production through Producer and Animal Merit Programs** presented by Natasha Moffitt-Hemmer and Janet Schmidt

Workshop Description: Producer of merit and animal of merit programs enhance what youth learn about common livestock industry practices when they participate in 4-H livestock projects. Learn how producer and animal of merit programs are set up and why they are important tools in youth animal science education.

What will participants be able to do and/or gain after attending the workshop: Participants will understand the basic elements of a merit program and how to start an animal or producer of merit program in their county. Participants will leave knowing the value of merit programs. Participants will leave with physical resources to use for their programs.

**SB-5: Please, Don't Bite the Judge** presented by Abigail Hirte-Uhlorn

Workshop Description: This workshop will discuss how to show cats. It will cover how to prepare your cat and tack box, choose your theme, what to bring to the show and much, much more.

What will participants be able to do and/or gain after attending the workshop: The knowledge of how to show a cat and fill out paperwork for state fair.

**SB-6: Building a STEM Ecosystem (Part 2)** presented by Aric Mackey and Danell Swim Mackey

Workshop Description: Learn about designing programs, building relationships, and finding resources to build long-term, sustainable STEM education opportunities in your county.

What will participants be able to do and/or gain after attending the workshop: A game plan on how to start building ongoing STEM education opportunities. How to relationships with other organizations, find resources/funding, and sourcing or developing program content.

## SATURDAY SESSION C

**SC-1: 4-H as Prevention-Underage Substance Abuse and What You Can Do** presented by Emily Killeen and Jennifer Leach, 4-H Educator Cowlitz County

Workshop Description: As caring adults, we love to share our interests with 4-H youth but we can influence more than hobbies and future careers. Come learn how the 4-H Youth Development Program supports healthy living and what you need to know as an adult influencer about vaping, marijuana, and other threats to positive youth development.

What will participants be able to do and/or gain after attending the workshop: Participants will better understand 1) how 4-H is a powerful prevention tool 2) the dangers of substances being misused by youth in Washington State 3) trends such as vaping and "Juuling," and 4) tools adults can use to support positive youth development and prevention at the club or county level.

**SC-2: Trailer Safety** presented by Jeff Floyd

Workshop Description: From pre-trip to loading and driving safely this will help get everyone and our 4 legged friends to and from safely.

What will participants be able to do and/or gain after attending the workshop: Learn what to look for to prevent issues from happening on the trip by knowing what you see and hear beforehand.

**SC-3: Bringing LGBTQ + Equity to Your Teen Club (part 1)** presented by Alex Gustafson, Olivia Yarnold, Mayyadah Zagelow, and Anna Zagelow

Workshop Description: Washington State 4-H teens advocating for equity and inclusion have created a 30 minute workshop intended to engage teens in work around gender equity. Through activities and dialogue youth and adults will engage in difficult conversations on how to create a culture of LGBTQ+ inclusion in 4-H.

What will participants be able to do and/or gain after attending the workshop: Participants will have a deeper understanding of how to create inclusive spaces by using tools such as games and activities to explore equity with teens. Those interested in having this workshop presented in their communities will have the opportunity to coordinate this with the presenters.

**SC-4: How to Make an Easy Succulent Container Garden** presented by Jessica Kramme and Lindsey Kramme

Workshop Description: Growing a succulent container garden is easy. Succulents are vigorous plants with low-moisture needs. In fact, the biggest challenge to most succulent plants is avoiding excessive nurturing they don't do very well if they are overwatered and overfed. In this class you will be learning to build your own container garden.

What will participants be able to do and/or gain after attending the workshop: Understanding succulents and how to make an easy container garden.

### **SC-5: Poultry Roundtable Discussion** presented by Audrey Bannon and Avery Burns

Workshop Description: Let's get together and share ideas on what works and what doesn't. Put your thinking caps on and let's make our fairs a great show for our kids and public. Sharing and caring is what makes our program great.

What will participants be able to do and/or gain after attending the workshop: It's all about sharing

### **SC-6: Trouble? And Possible Solutions** presented by Officer John Lievero

Workshop Description: A 20 year veteran of the Normandy Park Police Department will give a presentation on handling yourself in potentially dangerous situations. What you can do to keep your members safe in a confrontational situation. Look for signs of potential problems, how to recognize them and how to work around them.

What will participants be able to do and/or gain after attending the workshop: Learning to spot problems and how to avoid them.

## **SATURDAY SESSION D**

### **SD-1: A, Enter Working Jog-Western Dressage** presented by Sarah Gunderson

Workshop Description: Western Dressage is open and beneficial to all levels of riders and horses. Learn how to get started, what tack and apparel is required. What are the levels, skills and requirements for competition. Learn about the similarities & differences between Western & English dressage. Learn how it benefits other types of riding.

What will participants be able to do and/or gain after attending the workshop: Participants will be able to choose the appropriate level and test, train and practice for a show and complete in Western Dressage. Program leaders will receive enough information to be able to add Western Dressage to their County's program.

### **SD-2: Know Your Surroundings** presented by Jeff Floyd

Workshop Description: Interactive discussion about keeping kids and adults safe as we gather for events. Things to look out for and what can be done if something may happen.

What will participants be able to do and/or gain after attending the workshop: Possibly spot issues before they become problems and options to address thing if a problem arises

### **SD-3: Bringing LGBTQ + Equity to Your Teen Club (part 2)** presented by Alex Gustafson, Olivia Yarnold, Mayyadah Zagelow, and Anna Zagelow

Workshop Description: Washington State 4-H teens advocating for equity and inclusion have created a 30 minute workshop intended to engage teens in work around gender equity. Through activities and dialogue youth and adults will engage in difficult conversations on how to create a culture of LGBTQ+ inclusion in 4-H.

What will participants be able to do and/or gain after attending the workshop: Participants will have a deeper understanding of how to create inclusive spaces by using tools such as games and activities to explore equity with teens. Those interested in having this workshop presented in their communities will have the opportunity to coordinate this with the presenters.

### **SD-4: Judge Livestock, Not People** presented by Sarah Bertapelle and Jodi Stebbins

Elective for Personal  
Development pin - Choose  
SC-6 OR SD-2; one credit only

Elective for Personal  
Development pin - Choose  
SC-6 OR SD-2; one credit only

Elective for Youth Development  
pin - Must attend Parts 1 and 2

Workshop Description: The workshop will cover the basics of livestock judging, we will be comparing standards on many different animal types and frames to help prepare for the reality of livestock judging. We will also touch on the dreaded topic of oral reasons and how to get members more excited and involved in livestock judging.

What will participants be able to do and/or gain after attending the workshop: Following this workshop, participants will be able to accurately judge livestock and give oral reasons. Members will be equipped with a few tips and tricks from experienced livestock judges while leaders will have new insight on how to promote livestock judging to their members.

**SD-5: Learn to Knit - For Beginners** presented by Leota Hallyburton

Workshop Description: Learn the basics of knitting and how facilitate the 4-H Needlework Project. Learn basic knitting skills, what equipment is needed, and an introduction to knitting terminology.

What will participants be able to do and/or gain after attending the workshop: Learn the basics of knitting and how facilitate the 4-H Needlework project. You will learn basic knitting skills as well as what equipment is needed and an introduction to knitting terminology. Participants will learn to make at least one basic item (a cotton dish cloth) and a second project.

**SD-6: Getting started with AI and Self Driving Cars** presented by Kunal Barta from Amazon

Workshop Description: Walk the audience through an introduction of Artificial Intelligence and then showcase the AWS DeepRacer a 1/18th scale self-driving car. We'll then have the audience create train their own virtual self-driving cars and compete for the best times around the track.

What will participants be able to do and/or gain after attending the workshop: Understanding of Artificial Intelligence and training an algorithm for a self-driving car. Great for beginners.

To receive credit for Snohomish County E.V.O.L.V.E. pins or volunteer requirements, please complete one slip for each class and obtain instructor signature. Slips received at Snohomish Co. 4-H office by October 27<sup>th</sup> will be considered for E.V.O.L.V.E. pins awarded at Nov. 2nd. Volunteer Recognition event.

Send to 600 128<sup>th</sup> St. SE, Everett, WA 98208 or e-mail to [beth.wangen@wsu.edu](mailto:beth.wangen@wsu.edu)

Class I took at Forum: \_\_\_\_\_

Something I learned: \_\_\_\_\_

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Signature of instructor: \_\_\_\_\_ Date: \_\_\_\_\_

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