

## 2008 Montana 4-H Leaders Forum Workshop Descriptions

### **Session 1- Friday, September 26, 7:30-9:00**

- ★Real Colors (Adults) presented by Denise Seilstad & Meghan Phillipi, Extension Agents - \$5.50 fee
- ★Real Colors (Teens) presented by Janna Kincheloe and Sheila Friedrich, Extension Agents- \$3.50 fee  
This class will help you recognize, accept and learn about the four temperaments. It will provide you with tools to increase understanding, empathy and communication between yourself and others.
- ★Youth Bullying: Do you know it when you see it? Presented by Jill Martz, State 4-H Center, Katelyn Anderson, Extension Agent  
Bullying has been a topic of discussion for schools, youth organizations and camping programs. Come bust some myths about bullying and take a workshop back to other leaders and community organizations. YES, bullying does probably happen in your 4-H club. Are you sure you can recognize it?
- ★Itty Bitty Idea's presented by Pat Stackhouse Salute to Excellence National Volunteer Award Winner- \$5 fee  
Pat and her team of humorous specialists; Connie Bracken, Eileen Nielson and Martha Klaumann will fill participants with quick, fun fabric ideas for members or for gift giving. Entertainment will include "show 'n tell, instructions and hand outs, plus door prizes!
- ★LQA Jeopardy & Hands on Activities presented by Wendy Wedum, Extension Agent  
Take part in several livestock quality assurance activities you can do with your 4-H Members. Includes water tasting, heat & wind, mixing rations, drug residue, and more. Then play LQA Jeopardy- a fast and fun way to reinforce all the elements of LQA.
- ★Contain Yourself presented by Annette Chandler 4-H Leader- \$2 fee  
Make a paper mache container that looks like a dress-up gift bag. This will be made with recycled materials. Other great ideas will be shared using containers for special occasion tables. Centerpieces, anniversary, sports banquets or weddings.
- ★1969-2008- "39 years and counting" presented by Karin Ludeman and Heidi Hart, MT 4-H Foundation Board Members  
Meet with foundation board members- learn what the foundation funds have been providing for MT 4-H. Learn about programs, opportunities, scholarships. County Foundation Reps should try to attend one of the sessions. Foundation support ideas will be presented.
- ★Dust off those Leather Tools presented by Sandi Campbell recipient of a Western Regional Salute to Excellence Award  
This will be a basic, hands-on workshop to either teach or refresh the Beginning and Level 2 Leather Project skills. It will include ideas to help keep older members interested past levels 3 & 4.
- ★Geo-Caching: Using Your GPS to Find Adventure presented by Mark Major, Extension Agent  
This workshop is provided to participants to allow them to learn basic GPS use in a non-threatening environment. Many of us learn to use GPS skills when we need them, not in our own time.

### **Session 2- Saturday, 10:00-11:30 AM**

- ★Paintballs and Leadership: A Colorful Combination! Presented by Quinn Holzer, Extension Agent  
We will take a look at safety first, but spend most of our time on how to build leadership, teamwork & communication skills in participating youth. We will also look at the impact of three years of this project in Lewis & Clark County.
- ★The Art of Leadership presented by Stephanie Davison, State 4-H Center  
Learn the "5 practices of exemplary leadership" based on the best selling book The Leadership Challenge. Identify a personal best project and team strategize the steps to take to implement it. This is a hands-on, interactive workshop where you will work in small groups to clarify values and learn to lead.
- ★Un "Gavel"ing the Mystery presented by Roubie Younkin, Extension Agent  
This workshop will give you the skills you need to teach club members to understand and use proper parliamentary procedure. Through fun, hands-on activities we will explore the basic ground rules of a business meeting and learn the rules of making motions, types of motions, amendments and the votes required for each. We will practice the skills we have acquired by making trail mix, and then move on to a game of Parliamentary Procedure Jeopardy to showcase our knowledge. You'll leave the workshop with a tool box full of ideas to share with your 4-H members.
- ★How to turn Lead into Gold- A historical shooting sports project for teens- presented by Todd Kesner, State 4-H Center  
If your 4-H Shooting Sports project members have outgrown the excitement they once had shooting holes in paper, maybe it's time to introduce them to Cowboy Action Shooting. It's fast, it's fun and it's the fastest growing shooting sports activity in the nation. Because of the historical aspects of Cowboy Action shooting, this project is truly a Montana 4-H Western Heritage Project. Members not only shoot, but also learn Montana Cowboy History.

## **Session 2- Saturday, 10:00-11:30 AM-** continued

- ★Soap crafting- Good, Clean FUN! Presented by Wendy Wedum, Extension Agent- \$2 fee  
Create a confetti bar of soap and learn the techniques to make curlicue, decorative and suspension soaps with melt and pour soap products. This is a terrific project for adults and youth.
- ★Becoming a C.O.N. (covert and overt nutrition) Artist presented by Jane Wolery, Extension Agent- \$5 fee  
Want to sneak some good food by your family? Perhaps you want to learn how to teach your 4-H members how to alter recipes to reduce fat and increase fiber...If you are wanting to bolster the nutrition from your kitchen, whether you want to be obvious or fly under the radar, this class is for you. Samples will be provided.
- ★Saving and Investing for Your Future- Marsha Goetting & Joel Shumacher, MSU Extension Economics Specialists  
Focus of the workshop will be on the variety of saving and investment alternatives for the money 4-H youth make from their livestock sales. During the session participants will learn about and use a variety of tools, (financial calculators, slide cards, web sites, etc.), to compute the future earnings on savings and investments. Participants will also explore the “loss of earnings” that results from making minimum payments on credit cards.
- ★Burn Rubber- Presented by Lori Murnion, 4-H Leader- \$5 fee  
Participants will learn what the 4-H Stamping Project is like. They will get to do some stamping and go home with 2 completed projects. Lori will demonstrate some different techniques and show supplies needed to start the stamping project with a limited budget.
- ★Microsoft Magic- Presented by Katelyn Anderson, Extension Agent- bring your own laptop  
Have you ever created a flier using Word? There is an easier way to create fliers, postcards, and other fun 4-H marketing tools. This workshop will teach you the strengths and weaknesses of Microsoft Word, Excel and Publisher with hands-on projects. Don't struggle anymore with using the wrong Microsoft program, make your life easier and move into the technology world. This is a very basic class and for beginners. If you are hesitating, feel free to call MSU/Ravalli County Extension Office, 375-6611

## **Session 3- Saturday, 2:00-3:00 PM**

- ★Riding as Trail Boss presented by Kim Gibbs Conference Keynote Speaker  
Just as the trail boss on a cattle drive was responsible for the well-being of the herd, today's leaders are responsible for the performance and success of their organization. Using fun and eye-opening activities, Kim will help you discover what qualities are necessary to be a top notch leader and how to develop future leaders within your outfit.
- ★Fall into Leadership presented by the State 4-H Ambassador Officer Team  
Come meet the new State Officer Team and see how they will “Fall” into their new leadership roles with the activities they have planned for you.
- ★How to Grow a Good Idea presented by Jane Wolery, Extension Agent  
Jane will help you get your good ideas firmly planted. In this class participants will learn how to package their ideas so that they sprout and take root. From advertising to teaching techniques, this class offers a good beginner lesson on how to prepare and present a program.
- ★Put the “Giddy-Up” into your 4-H Horse Program presented by Rae Lynn Benson, Extension Agent  
Participants will learn hands-on activities to motivate them to learn more about horses, breeds, anatomy, health-care, feeding and other management skills for horse owner success.
- ★It Happens-Don't Panic presented by Debby Kohler, RN and Linda White EMT  
Learn basic first aide survival skills so you can be prepared if the worst happens. Great for camp leaders.
- ★Folded Fabric Coasters presented by Wendy Wedum, Extension Agent- must bring a portable sewing machine  
Cut, fold and sew to create these handy and fun fabric coasters. Participants should bring a sewing machine, scissors, thread and five, 5-inch squares of fabric- 2 squares of one color and 3 squares of a coordinating color. Fabrics with high contrasting colors give the best effect. Bring extra squares to make additional coasters (time permitting). Participants may want to pack a power strip.
- ★Replace It with Quality presented by Krista Briscoe 4-H Leader- \$5 fee  
Learn how to select quality replacement heifers and how to make them work for the producer. Krista will cover selection, feeding, breeding and development- the basics of reproduction. Great information for beef leaders!
- ★The Montana 4-H Centennial History Book Project presented by Betty McCoy  
Montana 4-H began in 1912 and plans are in the process for celebrating that landmark. The publishing of the “centennial book” about 4-H in the state is already underway and will be one of the components that will mark this 100 year achievement. In this workshop, you will be introduced to a 4-H History Project and learn how youth may become involved gathering information for the book. The 4-H Project will guide members in collecting those

wonderful stories that are in every county in the state and should be recorded to preserve the unique history of Montana 4-H.

### **Session 3- continued**

#### ★People Partner Grants presented by the MT 4-H Foundation

In a funk about what to do for a People Partner Grant Project in your community? Gather ideas as we showcase Projects completed in communities across Montana in 2008. We'll also discuss partnerships in your community and grant applications that will rise to the top!

### **Session 4, Saturday, 3:30-4:30 PM**

#### ★Wrangling Stress Through Healthy Horseplay presented by Kim Gibbs, Conference Keynote Speaker

Ever had one of those days when the bills are stampeding through your checkbook, the kids are bucking your discipline, you've got too many irons in the fire, and you've reached the end of your rope? Join Kim as she shares these sure fire techniques on how you can rejuvenate your spirit, create moments of peace every day and prevent stress from running roughshod over you.

#### ★Cultivating Creativity presented by Cody Stone, State 4-H Center

Creativity is a character component that each of us possesses to some degree. Have you cultivated your creativity or have you allowed it to remain dormant? Come laugh, learn, and play, as we discover ways to cultivate our creativity.

#### ★Digital Designs presented by Jane Wolery, Extension Agent

You've figured out your camera and even some editing software? Now what? Jane will offer a "show and tell" of several creations that can be made with your photos. Learn about cost, quality and options from coffee table books to enlargements to greeting cards. Look ahead to some great ideas for gifts or just learn about the latest options for 4-H Photography members.

#### ★Games to Teach Ecology Curriculum presented by Jeannie Olmstead, Extension Agent

We will be playing games that are not only fun but also educate youth about the environment and relationships within ecology. These games are perfect for camps or out-door oriented project days.

#### ★Creatively Crafting presented by Shari Widhalm, 4-H Leader- \$4 fee

Darn- you've found a craft project, but can't find the supplies!! Come and see how to use your creativity to adapt a pattern and take home a darling Halloween Witch.

#### ★How Are You Smart? presented by Wendy Wedum, Extension Agent

Explore multiple intelligences and the many ways that you are smart! This class will evaluate your "smarts" and teach you different ways to reach out to youth and appeal to their "smarts" as well.

#### ★Horse & Livestock Project Issues & Information including the use of helmets- presented by Todd Kesner, State 4-H Center

#### ★Kids Chef School presented by Tara Andrews, Extension Agent

Studies show that families that eat together have children who do better in school and partake in fewer high risk behaviors. Kids Chef School teaches children basic nutrition, food safety, and easy meals they can prepare for their families. Families are likely to sit down together and eat if a child prepares the meal

#### ★1969-2008- "39 years and counting" presented by Karin Ludeman and Heidi Hart, MT 4-H Foundation Board Members

\*See description in Session 1.



### **2008 State Leaders Forum Keynote Speaker- Kim Gibbs**

Keynote address: "*Stirrup Success*"

*The trail to success can be a rough ride for anybody. Low motivation, lack of experience, uncertainty, vague goals and even pride are all brambles that can slow you down. In this presentation Kim identifies the five steps that will spur you on and keep your wagons rolling as you "stirrup" success.*

✪ Brand your vision

✪ Dig your spurs in

✪ Get a leg up

✪ Stay on the right trail

✪ Keep plugging along

Just a few minutes with Kim Gibbs will give you the inspiration and motivation to see your dreams through. Kim is a national motivational speaker, recognized for her enthusiastic presentations, and the author of "Make a "You" Turn Pivotal Points of Perspective." –Free copies will be provided for all registered conference attendees. Kim speaks from over 20 years of her own professional experience as well as what she has learned through her association with business leaders, CEOs, organization presidents, coaches, kids and even horses. Her focus on putting perspective into action for high performance results has re-stimulated prominent organizations and transformed the way thousands of people live and work. Kim has lived in Montana since 1987 and is a member of the Montana Speakers Network. A current resident of Stevensville, Kim and her husband Brad have 3 grown children: Tacey, Taury and Tieg. When she's not speaking, she's either clinging for dear life to a saddle horn or blasting her way out of a sand trap.