

## Workshop Descriptions

### Be Your Bear-y Best



With 4-H

### Friday Sessions A 9:00-10:15

#### **Tour 1: Mr. B Chocolates Tour**

(leaves at 8:30 - back at 10:15)

Limit 30 (\$5 bus fee)

During this tour, you will hear about the history of Mr. B Chocolatier, how the chocolate is made in their kitchens, and the history behind fine Belgian chocolate. Their chocolates are all hand made daily.

#### **F 1 - Digital Communications - Kim Asche**

Digital Communication-Voice threads will show a different way for families to communicate. Adults and youth are constantly challenged to learn new technologies that keep them connected as well as the communication lines flowing. Voice threads is where group communications are collected and shared in one place from anywhere in the world, Learn more about this online tech tool. Bring your laptop to try out the technology on site.

#### **F 2 Wildlife for Beginners - Jane Schweigert**

Come learn some fun wildlife activities and games to do with kids. Hands on including making plaster casts of wildlife tracks, and other activities that can be used for wildlife hours required for State Shoot.

#### **F 3 Use and Reuse - Bernice Oelein**

We currently recycle many items. Some items can be used and then re-used. Here we will share ideas for recycling and also make some items by recycling into something else. Bring your ideas and add to the ones that we have.

### Friday - Sessions B 10:30 - 11:45

#### **Tour 2: Kandi Works DAC Tour**

(arrives back 12:15) - (\$5 bus fee)

Kandi Works DAC is a non profit organization that provides Day Training and Rehabilitation to adults with developmental disabilities or a related condition. Kandiyo Candle Company is a small, non-profit

business offering hand-poured soybean wax candles, and soybean based lotions hand produced by developmentally disabled Adults in Kandiyohi, Minnesota.

#### **F 4 Cook Off Extravaganza - Kim Asche and Carrie Olson - (\$2.00 session fee)**

Have you viewed the latest television craze of Iron Chef? Consider hosting a local 4-H Cook Off Extravaganza in your county. Join the fun of learning more about sponsoring a project meeting or hosting a 4-H Cook Off event. Participate in a mini cook off yourself and take back the resources to complete this locally.

#### **F 5 Did I Get the Job? - Brian McNeill**

Interviewing skills are an important life skill that youth and adults need. This workshop will provide you tools to help you work with the 4-H members in your county on their interview skills. In 4-H they have to interview to be a State Ambassador and livestock interviews are conducted at the state fair. Come learn how to help 4-H members brush up on their interview skills.

#### **F 6 Pasta Making - Michele Gedgaut**

(Maximum 15) (\$3.00 session fee)

Making pasta from scratch is not difficult, but it does take a little time, however there is certainly a sense of satisfaction you can derive from making pasta from scratch. You will learn to make homemade pasta using a pasta machine, as well as just free hand cutting. You will learn some history of pasta and pasta flour.

### Friday - Sessions C 1:30 - 2:45

#### **F 7 Why Did They Do That? - Carrie Olson**

The ability to make good decisions is a major life skill that helps young people transition into self-sufficient adults (Cowen, 2004). Participants will become familiar with the decision making process, how teen brain development impacts decision making, participate in hands on activities that teach consumer decision making skills and be introduced to several curriculum that help teach decision making skills.

#### **F 8 My Plate - Kim Asche and Carrie Olson**

Have you wondered about the My Plate campaign? Do you know how it fits the My pyramid. Maybe you grew up with the basic four food groups. Come join this session and learn more about the foods and health projects, maybe my plate fits into the mix of USDA tools.

#### **F 9 Finding the key to Unlock 4-H Potential - Brian McNeill**

How do we share the excitement of 4-H? How do we spread the word and get more people excited about 4-H. Come to this session and learn about the keys that will help unlock the doors of the great adventure in 4-H. Research and practical tools will be given and shared to participants to take back to their counties and clubs.

#### **F 10 Where Does Your Fabric Come From? - Bernice Oelein**

When you purchase a piece of clothing or materials for sewing, do you know how this material is made? Before modern technology how was the color or dying of material done. Learn some interesting things to bring to your local club.

#### **F 11 Sew a Tic Tac Toe - Donella Petro**

(This is a 2 block session) 1:30 - 4:15

The Tic Tac Toe game board project teaches many things in one project including a zipper and two types of buttons. Donella has done this with kids that have little sewing experience. It is a fun project using yo-yos for game pieces and is great for travel.

### Friday - Session D 3:00 - 4:15

#### **F 12 Worms Eat My Garbage - Tammy Nordick**

Yep, they eat my garbage! Worms transform our food scraps into rich, even-better-than compost, "vermicompost" – compost made by worms. Learn how to make a cheap compost bin out of two Rubbermaid containers. Kids love to get into the bins and sort the worms from the vermicompost. This is a GREAT earth friendly project

#### **F 13 - What's In Your Backyard? - Michelle Okeson**

Renowned author, Richard Louv, in *Last Child In The Woods*, says children of today are suffering from a "Nature Deficit Disorder". Counteract this negative trend by planning a "What's In Your Backyard?" Family Nature Discovery Camp. Mickey will offer suggestions for several hands-on learning stations, and offer tips on how to organize and implement a successful wildlife camp in your area.

#### **F 14 Beading /Jewelry - Jaci Pfau**

(Maximum—6) (\$8.00 session fee)

Get your creative juices flowing as you decide what you want your necklace to look like. Make a unique one of a kind piece of jewelry. Create a necklace of your choice.

#### **F 15 Veterinarian - H&H Vet Service - Kathleen Head**

Large animals will be the focus of this workshop. Learn more about quality assurance and signs of a sick animal. Come ready with a list of questions for the 'Ask the Vet' time.



## Workshop Descriptions

### Saturday Sessions E 9:00 -10:15

**S 17 Fundraising Made Easy** - *Brenda Carlstrom*  
Learn tips on what fund-raising opportunity is best for your group. A list of fundraising products and ideas will be provided. Be the best fundraiser that you can be.

**S 18 Chaos in Motion** - *Sam and Jake Steen*  
All you may see are balloons and a little pile of soy beans, but we see an intriguing and challenging toy for kids of all ages! Learn to make easy juggling balls as well as learn the beginning steps of juggling. This fun activity promotes sharpened thinking and interactive skills. All instructions included, however time and patience needed to juggle (not included)! A set of 3 juggling balls available for purchase \$4.

**S 19 Shooting Sports** - *Milan Drewlo*  
Minnesota! The land of 10,000 lakes. A great place to fish for walleye. But Minnesota is also home to some of the most exciting wildlife species. You can test your wildlife identification using only the tracks left behind. Handle furs from many of the common wildlife species in Minnesota. Learn to teach 4-H members how to make a plaster cast of a track. Teach 4-H members some basics of wildlife management by use of games.

**S 20 Edible Arrangements** - *Karen Aakre*  
Learn to use a variety of fresh fruit to make a centerpiece that is not only beautiful but also edible. This will be a hands on and delicious class.

**S 21 Gardening in a Dish** - *Alice Haglund*  
(\$5.00 session fee)  
Can't wait for winter to be over so you can dig in the dirt? Here's a fun way to do gardening inside! Learn to make and care for dish gardens. You will have the opportunity to make your own small dish garden to take home. Discover how these same fun techniques can be applied to terrariums and container gardening.

### Saturday - Sessions F 10:30 - 11:45

**S 22 Scrapbooking Borders** - *Shari Sulze*  
(Maximum – 6) (\$5.00 session fee)  
Create a set of borders using acid free lignin tree materials from Creative memories. Designed to make quick easy safe layout for your favorite photos. Bring home already made just adhere to page and add your own photos.

**S 23 Cloverbud Science with Foods** – *Ellie McCann*  
In this interactive session Ellie will discuss developmental abilities and characteristics of clover buds as well as the process of food preparation with a science twist.

**S 24 Getting Voices Heard** - *Becky Harrington*  
“Ok, everyone, let's take a vote.” Is that the only way youth voices can be heard and decisions made in a 4-H club? No! Quality youth programs provide youth with multiple ways to share their thoughts and engage in decision-making. Using the “Step Up to Leadership” 4-H curriculum, participants in this session will practice four decision-making processes.

**S 25 Edible Science** (*science you can eat*) - *Lisa Kasson-Bauer*  
Learn what compounds makes cake rise, the chemical process that allows sugar to become candy, how heating and beating changes the proteins in eggs all while tasting your experiments. In this class we will design your own cake recipe, make candy and deserts and learn a little science along way.

**S 26 Intro to Weaving** - *Alana Majala*  
(Maximum – 25) (\$5.00 session fee) Please bring your choice of yarns (acrylic, worsted weight works fine) and a scissors.  
Using a simple cardboard loom, many projects can be woven. Alana will also discuss some of the different looms that are available. We will look at several projects that can be woven on a simple cardboard loom and try our hand at weaving a few of these projects. Instructor will provide the prewarped loom, wooden sticks, a plastic yarn needle, and handouts No weaving experience is needed

### Saturday - Sessions G 1:30 - 2:45

**S 27 Adventures of Citizen Clover** - *Suzanne Souza*  
Step up and take the lead and learn to be active citizens in your communities. Choose your destination and take this exciting adventure of learning how you can work with youth to make a difference in our world.

**S 28 Doggy Fun** - *Adriane Anderson*  
Learn to make a braided rope dog toy. Make a “cat-looking” dog toy, a braided dog collar, or dog leash.

**S 29 Volunteer Orientation** - *Becky Harrington & Heidi Haugen*  
What's 4-H all about? What can volunteers do in 4-H? Where can I go for help as a volunteer? These are common questions for all volunteers regardless of their role. Embedded in the volunteer screening process the volunteer orientation answers these questions through a “big picture” look at Minnesota 4-H and covers learning environments, volunteer roles, stewardship and risk management and resource support. Workshop participants will view the 30 minutes orientation, discover multiple ways the orientation can be accessed and explore ways to share it with current and potential volunteers back home.

**S 30 Aerospace** - *Lisa Kasson-Bauer*  
In this class we will outline a basic curriculum for a six session aerospace class. We will demonstrate hands on activities for youth 12 and up. Areas of aerospace we will explore will include model rocket assembly and launching, flying remote control helicopters, basic principles of flying, experimenting with various paper airplanes and a review of the 4-H aerospace curriculum.

**S 31 Beading/Jewelry Making** - *Jaci Pfau*  
(Maximum—6) (\$8.00 session fee)  
Get your creative juices flowing as you decide what you want your necklace to look like. Make a unique one of a kind piece of jewelry. Create a necklace of your choice.

### Saturday - Session H 3:00 - 4:15

**S 32 North Central Regional Forum** - *Brenda Shafer*  
The Teen Brain: A Work in Progress. While 95% of the human brain has developed by the age of six, it is now known that a young person's brain experiences a growth spurt around adolescence and is not fully developed until well into the 20s. As adults in 4-H, it's important to understand these brain changes, the resulting behaviors and the implications for providing supportive, safe, and meaningful experiences and opportunities.

**S 33 License Plate Birdhouse** - *Josh Anderson*  
Make a fun wood bird house with a license plate roof. You will build a fun and interesting birdhouse and make a little bird happy.

**S 34 Pounded Flower Art** - *Karen Aakre*  
(\$2.00 session fee) Bring a hammer to class. Use flowers and a hammer to create a unique cotton cover which can be used to make a special card or a one of a kind pillow.

**S 35 Design Your Way through Science and Engineering** - *Jennifer Rehder*  
Join us for a fun, hands on adventure with science and engineering. By exploring balls and tracks super roller coasters, and balloon powered cars youth gain valuable 4-H SET abilities.

**S 36 Energizing With Leadership** - *Jan McNallan*  
Come to this workshop and learn many new ways to excite the youth leaders of your club. This interactive workshop will give participants information about leadership skills, accountability and taking ownership. Come and have fun and receive many hand outs to take home and share with your youth leaders.