

## **Friday February 19, 2010 Presenters**

### **F1 Workshop: Kids & Competition**

Description: Kids: About the ways to get a scholarship application and tips on writing a resume.  
Presenter: Brad Rugg, State 4-H Program Coordinator

### **F2 Workshop: Parliamentary Procedure “The Fun Way”**

Description: Making parliamentary procedure fun for the younger 4-H members to learn. You will act out different motions and get new ideas for your 4-H Club. This will be a fun class. You will receive several handouts.  
Presenter: Jan McNallan, Active Olmsted County Volunteer

### **F3 Workshop: Just Good “O” Fun!**

Description: Fun should be Fun! In this workshop you will learn new games and activities to keep your club vibrant. This will be hands on interactive and yes fun.  
Presenter: Brian McNeill, Extension Educator

### **F4 Workshop: Putting Together a 4-H Demonstration**

Description: Be ready! You will be designing and putting together a 4-H demonstration. Leave this workshop with examples of actual demonstrations you can help kids with. You will learn the parts and create your own demonstration to use in teaching at your club, project meeting or 4-H experience.  
Presenter: Barb Piehl, Extension Educator

### **F5 Workshop: Herbs and Edible Flowers**

Description: You will have the opportunity to learn about different herbs and which flowers are edible. Receive ideas on how to use herbs and edible flowers in your diet.  
Presenter: Alice Haglund, 4-H Volunteer and a retired Program Coordinator

### **F6 Workshop: 4h4me.com for MN 4-H Leaders**

Description: 4h4me.com is the online club enrollment website for MN 4-H. This session will demonstrate what the leaders can do on 4h4me.com and discuss facebook and other on-line applications.  
Presenter: Todd Mehrkens, Director of Information Technology Service

### **F7 Workshop: Operation Military Kids: Supporting Youth in Your Community**

Description: We know there are military youth in every county of Minnesota and we'd like to make a connection to the opportunities, skills and caring adults and youth involved in the 4-H Program. Come and find out more about how 4-H and OMK can work together.  
Presenters: Kia Harris & Amber Runke, 4-H Youth Development Educator/State OMK Military Liaison & 4-H/OMK Program Specialists

### **F8 Workshop: Tips on Conducting a Wood Working Workshop**

Fee: \$5.00, Pay Presenter  
Description: We will be making a wood project and I will give tips on the dos and don'ts of presenting a workshop to 4-H kids.  
Presenter: Elden Pohlman, 4-H Volunteer

### **F9 Workshop: “Working with Special Needs 4-Hers”**

Description: Do you have a special needs situation that you need assistance with? What is required? Learn about accommodations that answer a **positive**, welcoming 4-H experience for special needs youth.  
Presenter: Cynthia Celandier, Extension Educator

### **F10 Workshop: Scraps to Art**

Fee: \$2.00, Pay Presenter (beads & findings will be available for sale)  
Description: Got extra fabric scraps? Want to learn how to turn them into wearable art? I will show you how to turn those left over scraps into beads. You can add extra beads to make a necklace or bracelet.  
Presenter: Alana Maijala, 4-H Adult Volunteer and on the M4-HAVA Board

### **F 11 Workshop: Strengthening Minnesota’s 4-H Volunteer System**

Description: This workshop will give participants the latest on new tools, designs, and plans from those working on strengthening Minnesota’s volunteer system. Come to learn and to share your ideas too!  
Presenter: Heidi Haugen, Extension Educator

### **F 12: Workshop: Working and Dealing with Difficult Parents and Volunteers**

Description: Ways to work and deal with difficult parents and volunteers.  
Presenters: Brad Rugg, State 4-H Program Coordinator, 4-H Animal Science Program/Ak-Sar-Ben contact, Animal Science Project Bowls, Minnesota State Fair 4-H Superintendent and State Fair Horse Show **and** Jim Deidrick, Volunteer Leadership Development Educator, Leadership at state level in the areas of youth and adult volunteerism, Volunteerism Research and Department of Defense “Operation Military for Kids”

### **F 13 Workshop: 4-H Behind the Scenes**

Description: 4-H is a public organization and some may argue that it is one of the best kept secrets in the University. However when 4-H is in the media or visible, it is often seen as kids competing at the county fair or winning trophies from livestock shows and we see less pictures of youth with non livestock projects. The challenge becomes to share the story of what 4-H really is. So this program hopes to take you on a short visit behind the 4-H scenes.  
Presenters: Kimberly Asche and Barb Piehl, Extension Educators

### **F 14 Workshop: Being a Horticulture Judge**

Description: Learning the correct way to be a great horticulture judge. Judging can be a learning experience for youth as well as an individual judge. Fun for all involved.  
Presenter: Alice Haglund, 4-H Volunteer and a retired Program Coordinator

### **F 15 Workshop: Discovering Youth Leadership**

Description: Working with youth to help them discover their leadership is essential for adults. Come and learn ways to unlock leadership doors.  
Presenter: Brian McNeill, Extension Educator

### **F 16 Workshop: 100 Ways to Use Your Noodle (Pool Noodles)**

Description: We will have oodles of fun, smiling, laughing and learning to work together with the pool noodles on land. Games such as noodle volleyball and noodle batting practice. Team building activities like the noodle walk and funky dunk will have you laughing as we learn to work together.  
Presenter: Tammy Nordick, 4-H Program Coordinator

### **F 17 Workshop: Strengthening Minnesota's 4-H Volunteer System**

Description: This workshop will give participants the latest on new tools, designs, and plans from those working on strengthening Minnesota's volunteer system. Come to learn and to share your ideas too!  
Presenter: Heidi Haugen, Extension Educator

### **F 18 Workshop: Leading Creates Leaders – Environmental Stewardship**

Description: Explore ways to instill leadership qualities in 4-H youth of all ages through mentorship and leading by example. Learn how to use ownership and involvement as a “buy-in” to community projects, as well as caring for the Earth. You'll find ways to “pass the torch” to the next generation when it comes to environmental stewardship.  
Presenter: Barb Hines, Education & Events Coordinator, Happy Dancing Turtle 4-H Leader

### **F 19 Workshop: “Treating Storm Water as an Asset: Three Things You Can Do”**

Description: Shore land buffers, rain gardens and rain barrels are cropping up everywhere! Find out more about these three storm water management practices, including why they are important and what would work for you.  
Presenter: Jacki Froemming, Crow Wing County Extension Educator

### **F20 Workshop: Minnesota Rock Identification**

Description: A hands on presentation on how to identify common rocks. A variety of rocks will be provided. An egg carton Geology project will be made for the county fair. You will receive two handouts to help you identify rocks.  
Presenter: Marvin Ziner, 4-H Leader, Earth Science Educator and Judge

### **F21 Workshop: Fun & Games: What is Recreation?**

Description: It's more than just games. Kids have lots of energy and this workshop will give you ideas of how to use it in a fun and educational way. Plan to have fun playing games and gathering ideas for your club meeting. This workshop will be learning and playing some active games and also some games that are quiet, but very interesting and competitive to play.  
Presenter: Bernice Oellien, a long time 4-H leader, M4-HAVA Board Member and Newsletter Editor

### **F 22 Workshop: Educating Youth on Food Marketing Targeted to Youth**

Description: Food companies target their marketing to convenience so youth will purchase their products. This session will share tools available to train youth on wise decision making related to food and food consumption.  
Presenters: Kelly Kunkel and Kim Asche, Extension Educators

### **F23 Workshop: Literature in the Garden**

Description: Explore The Literature In the Garden portion of the Jr. Master Gardener Program: make monster flowers, carnivorous kids plants & more activities you can use in project meetings. Be introduced to several childrens books.  
Presenter: Harlan Rosendahl, Extension Educator

## **Saturday February 20, 2010**

### **S1 Workshop: Techniques and Maintaining Small Engines**

Description: Learning techniques and proper maintenance of small engines. You'll have first hand experience on working with small engines.  
Presenter: Larry Bromnshenkel, Stearns County 4-H Leader and Past President of the M4-HAVA Board

### **S2 Workshop: “Under Construction”**

Fee: \$5, Pay presenter  
Description: Keep the art of sewing alive in the next generation. Come learn how to facilitate a six week “make and take” sewing session for beginner level sewers. Participants will be encouraged, equipped and exhorted to teach youth the basic skills of sewing, tools of the trade, sewing machine parts, threading, hand sewing, sewing on buttons, finishing seams, as well as engage in doing one of the suggested six week session projects to take home.  
Presenter: Janet Malone, E.O.T., 4-H P.C.

### **S3 Workshop: Fun & Games: What Is Recreation?**

Description: It's more than just games. Kids have lots of energy and this workshop will give you ideas of how to use it in a fun and educational way. Plan to have fun playing games and gathering ideas for your club meeting. This workshop will be learning and playing some active games and also some games that are quiet, but very interesting and competitive to play.  
Presenter: Bernice Oellien, a long time 4-H leader, M4-HAVA Board Member and Newsletter Editor

### **S4 Workshop: Parliamentary Procedure “The Fun Way”**

Description: Making parliamentary procedure fun for the younger 4-H members to learn. You will act out different motions and get new ideas for your 4-H Club. This will be a fun class. You will receive several handouts.  
Presenter: Jan McNallan, Active Olmsted County Volunteer

### **S5 Workshop: Cloverbud Connect**

Description: How do Cloverbuds connect with other 4-H members in their club? What should we do with them during a meeting? In this class you will be given many ideas to work with the Cloverbuds and connect them to the other members in the 4-H Community Club. Prepare to have some fun with hands on activities.

Presenter: Kathy Johnson, 4-H Program Coordinator, Dakota County

### **S6 Workshop: Healthy Living, a State and National Initiative**

Description: Achieving a healthy lifestyle can be a goal for all Minnesotans. Become engaged in a discussion around how we can work together to achieve more healthy lifestyle programs in our 4-H communities. Learn what the MN Healthy Living team has available as resources.

Presenters: Kimberly Asche and Donna Geiser, Extension Educators

### **S7 Workshop: "Under Construction"**

Fee: \$5, Pay Presenter

Description: Keep the art of sewing alive in the next generation. Come learn how to facilitate a six week "make and take" sewing session for beginner level sewers. Participants will be encouraged, equipped and exhorted to teach youth the basic skills of sewing, tools of the trade, sewing machine parts, threading, hand sewing, sewing on buttons, finishing seams, as well as engage in doing one of the suggested six week session projects to take home.

Presenter: Janet Malone, E.O.T., 4-H P.C.

### **S8 Workshop: Are we there yet? Is the meeting just about over?**

Ever hear these remarks from your younger members? Then this workshop is for you. We'll share ideas of crafts and project ideas to keep kids busy and at the same time learning about the project. They can also help with nutritional snacks. Here we will make items that will keep the younger members occupied and at the same time they will be experiencing a project area. Also receive ideas for simple snacks.

Presenter: Bernice Oellien, a long time 4-H leader, M4-HAVA Board Member and Newsletter Editor

### **S9 Workshop: Connecting Kids to Nature**

Description: Discover the benefits of unstructured outdoor play and nature exploration. What does the research say about the benefits of outdoor play and nature exploration? Find out how bringing kids outdoors can actually help them develop more fully as individuals, both socially and academically.

Presenter: Kara DeVriendt, Education & Logistics Assistant, Happy Dancing Turtle 4-H Leader

### **S10 Workshop: Action, Balance, Communication the A, B, C's of Out of School Time Clubs**

Description: What makes a great Out of School Time 4-H Club? How do volunteers manage an Out of School Time 4-H Club? In this class find out the A, B, C's of a 4-H Club in the Out of School Program. Prepare to have some Active games, Balanced Programs and Clover action adventures prepared and ready to go.

Presenter: Kathy Johnson, 4-H Program Coordinator, Dakota County

### **S11 Workshop: What's My Style? Leadership That Is!**

Description: Everyone has their own style of leadership. So what is yours? Come learn about your style and then sort out how it fits with the way kids learn. How does it fit with others on your 4-H team? What strength does your style bring to the group? Included will be hands on interaction with tips on how to work with styles the same and different than yours.

Presenter: Barb Piehl, Extension Educator

### **S12 Workshop: Swedish Weaving**

Fee: \$5.00 Pay Presenter

Description: Do you remember Huck towel embroidery? We are going to learn how to do this on Aida cloth. It is a fun easy project. You will work on a bookmark.

Presenter: Susan Johnson, Adult Education Teacher, Hennepin County 4-H Volunteer

### **S13 Workshop: Being 'Green' While Cleaning Your Home**

Fee: \$2.00, Pay Presenter

Description: Learn how to make environmentally safe cleaning products and practice safe cleaning and storage.

Presenter: Brenda Carlstrom- Goodhue County 4-H Volunteer

### **S14 Workshop: 100 Ways to Use Your Noodle (Pool Noodles)**

Description: We will have oodles of fun, smiling, laughing and learning to work together with the pool noodles on land. Games such as noodle volleyball and noodle batting practice. Team building activities like the noodle walk & funky dunk will have you laughing while working together.

Presenter: Tammy Nordick, 4-H Program Coordinator

### **S15 Workshop: Earth is for Everyone – Activities for Multi-Age Groups**

Description: Finding it difficult to work with multi-age groups? Want to modify an activity for another age group? Find out what simple changes you can make to make activities fun for all ages. We'll focus on environmental activities, but these techniques can work with any type of activity.

Presenter: Barb Hines, Education & Events Coordinator, Happy Dancing Turtle 4-H Leader

### **S16 Workshop: Healthy Living, a State and National Initiative**

Description: Achieving a healthy lifestyle can be a goal for all Minnesotans. Become engaged in a discussion around how we can work together to achieve more healthy lifestyle programs in our 4-H communities. Learn what the MN Healthy Living team has available as resources.

Presenters: Kimberly Asche and Donna Geiser, Extension Educators

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Description: Got extra fabric scraps? Want to learn how to turn them into wearable art? I will show you how to turn those left over scraps into beads. You can add extra beads to make a necklace or bracelet.

Presenter: Alana Maijala, 4-H Adult Volunteer and M4-HAVA Board Member

**S18 Workshop: Call of the Wild: Ideas and Lessons for more Wildlife Hours**

Description: Do you struggle in your volunteer role with new ideas for wildlife hours in your Shooting Sports program? You are guaranteed to leave this workshop with lesson plans and ideas to take back and use for your local Shooting Sports program. All of the lessons can easily be adapted for your local club too.

Presenter: Jill Grams, McLeod County 4-H Program Coordinator

**S19 Workshop: Leading Creates Leaders – Environmental Stewardship**

Description: Explore ways to instill leadership qualities in 4-H youth of all ages through mentorship and leading by example. Learn how to use ownership and involvement as a “buy-in” to community projects, as well as caring for the Earth. You’ll find ways to “pass the torch” to the next generation when it comes to environmental stewardship.

Presenter: Barb Hines, Education & Events Coordinator, Happy Dancing Turtle 4-H Leader

**S20 Workshop: “Llama 101”**

Description: Learn about raising and showing llamas.

Presenter: Karen Aakre, 4-H leader in Otter Tail County

**S21 Workshop: Healthy Heart & Healthy Living For Women & Men**

Description: Learn information that allows you to lead a healthier life.

Presenters: Kristina Holmes, RN; **and** Patrick Valentine, RN

**S22 Workshop: “Poultry” Your House to the State Fair**

Description: Learn the correct way and when to start birds using the proper care and preparation for a successful exhibition of birds at the fair.

Presenter: Tim Van Beusekom, Wright County Poultry 4-H leader, State 4-H Poultry Planning and Development Committee

**S23 Workshop: Rabbit Agility**

Description: Learn about what Rabbit Agility is and how to run an event.

Presenter: Mark Engstrom, 4-H Volunteer, Hennepin County, State Rabbit PDC